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JANUARY 2023

“The Voice” Contestants Perform In Severna Park, Talk Future Plans

By Victoria Sneed

Parijita Bastola captivated America with her powerful vocals on NBC’s “The Voice,” making it to the top eight. Now that she’s back home, the Severna Park High School senior treated family members, friends and her Maryland fans to a concert at Sullivan’s Cove on December 30.

Bastola brought guitarist Tyler Zachary and Kique Gomez, a fellow performer from “The Voice,” to share the stage for dynamic duets and to showcase Gomez’s own blazing ballads to her hometown.

The set included “Valerie,” originally by the Zutons and made famous by Amy Winehouse, “Shallow” by Lady Gaga and Bradley Cooper, “Tennessee Whiskey” by David Allan Coe and more recently by Chris Stapleton, and other tunes.

“We have only experienced being around each other on the show and in Burbank, California,” Bastola said. “It is really nice for [Kique] to see me”
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Photo courtesy of Leland Todd Hasty II
Parijita Bastola and Kique Gomez shared the stage at Sullivan’s Cove during a special concert on December 30.

Letter From The Editors: Bullying

By the Severna Park Voice Staff

The Severna Park community was shaken a few days ago when a video surfaced, showing a Severna Park High School student bullying a student with special needs by using abusive and threatening language. Like everyone else, we were shocked and horrified by the disturbing video. We condemn that behavior, but that alone is not enough. Sadly, this is not an isolated incident. For the last few days, our staff has been discussing how we can be part of the solution to eliminate bullying in our schools.

Longtime readers of the Voice know that we don’t cover crime or breaking news. Since 1981, our mission has been to unify the community and highlight the people who make it such a special place. Every month, readers can flip through pages of the Voice to find the kind and unselfish acts that make Severna Park, and the world, a better place.

With that in mind, we have spent the last few days discussing what we can do. An old article mentioning the suspended student was removed from our website. That action was taken out of respect to everyone hurt by his actions — not because we are trying to sweep the bullying problem under the rug. We want to open a dialogue with the community so we can fix the problem, not dismiss it. It’s going to take all of us as a community to create change. If you or someone you know was bullied in any of our local schools, we want to hear from you. If you have heard of ways people are helping the victims or ways we can support them, we want to hear from you.

Our January edition was off to the printer before we had a chance to start this dialogue, but we promise to explore the bullying crisis for our February paper. Thank you to everyone who is committed to working with us to make our schools and our community a safer place.

Open For Business: What To Expect During 2023

By Zach Sparks

zach@severnaparkvoice.com

The only constant in life is change, as Greek philosopher Heraclitus said.

Each year, the greater Severna Park area experiences changes in the form of new businesses. The demand for retail space in both Severna Park and Arnold continues to outpace the supply.

“Over the last five to 10 years, we have seen a clear push from regional and national brands, specifically quick-serve restaurants, to open along the Route 2 corridor,” said John Rosso,

principal of Rosso Commercial Real Estate Services. “This demand has absorbed a meaningful commercial space, reducing available supply of the same. Without additional supply, rents have increased.”

Rosso noted that Severna Park has become one of the most difficult Baltimore-Washington, D.C. submarkets for securing quality commercial and retail space, more than Waugh Chapel in Gambrills and even Annapolis.

Despite the challenge of securing space, several businesses are setting up shop.

Days before the new year started,

Advance Auto Parts started assisting customers. Located in the Clement Hardware building at 500 Ritchie Highway, Advance Auto Parts offers automotive replacement parts, accessories, batteries and maintenance items.

Chip Simons, district manager for the area that includes Anne Arundel County, explained why Severna Park is an ideal spot for the store.

“Our goal is to provide convenience for motorists,” Simons said. “Ritchie Highway is a major thoroughfare for folks who travel every day. We have”

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Margueritte Mills - Volunteer Of The Month

Every month, the *Voice* recognizes the good work of a local volunteer to honor *Voice* founder and lifelong Severna Park resident Margueritte Mills.

The Margueritte Mills Volunteer of the Month is proudly sponsored by Heidler Plumbing.



S(o)uper Bowl Coordinator Strives To Stock Food Pantries

Friendly Competition Raises The Stakes

By Lauren Cowin

Ravens fans won't flock to Phoenix for the Super Bowl this year, but here at home, planning is well underway for the sixth annual Good Neighbors Group S(o)uper Bowl Food Drive.

For the second year in a row, the S(o)uper Bowl is being coordinated by Kathie Hamlett.

Held in conjunction with Super Bowl Sunday, the S(o)uper Bowl is a competition between neighborhoods intended to replenish local food pantries experiencing a lull following the busy holiday donation season. Neighborhood captains collect donations the week leading up to game day and tally their results.

"I see the need where the food banks are depleted," said Hamlett, who also served as her own neighborhood's captain last year. "This is just a fun event. Something we can do to help others and just enjoy doing it. It just brings a lot of joy to me and to all that participate."

Hamlett's volunteerism "started small," as she explains, first helping with Thanksgiving meal deliveries, and eventually coordinating the Good Neighbors Group blood drives. Her friend, and Good Neighbors Group board member, Chris Myers, recalls



Kathie Hamlett reaches out to neighborhood captains from previous years to confirm their participation, works to recruit new neighborhoods, shares pantry information and ensures everyone knows where to drop off their donation haul on Super Bowl Sunday.

a conversation around the time the group needed a new coordinator for the S(o)uper Bowl.

"Kathie had said to me, 'I think I'm ready to take on something a little bit bigger, something else,'" Myers said. "The timing was perfect."

In the months leading up to the big day, Hamlett reaches out to neighborhood captains from previous years to confirm their participation, works to recruit new neighborhoods, shares pantry information and ensures everyone

knows where to drop off their donation haul on Super Bowl Sunday.

Julie Shay is the founder and executive director of Good Neighbors Group, and she said it's been a pleasure to have Hamlett's energy spearheading the S(o)uper Bowl Food Drive.

"There are so many pieces to keep track of, and having Kathie to collaborate with has been fantastic," Shay said.

Communities of all sizes are encouraged to partake in the S(o)uper Bowl. This year, Hamlett is hoping to recruit more neighborhoods from Arnold.

"We have small neighborhoods with 11 houses, and we have neighborhoods with 900 houses," Hamlett said, explaining that the competition is set up so that all participating have a chance to win.

Good Neighbors Group is partnering with five area pantries for the S(o)uper Bowl this year: ACAN, SPAN, My Brother's Pantry, Anne Arundel County Food Bank and Celestial Manna.

"I have been here all of my adult life," Hamlett said. "Parkies have big hearts, they do want to help others, and when they see a need they are absolutely ready to jump in and fulfill that need. And that's a wonderful thing to be a part of."

Super Bowl Sunday, and donation drop-off day for this year's food drive, is February 12. Anyone interested in volunteering to be a neighborhood captain should email Kathie at souper-bowl@goodneighborsgroup.org.

A Holiday Display That Matters



Community spirit was in full swing last month as the house at 515 Jeremy Court in Chartridge won the *Voice's* second annual holiday lights contest. Homeowner Steve Matters (left) accepted the honor and the \$100 Severna Park Taphouse gift card from restaurant manager Jessica Tinordi. The Chartridge home secured 262 votes, and the house at 119 Sherburn Road came in second place with 136 votes. Thank you to everyone who participated in this year's contest.

Get Ready For The Best Of Severna Park Contest

We're looking for the best businesses and professional services in Severna Park, Arnold and Millersville, and we need your help. Our Best of Severna Park contest returns in February. With your votes, we want to recognize all of the great places that make the area so special.

The official Best of Severna Park ballot will be printed in our February edition, and we will begin accepting votes (print and online) immediately. Voting will continue through March, with the winners being announced in the April edition. Rules will be printed with the February ballot, but you can get started now by brainstorming your favorite businesses and services.

Do you know of a category we missed in past years? Send us a suggestion by emailing spvnews@severna-parkvoice.com.



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 THE VOICE MEDIA INC.

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Please send your news to:
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Severna Park, MD 21146
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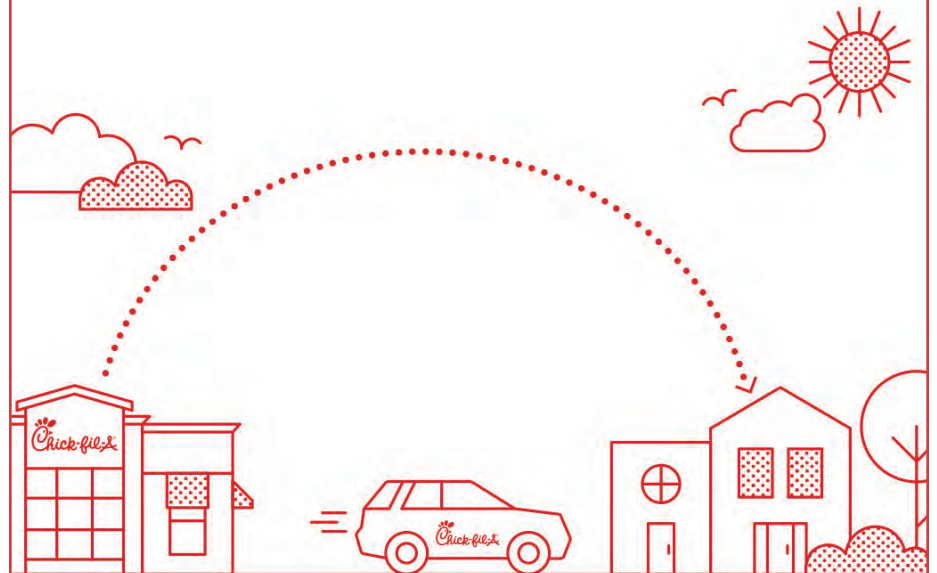


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Blind Severna Park Pianist Assists Library Of Congress

By Judy Tacyn

T Tyler Shallue, a legally blind student with autism at Anne Arundel Community College, wants the world to know that nothing is impossible.

Tyler performed a piano recital in December at the community college with compositions by Johann Sebastian Bach, Claude Debussy and Ludwig van Beethoven. The recital was livestreamed and recorded to assist the Library of Congress, custodian of the world's largest collection of Braille music, in spreading awareness of the availability of Braille scores to help other blind or visually impaired musicians across the globe.

"I feel very grateful to have been given these talents, even though it's a challenge sometimes," said Tyler, a Severna Park resident. "If my music changes people's lives, it will inspire me to keep going."

Tyler has been working with Carolyn Sonnen, a board-certified music therapist and musician, since he was five years old after his parents recognized his interest in music.

"We started with creative exploration through music and sound, instruments," Sonnen said. "Soon the question was, 'Can he learn piano?' I knew he could pick up music. He picks up music by ear and has perfect pitch."

In 2009, Tyler began studying piano as therapy, and he commenced formal lessons in 2015. He was learning



Carolyn Sonnen (left) and Diane Kingsley are two of Tyler Shallue's biggest supporters and helped him prepare for his Braille music recital at Anne Arundel Community College last month.

Braille music and longer compositions by seventh grade, advancing his repertoire in high school.

"He's always been talented musically, which is why we got him involved with music therapy," said Tyler's mother, Lisa. "He didn't communicate as well when younger. Music was a way to communicate."

Sonnen said music is not foreign to people who are blind or visually impaired, citing Stevie Wonder, Ray Charles, Jose Feliciano and Andrea Bocelli as examples.

"Music is another area of emotional expression; being immersed in that music expands the emotional palate," Sonnen said. "Music is more than just,

'Well, isn't it great he did that?' Music touches an inner mechanism that moves and changes [Tyler] and us."

As Tyler's talent progressed, Sonnen contacted the Library of Congress for Braille music scores, and he began learning complex compositions. Once at Anne Arundel Community College, Sonnen contacted her friend, Diane Kingsley, who is an accomplished musician and piano instructor at the community college and asked her to be Tyler's piano teacher.

When the idea for a recital came from the Library of Congress requesting a video of Tyler performing to help the institution, Sonnen and Kingsley knew he was ready. A recital date at

Anne Arundel Community College was set. Music for the 20-minute performance was selected, and Tyler began the complex process of learning the notes and scores until memorized.

"Tyler has been working diligently on the music for many months, practicing five or six days a week," Kingsley said. "He learns the music with one hand while the other hand plays the notes. I play the music for him, and he plays it back."

Kingsley said that Tyler appreciates all styles of music and loves performing, adding that he's currently studying Ludwig van Beethoven's "Moonlight Sonata."

"I think he's ready to take on even bigger chords and explore Rachmaninoff," Kingsley said. "Tyler doesn't back off from a challenge."

Tyler's parents said they couldn't be prouder of their youngest child.

"When he was young, I wondered if he would graduate high school," Lisa Shallue said. "Now, I wonder what he will be doing in 10 years."

Tyler aims to earn a degree that will enable him to pursue something related to emergency preparedness to complement his passion to keep people safe, along with his ambitions to promote Braille music to visually impaired and blind people.

"He has a genuine appreciation for what this has done for him, and he wants others to play," Sonnen said. "There are great things coming for him, whatever it is."

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Chartridge Resident Achieves Ultrarunning Milestone

By Mark Patton

mark@severnaparkvoice.com

Justin Peake joined 140 fellow runners in belting out the national anthem at midnight in the mountains of Virginia on December 10, 2022.

A minute later, Peake began a race that's deliberately designed to challenge even the most hardened endurance runners. Although the title of Hellgate 100K is intimidating enough, it doesn't convey the full scope. The race, which winds through Blue Ridge Mountain terrain before its finish line at Camp Bethel in Fincastle, Virginia, is actually longer than 100K. Hellgate's course is a fitting 66.6 miles.

The unique start time and challenge of Hellgate were nothing new to Peake. The Chartridge resident not only completed the race, but he also finished it for the 10th consecutive year as he crossed the finish line more than 17 hours after setting off in the dark.

"I think doing these endurance endeavors make you look at yourself, and they make you deal with certain things," Peake said. "If you have any self-doubt, it will show itself during the race."

The 42-year-old Peake was born and raised on the Eastern Shore of Maryland before settling in Severna Park with his family in 2018. He's currently vice president of a company that enhances efficiency and performance at nuclear and fossil power plants.

Peake had a two-man crew comprised of friends Carter Swamp and Stacin Martin to assist him during Hellgate. The pair paced Peake on certain portions of the run and helped transport supplies to and from the nine aid stations. These stations provide runners a chance to warm up by a fire, grab food and drinks, change clothing items, and greet family and friends. Swamp and Martin also provided conversation to give Peake a change of pace from live jam band recordings such as Phish, Dave Matthews Band and Dead & Company that he listens to while running.

"What impresses me most about Justin's 10th finish is his absolute dogged perseverance," said Swamp, a Virginia Beach resident and Hellgate veteran. "He plans well, he trains well, then he puts it all into motion no matter the conditions or, more importantly, how terrible it feels."

Peake's engineering mindset and attention to detail were on full display hours before the race as he went over a chart he made to detail his previous best splits at each of the aid stations, along with his average ones and his worst. He even had his optimal caloric intake for different portions of the course down to a science.

Before the runners began, race director and founder David Horton spoke to the athletes and told them he had to turn away 71 Hellgate hopefuls this year, more than ever before.

Horton, an established endurance athlete himself, has logged more than 100,000 miles of running and once held the speed record for completion of the Appalachian Trail. A full-length movie, titled "Extraordinary," was made about his life in 2017. So, being hand-selected to participate in Hellgate by somebody



Photo by Mark Patton

Justin Peake ran into aid station five after finishing almost 30 miles of his run during the most recent Hellgate 100K.

with the running chops of Horton means something.

"Be thankful that you're here," Horton told the runners. "It's a family affair, we're all in this together. This is special, this is cool."

Horton wasn't overplaying the family part. Unlike some competitions, there was no trash talk, other than perhaps from Horton himself, who wondered which runners would win the stupid and best blood awards, given for the dumbest mistake on the course and for the best bleeding injury from the race, respectively. Runners were constantly seen encouraging each other to keep pushing, and the communal sense was evident, even amongst the spectators.

"There's a lot of camaraderie out there, and it's not necessarily you vs. the course either," Peake said. "It's this kind of fellowship, it's this oneness with being out in nature and running, and you feel privileged to be out there."

Although milder weather, at least for December, was in the forecast, things changed about 45 minutes into the race.

"The conditions were pretty challenging this year with the rain for many hours, and it had been raining

all week," Horton said. "It was slicker and muddier than I have ever seen it."

The latest Hellgate also featured the lowest finish percentage of racers since 2017 with 84.4% finishing the complete course.

For Peake, the toughest portion of the race was between miles 14 and 24. This section of the run started for Peake around 3:00am.

"You're fully in it now, you've gotten kicked in the teeth, you're feeling it and you're tired, and really you start to kind of question during that section," Peake said. "Your race can unravel there really quickly."

Luckily for Peake, his mind was up for the challenge. "At some point, it's the mental side that takes over," Peake said. "The greatest distance to overcome is the six inches in-between your ears. It's true for running for me."

Peake did overcome that space. After the final aid station, he ran a climb up more than two miles and crossed the Blue Ridge Parkway. Before starting the final stretch back down, he gazed behind him and gave a bow of gratitude to the course that's challenged his body and mind for the past 10 years.

As Peake ran the last 100 feet of the course, his 9-year-old son, Henry, accompanied him across the finish line as his wife, Emily, newborn son, Oliver, and father, Bill, cheered them on.

Peake credits his family and friends, who drove to different aid stations throughout the course to see him, for providing an extra boost.

"Sometimes, as I'm running from these different aid stations, you start to feel quite a bit of discomfort, pain, and you start thinking about all kinds of random things..." Peake said. "Then you see your family there, and it just kind of fills your cup up a little bit. It was nice because I was able to absorb that energy and those types of feelings to help me continue on."

Peake, who doesn't usually limit his endurance races to Hellgate, is slated to try his hand at directing a race in November at the 13th iteration of the Rosaryville Veteran's Day 50K in Upper Marlboro, Maryland. The race is presented by the Annapolis Striders, which makes it a full-circle moment for Peake.

Peake's father is an accomplished long-distance runner himself and was part of the nonprofit Annapolis Striders when Peake was growing up.

His cross country coach at the University of Maryland was also a member of the Annapolis running organization.

The November race that Peake will direct is expected to feature plenty of new racers.

"I'm excited about being around a new generation," Peake said.

As for the future, Peake knows he wants to be involved with Hellgate, but he hasn't hashed out what that will look like. He knows he'd love to give back by working at an aid station during the race.

"I thought it would be pretty cool to do 10 years of running and then doing 10 years of service," Peake said. "But it's a hard race to give up. I'm not sure."

Junior Training For Young Sailors

By Maggie Burri

Magothy River Sailing Association

Summer will be here sooner than you think. If you're looking for an opportunity for your children to learn lifelong water safety skills, teamwork, and a new sport, look no further than the Junior Training sailing program offered by the Magothy River Sailing Association, or MRSA.

MRSA has operated its Junior Training program since the 1980s, making it one of the longest running in the area. The program has trained hundreds of young people in the art of sailing.

The MRSA Junior Training program is held during two weeks over the summer for children and young adults, ages 9 to 17, beginners or experienced, with classroom and on-the-water training supervised by MRSA instructors and the parents or relatives of the

trainees. The program is held in the Pasadena area, and for most of the last 20 years, it has been held at the Grachur Club with the MRSA fleet of prams and day sailors setting sail from and returning to the beach at the Grachur Club.

Sailing is a great way to move from the virtual reality of mental challenges to the real-life physical and mental challenges offered by sailing. Fresh air, sunshine, and the wonders of nature await as participants harness the winds to propel themselves over the Magothy waters.

Registration begins March 1. Additional information can be found on the MRSA Junior Training website page: www.magothysailing.org/junior-training. Contact MRSA's 2023 commodore, Ed Tracey, at commodore@magothysailing.org for more information. The registration fee is discounted for MRSA members.



Photo courtesy of Grace O'Brien

MRSA's Junior Training program has trained hundreds of young people since the 1980s.

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Landmark Holds Roof Giveaway

Each year, Landmark Roofing partners with GAF and Superior Distribution to provide a new roof, for free, to a local family in need. The Landmark team strongly believes in giving back and supporting the community that keeps them in business. If you know a local family in need that would benefit from a new roof, you can nominate them anonymously using the contact form at www.roofingbylandmark.com/2023-roof-giveaway. Nominations are being accepted through January 31.

Meet Past Winners

The Kaltz Family — 2022

The Kaltz family had a few rough years after the diagnosis of their children with Charcot-Marie-Tooth disorder and Amber Kaltz's breast cancer diagnosis. Landmark Roofing was happy to provide the family with a new roof, skylights and gutters.

Virginia Fingland — 2021

Fingland was nominated by her neighbor and friend, Devorah. In August 2020, Fingland was diagnosed with breast cancer at age 35 and had to undergo chemotherapy, surgery and radiation. She is a hair stylist, however, due to her treatments and side effects, she was forced to drop most of her hours.

The Landmark Team gifted Fingland with new windows, doors and gutters, as a reminder she is supported by her entire community.

Tripling The Offer From A Heartless, Evil And Greedy Insurance Company — Part 2

David V. Diggs



Editor's note: Names and details have been changed to maintain confidentiality.

Annika Strandhed — a nod to the PBS series "Annika" — suffered a painful injury in a rear-end vehicle collision that occurred in Odenton, Maryland, in 2017.

On a sunny and dry Friday afternoon, as rush hour ebbed, Strandhed was waiting for three vehicles in front of her to clear a traffic circle when she was struck from behind. There appeared to be no warning, no horn, no screeching brakes. Her body was propelled forward, and her head hit the steering wheel.

Strandhed was dizzy, shaky and disoriented. She feared collapsing, so she remained in her car. She was upset and alone. Her husband had recently died, so she called a lifelong friend who drove to Strandhed's aid.

The following day, Strandhed saw her doctor. She had two head MRIs, both of which were negative for structural and anatomical abnormality. She incurred approximately \$2,400 in medical expenses. Because she was retired, she suffered no lost wages.

During a 12-month recovery period,

Strandhed experienced headaches, nausea, dizziness, difficulty concentrating, and noise and light sensitivity. She sustained a permanent knot above her left eyebrow.

Strandhed hired us a month before the statute of limitations would have tolled in November 2020. The at-fault driver, 18-year-old Popeye Jones, was driving an SUV that was insured. We knew the insurer would refuse to negotiate unless we filed a suit immediately. We did so at the height of the COVID-19 pandemic when civil trials were practically halted.

We assembled medical records, the accident report and other relevant documentation. After discussion with Strandhed, we valued the case at \$20,000. Valuing injury claims is more art than science. We knew that our client would make an excellent witness. She'd had a difficult road to recovery, and the knot on her forehead was the size of a plum pit.

We wrote to the insurance company, offering to settle for \$29,000, slightly higher than our initial valuation. After 18 months of unreturned calls and two months before trial, I finally heard from the insurance adjuster. The adjuster disagreed with our valuation and offered \$1,500 for Strandhed's troubles.

One month before trial, the insurance company's attorney called to increase the offer to \$6,000. I discussed the offer with Strandhed. It was well below reasonable,

but we eventually decided to see if they would agree to \$15,000. The insurer refused. The case would proceed.

After repeated delays due to the pandemic, the trial was held last year in district court. Strandhed was tough and tender. She testified that she suffered for a year with dizzy spells, headaches and difficulty concentrating. Without the accident, she would not have had to endure the challenging road to recovery, interruptions to her routine or the knot on her forehead. We asked for \$27,500 in the closing argument. The judge awarded \$20,000, the value that we had assigned two years earlier.

The moral of the story is that injured motorists do not have to accept low offers from insurance companies. Folks can go to court and have a judge or jury properly value their losses.

If you or a loved one are injured in a motor vehicle collision, you should consult with an attorney who is familiar with personal injury law and who will assist you in making informed decisions. David Diggs is experienced in negotiating with and litigating against insurance companies. He has recovered millions of dollars on behalf of the injured. If you need further information regarding this subject, contact the Law Office of David V. Diggs LLC, located at 8684 Veterans Highway, Suite 302, in Millersville, by calling 410-244-1189 or by emailing david@diggsllaw.com.



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Witnessing History: Centenarians Talk Longevity

By Zach Sparks

zach@severnaparkvoice.com

Living to age 100 may seem like a matter of luck, but not for Jennie Helwig. The now 101-year-old did not smoke or drink, and she stayed active by dancing, when she wasn't playing slot machines at a casino.

Fellow 101-year-old Ken Brady had a similar path to longevity: avoiding tobacco and keeping busy.

Helwig is now a resident of the Spring Arbor of Severna Park, a senior living community off of Ritchie Highway. She was born in Wilkes-Barre, Pennsylvania, in 1921. She was the 11th of 12 children, born to a father who was a coal miner and a mother who was a homemaker.

In 1942, after World War II, she came to Maryland to do defense work.

She loved visiting Dover Downs, trying her luck at slots, and Bingo World, where she kept up with as many as 20 bingo cards at once.

She owned cats, dogs and birds, and she jokes that she was allergic, so she paid for all the love she was getting from them. She also loved to dance whether it was the waltz, polka or the cha-cha.

"I did a lot of dancing and socializing," she said.

Her diet might be partially responsible for her longevity. She called her appetite "tremendous," citing an affection for vegetables and pasta.

"I could outdo any man," she said with a laugh.

Brady credits his wife's nutritious cooking with keeping him fit, along with



Ken Brady (left) and Jennie Helwig are still sharp and active at age 101.



walking fast.

"I never did any physical exercises each day, like in a gym, but I think my fast walking contributed," he said.

Brady was raised at the Hershey Industrial School in Pennsylvania, along with many other orphan boys. He believes he is the last living person to have spoken with chocolatier Milton Hershey.

"We really did not feel the Great Depression like all the [other] people did because Mr. Hershey was very generous," Brady said. "His wife died real young and they had no children, so he called us his children."

Brady was drafted into the military and served as an airplane mechanic. One year after joining the military, he married his wife, Jeanne. Their marriage lasted 72 years until her death in 2016.

He enjoyed a long career at Westinghouse Electric Corporation, a career he

thinks was made possible because he learned responsibility from Hershey, who had the boys care for cows on a farm.

Brady now enjoys living in Severna Park and reading about other centenarians including Montana resident Charlotte Sanddal, who enjoys chardonnay and swimming, and Ezra Hill Sr., a Marylander who, at 111 years old, was considered the oldest living World War II veteran in the U.S. at the time of his death in October 2022.

Brady is also keeping an eye on a collaboration between the Albert Einstein College of Medicine and Boston University School of Medicine, which are partnering on the Integrative Longevity Omics Study, funded by the National Institute on Aging. By examining the environment, genes and lifestyle of centenarians, the study is meant to learn critical information about age-related diseases like Alzheimer's

disease, cancer and heart disease.

Helwig is also staying active and is happy at her Spring Arbor home.

"The people are so sweet and caring," she said. "They make my life more comfortable."

Milestones Of The Last 100 Years

Helwig and Brady have lived to see many achievements, many of which Brady rattled off. The transition from horses to tractors. Changes in fashion with men wearing double-breasted suits and dress hats with brims, and women wearing long dresses.

Cars did not have electric starters, so a hand crank was needed.

"The person doing the cranking had to be real careful because if you cranked and just as you were cranking the engine back-fired, the hand-cranker came back," Brady said. "Men broke their arms that way."

He still remembers going to see his first sound movie.

"When the movie started and I started to hear voices coming from the screen that were never heard before, my curiosity got the best of me," he recalled. "I remember, and nobody stopped me — I guess I was too fast — I jumped out of my seat, ran down the aisle, and up on the stage. I wanted to look behind the screen. I was expecting to see a group of people, sitting back there, talking. I was surprised that when I looked, there were no people there. But yet their voices were coming from the screen."

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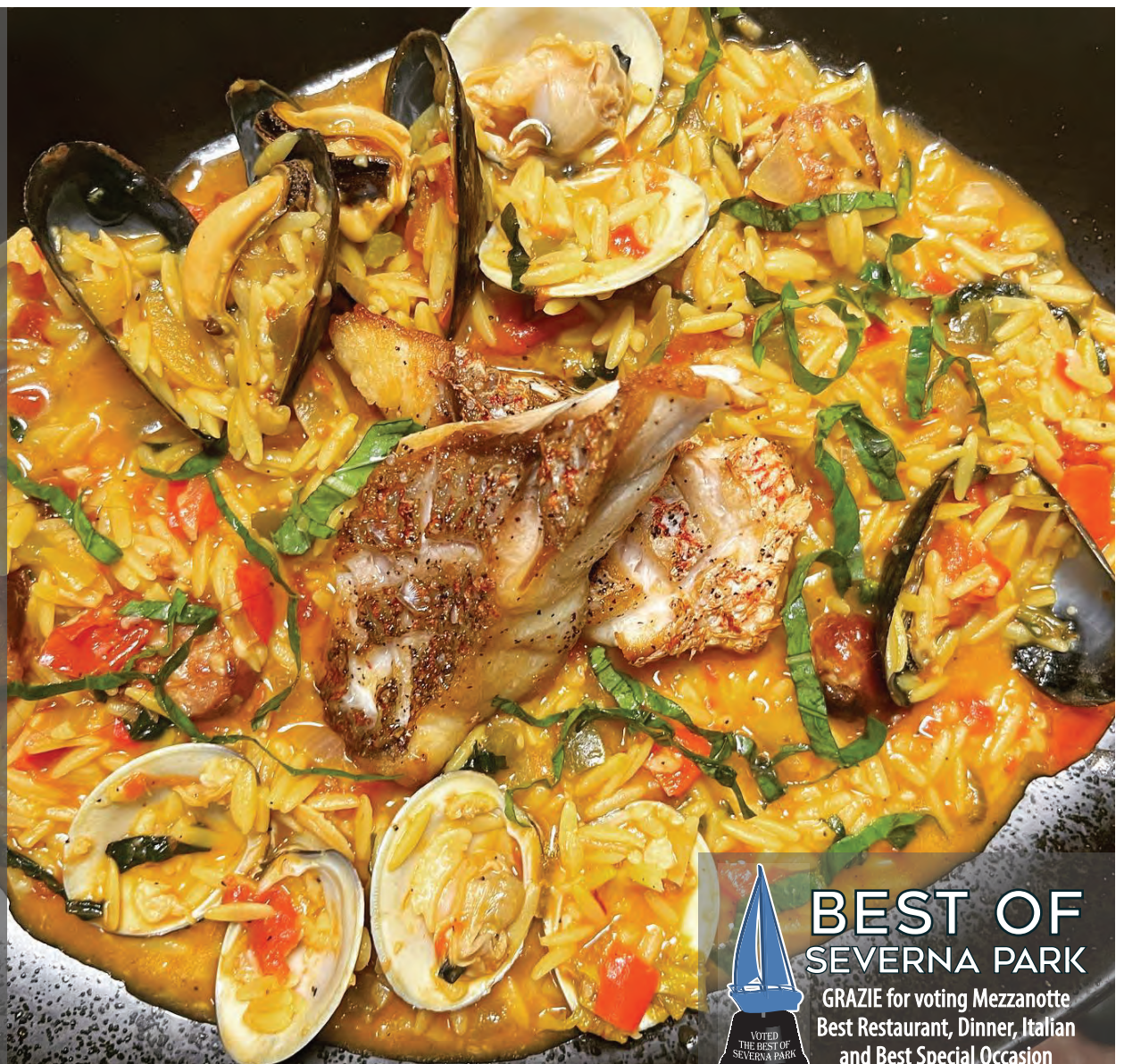
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Back In Session: Legislators Discuss Priorities

By Zach Sparks

zach@severnaparkvoice.com

As Maryland's 2023 legislative session got underway on January 11, many new faces filled the Maryland State House in Annapolis. Maryland has a new governor, Democrat Wes Moore, and many first-time legislators.

The Senate and House of Delegates have 90 days to discuss laws that could make the state better and to prepare for a possible recession.

Legislators for Severna Park, Arnold and Millersville are working on a slew of bills — focusing on everything from veterans' pensions and riparian rights to funding for the Earleigh Heights Volunteer Fire Company.

Health And Public Safety

Delegate Heather Bagnall, a Democrat from District 33C, will serve as chair of the Anne Arundel County delegation. She and her fellow delegates on the health and government operations committee have been tasked with establishing a four-year plan for a coordinated behavioral health system.

With another bill, she wants to streamline the process for clinical psychologists to get a license without needing a second doctorate degree.

"They have the training, and we have a huge workforce deficit," Bagnall said.

This year's General Assembly session will renew discussion of legislation passed last year, such as recreational cannabis and paid family and medical leave.

The Time to Care Act of 2022 established a program and fund to provide up to 12 weeks of benefits to covered individuals taking leave from employment due to personal or family circumstances. Employers and employees would split the cost.

Senator Dawn Gile, a Democrat from District 33, explained why that law will help many families like hers.

"My husband recently retired after 24 years in the Army," Gile said. "We had three kids ... and it was important to keep our family in the workforce."

Also passed in 2022, the Abortion Care Access Act earmarked \$3.5 million annually to train clinicians for abortion procedures. Not everyone was happy with that result.

"Everyone should be able to make their own decision and pay for that decision," said Brian Chisholm, a Republican from District 31.

Reproductive rights will likely be a hot topic again this session. After lawmakers adjourned last year, the U.S. Supreme Court overturned *Roe v. Wade* and the constitutional right to abortion.

Bagnall and other Democrats are hoping to protect that right and prevent

other states from dictating the care of Marylanders.

"Access in the law doesn't mean we have access to resources," Bagnall said. "We need to ensure the state right to reproductive care is enshrined, codified and put to the voters."

The U.S. Supreme Court also ruled that New York's concealed carry restrictions were unconstitutional, paving the way for former Governor Larry Hogan to ease Maryland's restrictions, which previously granted concealed licenses only to those who had a "good and substantial reason" for carrying a firearm.

According to the Gun Violence Archive, there were 648 mass shootings nationwide in 2022. With that in mind, Bagnall wants to find a solution that enables civilians to feel safe in public spaces but does not step on people's constitutional rights.

Education

The legislature continues to grapple with how to implement the Blueprint for Maryland's Future, a bill enacted in 2021 to re-establish Maryland as one of the nation's best states for education. The "blueprint" has a \$3.8 billion annual price tag over 10 years.

A 182-page Blueprint Comprehensive Implementation Plan was released in December. The Anne Arundel County Board of Education, and boards that represent other jurisdictions, have been meeting to discuss that plan and how resources should be allocated.

"We will have an evaluation through certain benchmarks — have we achieved our goals? Are we keeping up with the need for new construction? Is there a population we missed?" Bagnall said. "I know there has been discussion about how we can better integrate support staff. I'm optimistic about where we are and the work that still needs to be done."

Chisholm is concerned about the cost. "The Kirwan Commission might have had good intentions, but what historical data do they have to show this will work and how are they going to pay for it when government programs spin out of control?" he said.

Gile sees school capacity as another problem that needs to be addressed.

"When you look at Anne Arundel County, a lot of the growth hasn't kept up with the buildings," she said. "Schools are overcapacity. That's a major problem. For preschool, we just don't have the space. We need the infrastructure."

Chisholm plans to introduce a bill to extend the service of county school buses from 12 years to 15 years. Legislators are also faced with the continued bus driver shortage. Gile suggested that employee raises may need to be considered. Chisholm has other thoughts.

"I think one of the most enticing things we can do for bus drivers is to make them feel safer," he said. "I know many of them felt threatened with unruly students, not much in Anne Arundel County, but other areas have dealt with fights on buses."

The Environment And Traffic

The Climate Solutions Now Act of 2022 was a big win for environmentalists. Among other things, the bill increases the statewide greenhouse gas emissions reduction requirement and requires the state to achieve net-zero statewide greenhouse gas emissions by 2045.

Much work remains to clean up the Chesapeake Bay watershed. Chesapeake Bay Foundation's latest State of the Bay report gave the watershed a D+ grade of 32. Of the 13 indicators assessed, three improved and three declined. "A big gain for oysters was tempered by a worrying drop for blue crabs, while pollution and habitat indicators showed only modest change," the report said.

The foundation also noted that "sea level rise threatens almost 250,000 acres of tidal wetlands and coastal lands across the region."

"We need to face the existential threat of sea level rise," Gile said.

More specific to Anne Arundel County, Bagnall wants to address riparian rights and public water access through legislation.

Last year, Bagnall sponsored a bill to place speed monitoring systems on Baltimore-Annapolis Boulevard at the intersections of Cypress Creek Road and Brandywine Avenue. She is now working with the Maryland State Highway Administration and Maryland Department of Transportation to mitigate traffic without speed monitoring systems.

Tax Breaks And Business

Chisholm wants to help veterans by making their pensions tax-exempt.

"Our retirees can't afford to stay in Maryland," he said. "People come here and make decent money, and it's horrible that men and women in uniform are forced away from their family and friends."

Chisholm is trying to craft a bipartisan friendly bill, and he hopes for support from Governor Moore, who is pro-military.

The delegate also wants to empower employees who are forced to join unions.

"If you're a private sector company, you can't force an employee to join the union as a prerequisite for employment," he said. "Employees should have the power to decide."

Several members of the Anne Arun-

del delegation want to help small businesses.

"I have spoken with the Greater Severna Park and Arnold Chamber of Commerce and with many business owners about the permitting process," Gile said. "I want to make sure there are no barriers for small-business owners to get started."

Bond Bills And Other Notes

Capital projects are often funded through bond bills. Chisholm has requested bond bills to assist Earleigh Heights Volunteer Fire Company in building a new station and to add a restroom to Northeast High School in between the baseball and softball fields and tennis courts.

"They need to build a new firehouse, and it's a vital service for our community," Chisholm said of Earleigh Heights.

Bagnall urged anyone with a bond bill request to contact her or other members of the Anne Arundel County delegation.

A Collaborative Session?

With a Democratic governor and a majority in the Senate and House of Delegates, Democrats have the numbers to pass their priorities. Chisholm said Republicans will need to find middle ground.

"I've always served under a veto-proof and supermajority with Governor [Larry] Hogan being a backstop," Chisholm said. "If you look at Governor Wes Moore, he is very impressive, at least on paper. He's a great speaker with an impressive resume. If he is one of the presidential hopefuls in two years, will he be more cautious about what goes through?"

Senator Bryan Simonaire, a Republican representing District 31, said he is also hopeful for a successful session, although he did not share specific details about legislation.

"I will continue to advocate for the people of Maryland to have lower taxes, safer communities, world-class education and an opportunity to succeed through hard work," Simonaire said.

One of many lawmakers returning for a second term, Bagnall feels equipped to handle anything. The last legislature weathered an unprecedented four years that included the deaths of House Speaker Michael Busch and Senate President Thomas V. Mike Miller Jr., the onset of the coronavirus, and an election during redistricting.

"Optimism is important," Bagnall said. "Working in this arena can feel frustrating and grind you down. If you look at the long shadow of history, we have made incremental change whether it was women's right to vote, the Social Security Act or affordable health care."

"The Voice" Contestants Perform In Severna Park, Talk Future Plans

» Continued from page 1

family, meet my friends and everyone that has supported me."

Supporters showed up in droves, crowding Sullivan's Cove inside and out.

"We put fire pits out and blocked part of the parking lot to accommodate the fans," said Sullivan's Cove owner

Sean Martin. "We had large crowds inside but never flowing out into the parking lot."

The weather cooperated and fans were able to enjoy the intimate setting of a hometown hub with now nationally known teen performers. "I feel as though people take me more seriously now that I have been on national tele-

vision," Bastola said. "The point of being on the show was to get more hype so people would see me as a singer and musician. It has been awesome to have people appreciate my music."

Both Bastola and Gomez still have schooling to complete. Bastola will graduate from Severna Park High School this year and Gomez will at-

tend Berklee College of Music starting in May.

"We have some cool things coming up," Gomez said. "We will be releasing covers together and maybe some originals. Our music is ever evolving, and we are always learning, so we want to put out content for people to enjoy, feel and appreciate."



Open For Business In 2023

» Continued from page 1

stores in Annapolis and Pasadena, so this was an opportunity to fill a gap.”

Advance Auto Parts caters to everyone from the DIYer to the professional customer.

The business also offers a variety of free installations, curbside services and battery checks.

“Batteries die in the summer heat but fail in the winter,” Simons said. “During a Maryland winter, the temperature can be anywhere between 75 degrees and below freezing.”

Store hours are 7:30am-9:00pm Monday through Saturday and 9:00am-6:00pm Sunday.

With both hot and cold food on its menu, Tropical Smoothie Café is expected to open sometime in the first quarter of 2023. The new store will fill the space at 366 Ritchie Highway, by the Whites Road intersection.

In addition to smoothies, the café will be stocked with sandwiches, flatbreads, wraps and more.

Roughly one mile away, Fulton Bank is opening an office in the shopping center with Brian Boru Irish Restaurant and Pub.

Another new business, BD Provisions, will sell bulk foods by the pound in sustainable containers. The selection ranges from basic pantry staples to popular superfoods. The store also roasts coffee in the front of the store so customers can watch their beans being roasted.

A new senior living community called The Sheridan at Severna Park is currently under construction at 134 Ritchie Highway in Pasadena. The community will include 84 assisted living and 18 memory care apartment homes and upscale amenities, such as a fitness studio, art studio, memory garden, salon and spa and chef-prepared meals. The estimated opening is spring 2023.

These businesses are fortunate to find space in an area that has “extremely high barriers for entry,” according to Rosso. He worries about mom-and-pop shops being able to find affordable space, but overall, change is not a bad thing.

“The good news is that we live in one of the most desirable markets in our region, with no shortage of businesses that want to be part of the action,” Rosso said.

ANNE ARUNDEL COUNTY AT A GLANCE

*Data provided by the Anne Arundel Economic Development Corporation

Commercial Property

- Office Vacancy Rates November 2022 (7.7%)
- Office Vacancy Rates November 2021 (8.5%)
- Flex Vacancy Rates November 2022 (6.8%)
- Flex Vacancy Rates November 2021 (7.7%)
- Industrial Vacancy Rates November 2022 (3.2%)
- Industrial Vacancy Rates November 2021 (3.1%)
- Retail Vacancy Rates November 2022 (4.8%)
- Retail Vacancy Rates November 2021 (5.3%)

Home Sales

- Average Sold Price November 2022 (\$504,186)
- Average Sold Price November 2021 (\$498,113)
- Median Sold Price November 2022 (\$430,950)
- Median Sold Price November 2021 (\$415,000)
- Total Units Sold November 2022 (536)
- Total Units Sold November 2021 (966)

Employment

- Anne Arundel County unemployment rate October 2022 (3.4%)
- Anne Arundel County unemployment rate October 2021 (4.3%)
- Maryland unemployment rate October 2022 (4.5%)
- Maryland unemployment rate October 2021 (5.7%)
- U.S. unemployment rate October 2022 (3.7%)
- U.S. unemployment rate October 2021 (4.6%)

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Program Provides Relief For Homeless In Winter Months

By Judy Tacyn

Arundel House of Hope — in conjunction with dozens of churches throughout the county — provides shelter to homeless individuals through the Winter Relief program that takes place from October through March.

“If not for this program, guests would be sleeping outside during the coldest seasons of the year,” said Bob Svehlak, Winter Relief ministry coordinator at St. John the Evangelist Church in Severna Park, one of the program’s partner churches.

Charity Cummings, director of Winter Relief, has been with Arundel House of Hope for eight years. She acknowledges shelters in the area are usually full, and there are still segments of the homeless population that need assistance. Cummings works with the more than 70 church affiliates to make sure there is a warm place for dozens of homeless people to eat and sleep over the winter months.

Carlton, a homeless participant in Winter Relief, hopes that he won’t be reliant on the program for too much longer.

“I am so thankful for this program, but I don’t plan on being here forever,” Carlton said. “I am working to get back on my feet and back to my son.”

Folks interested in getting relief from the harsh realities of being homeless in the winter must go through a screening process with the Department of Social Services. Approved applicants are referred to Arundel House of Hope’s Winter Relief program, where the waiting list can be lengthy. Once accepted, participants are tested for drug and alcohol use daily.

According to John McLaughlin, director of operations at Woods Memorial Presbyterian Church, the Severna Park church has been participating in Winter Relief for more than 20 years. McLaughlin said part of his organization’s mission is to serve the community, and Winter Relief gives his church an opportunity to do just that.



Left: Tyler and Carlton are homeless guests who were thankful for the Arundel House of Hope’s Winter Relief program that provided them with food and an indoor place to sleep. **Right:** Shane Perry prepped for the evening meal at Severna Park United Methodist Church.



“It gives all of us and our volunteers a sense of purpose to serve people who are not as fortunate,” McLaughlin said.

Woods is slated to host homeless guests in March. Though Woods is in the early planning stages, McLaughlin said guests can expect some great Irish food and entertainment for St. Patrick’s Day.

St. John the Evangelist Church has participated in Winter Relief for seven years. A typical day in the program includes meals and evening activities such as watching television, karaoke, bingo or talking with one another. Showers and laundry services are also available for the homeless guests during their stay.

“At St. John, we are just trying to do a bit of something to help others that aren’t so lucky,” Svehlak said. “I personally got involved in this ministry to better understand the folks using these services and to hopefully overcome my cynicism about what got them there.”

Severna Park United Methodist Church has been a Winter Relief host church since 2012, and due to its size, usually hosts a week in November and a week in February. Although more than 1,000 guests have found comfort at Severna Park United Methodist, Carolyn Heim,

director of Winter Relief at the church, said she believes volunteers may benefit more than the guests.

“It takes more than 1,300 volunteer hours and 200 volunteers each Winter Relief week,” Heim said. “It is a much-desired program because people can do mission work without leaving the state or country. There is a lot of joy, and a lot of smiles when we can serve God by helping people.”

Homeless guests at St. John the Evangelist Church were treated to crab cakes, baked fish and hush puppies on New Year’s Eve.

“I haven’t had crab cakes in years, and these are really good,” said one guest, Tyler. “If it wasn’t for this program, I’d be outside begging for my meal and not knowing where I’d be sleeping.”

Cummings said the churches and volunteers she works with are amazing, and that guests love the hot meals, entertainment and warm spots to lay their heads. She added that many of the homeless population they work with have made mistakes, but they just need assistance to get back on their feet.

“At House of Hope, we do the best we can to help the vulnerable people in our community,” Cummings said. “We don’t look down on them but help them up to get them out of their situation. When I go to bed at night it breaks my heart to know so many people are sleeping outside. How can I not help?”

Arundel House of Hope accepts year-round donations of blankets, pillows, winter clothing, hygiene items, cash and gift cards. Cummings said she’s always looking for more churches, because more churches mean more people are not sleeping outside. To donate or to inquire about getting involved as a volunteer or host church, contact Charity Cummings at 410-863-4888.

Severna Park Woman Wins Martin Luther King Award

The annual Dr. Martin Luther King Jr. Breakfast was held at the La Fontaine Bleue restaurant in Glen Burnie January 16, and among the year’s honorees was Severna Park resident Abbie Ellicott, who won the Dallas G. Pace Sr. Humanitarian Award.

The Dallas G. Pace Sr. Humanitarian Award recognizes the achievements of, or contributions made by, any person who has significantly enhanced the realization of human relations objectives for the betterment of the people of Anne Arundel County.

Ellicott is a wife, mother and psychologist who has lived in Severna Park for the past 27 years with her husband, Howard.

She has always supported the LGBTQ community, as she has close family members and many friends who are gay. Over the years, she has seen people in that community experience discrimination and hardship as they fought for basic civil rights, funding for AIDS health care and research, the right to adopt children, and marriage equality.

In 2016, she felt compelled to get personally involved in advocacy for the LGBTQ community due to the direction the country was taking. Ellicott began working with a local advocacy

group called WISE (Women, Indivisible, Strong and Effective), participating in its LGBTQ Advocacy huddle. Through the women in this group, she gained valuable experience in how to effect political change on a local level.

WISE was integrally involved in the passage of a bill that banned conversion therapy for minors in Maryland in 2017, working closely with the Human Rights Campaign, Annapolis Pride and Free State Justice. In 2020, the WISE huddle evolved into the Coalition for LGBTQ+ Students, which tackled the issue of enhancing protections for LGBTQ youth in local schools. The coalition advocated for the Board of Education policy called the Safe and Inclusive Environments for LGBTQ+ Students, which was passed by Anne Arundel County Public Schools in 2021. Currently, the coalition is working to ensure that greater safety and protections are present for all students in county schools, especially those in marginalized groups such as gay students and BIPOC (Black, indigenous and people of color) students.

Ellicott plans to continue her advocacy work to improve the lives of all.

The theme of this year’s annual breakfast, organized by the Dr. Martin Luther King Jr. Breakfast Committee was, “We will remember not the

words of our enemies but the silence of our friends.”

Here are all the 2023 honorees:

Dr. Martin Luther King Jr. Award

- Selected and presented by the Human Relations Commission, City of Annapolis
- Presented to Joshua Hatch

Dallas G. Pace Sr. Humanitarian Award

- Selected and presented by the Anne Arundel County Human Relations Commission
- Presented to Abbie Ellicott

Alan Hilliard Legum Humanitarian Award

- Selected and presented by the Anne Arundel Coalition of Tenants Inc.
- Presented to Faye Gaskin

Dr. Martin Luther King Jr. Zeitgeist Award

- Selected and presented by Anne Arundel Community College
- Presented to Kimberly Jackson and Winnie Shabazz



Abbie Ellicott

Leon H. White Clergy Memorial Award

- Selected and presented by United Black Clergy of Anne Arundel County
- Presented to Phillip G. Duncan

George H. Phelps Jr. Distinguished Citizen Award

- Selected and presented by Anne Arundel County NAACP
- Presented to Skye Bailey

POLITICS & OPINION

The Timeline For Redistricting



Dana Schallheim
Board of Education
District 5

Happy New Year! I hope that 2023 brings happiness and prosperity to each of you.

On January 4, the Board of Education conducted a special workshop on redistricting — the topic of this

County Elementary School as well as to alleviate massive school overcrowding in the northern part of the county.

The second phase will commence in February 2025 and wrap up in fall of 2025 for implementation in fall of 2026. The remaining clusters include Annapolis, Arundel, Broadneck, Crofton, Severna Park, South River and Southern. Both phases will include extensive public input.

I understand the tumultuous history of redistricting in this county. Whether the decisions were motivated by wealth, power, racism, etc., some school boundaries throughout the county were created or changed in the past for reasons other than populating new schools or equitably balancing enrollment. My commitment to all AACPS students and to the residents of District 5 is that I will carefully consider all data-supported plans with an open mind. I do want to make clear, however, that I am not likely to support the breaking apart of communities along the northern or eastern borders of District 5, especially those that will put more students and traffic down Mountain Road.

Likewise, I remain open to any proposals not already presented to alleviate overcrowding in Broadneck and Severna Park elementary schools. The bottom line is that we are fortunate to live in a cluster not plagued by constant overcrowding and have the room to accept more students from schools that are bursting at the seams. I welcome data-supported plans that endeavor to do just that.

There is no action to be taken by residents of District 5 until the second phase starts in February 2025. In the interim, feel free to reach out to me with any questions or concerns you may have. I am always available to participate in respectful dialogue by phone (443-534-2660), email (dschallheim@aacps.org), and social media.

first column of the year. Redistricting is the most political and challenging part of my job for a variety of reasons, and it's essential to opening the new Old Mill High School, West County Elementary School and other schools down the road as well as rebalancing enrollment.

All of us are very attached to our schools, communities, after-curricular activities, child care facilities and schedules. Whether we admit it or not, we are all creatures of habit. Redistricting puts all of that on its head. The challenge of populating new schools and rebalancing enrollment at others will be difficult and potentially stressful for parents and students alike and must include, as it should, much more listening than speaking on the part of myself and my colleagues.

The special workshop is well worth your attention and can be found at www.aacps.org/youtube.

The likely plan will tackle redistricting the entire school system in two phases. The first of which will kick off next month and will finish this fall for implementation in fall of 2024. The clusters set to be tackled during the first phase will include the Chesapeake, Glen Burnie, Meade, North County, Northeast and Old Mill districts in order to both populate the new Old Mills West High School and West

Letter To The Editor

Dear editor,

The intersection of southbound Ritchie Highway and Baltimore Annapolis Boulevard in Arnold, located about a quarter-mile north of the intersection with Arnold Road, is dangerous.

A new right-hand lane appears at that intersection on the southbound side. There is a "Do Not Drive on Shoulder" sign and the shoulder's diagonal painted lines, however, there is no physical barrier preventing highway drivers from moving onto the shoulder prior to the intersection to access the new right-hand lane early. Doing so cuts through the path of right-turning vehicles entering the highway from Baltimore Annapolis Boulevard.

A physical barrier needs to be put in place to prevent highway drivers from entering that shoulder. The intersection has a history of accidents between cars on the highway and right-turning cars entering the highway. One of them was mine; a Maryland state

police database on the internet shows 15 accidents similar to mine from 2015 to 2022 at that intersection. I made a request to the State Highway Administration (SHA) after my accident for a physical barrier, yet nothing has changed.

You can help in two ways:

1. Submit a request to the SHA for placement of such a barrier.
2. Sign the petition at www.change.org.

Something as simple as a row of bollards (flexible plastic posts that are about three feet high) on the line dividing the travel lane from the shoulder shortly before the intersection would be enough.

I was lucky; I was not hurt in my accident. Not everyone will be so fortunate. Please help protect future drivers entering the highway at that intersection by submitting a request to SHA and signing the petition.

Thank you,
Catherine Vieweg Taylor

Your Voice Matters: The County Budget And Rezoning



Amanda Fiedler
Councilwoman
District 5

Happy New Year!

The start of a new year has a feeling of fresh beginnings and ample opportunity. The same is true for the Anne Arundel County Council, as last month the new council was sworn in, and we held our first legislative session.

It is both an honor and a privilege to return to this elected role, representing the fifth district for four more years. There are a lot of important initiatives on the horizon that will have a great impact on our county, and I look forward to working with you on each of them.

The county executive has kicked off the budget process for fiscal year 2024, announcing dates for district town halls. These town halls are an opportunity for taxpayers to share their priorities and financial concerns with the county executive and councilmembers. Is there an area of the county where you would like to see an increased investment? What are your thoughts on the county property and income tax rate? Is there a project in the budget that is important to you?

I anticipate this budget cycle may look a little different than those of the last four. Inflation and the cost of living is at the forefront of many minds and it's a national news story on a daily basis. The millions of dollars in federal stimulus money from COVID-19 will be

coming to an end, and experts continue to warn of a potential recession. All of these factors will converge in budget discussions, and your voice is critically important to the process. The District 5 budget town hall will take place at Severna Park High School on February 8 at 6:00pm. I hope you will consider attending.

As the county continues to move through the General Development Plan, which will guide development, growth, conservation, environmental protections and infrastructure investments, the Office of Planning and Zoning continues to work with stakeholder advisory committee members. These volunteers dedicate hours of time to shaping the future of our communities and the county as a whole. Their critical work will create important recommendations that will be brought before the council as we move into comprehensive rezoning. Comprehensive rezoning is required to take place every eight years and is one of the few ways that a property could receive a zoning change. Zoning is the type, or category, of development that a property can have (residential, commercial, industrial, etc.) and directs the intensity of development. This will be one of the largest pieces of legislation that this council tackles in the next four years. Land use and zoning changes make up a large portion of legislation that comes before the council and have historically been of high importance for our district.

Keeping you informed on these important matters will remain a priority in my second term. I strive to get this information to you in a variety of ways. Social media, this column, my county blog on the council website (www.aacounty.org/departments/county-council/councilmembers/district-5) and a twice monthly electronic newsletter (please email me if you would like to receive). I want you to have the opportunity to weigh in on any matter before the council and also learn about the wonderful stories of opportunity turning into success stories for our residents and small businesses.

As always, if you have a constituent matter or a county issue you would like to discuss, please email me at amanda.fiedler@aacounty.org.

I wish you and your family a very happy and healthy 2023.

Jenny Jarkowski Named As Director Of Planning And Zoning

Anne Arundel County Executive Stuart Pittman appointed Jenny Jarkowski to be the new director of the Office of Planning and Zoning, beginning January 19.

Jarkowski most recently served as the director of the Harford County Department of Planning and Zoning, and previously served as the chief of staff for the Maryland Department of Planning. Jarkowski brings more than 20 years of planning experience at the state and local level to the new role.

She began working in the Harford County Department of Planning and Zoning as deputy director in 2015, and was promoted to director in 2021.

For more details about Jarkowski's background, read the full story online.

Disclaimer

The opinions expressed in this section are those of the authors and do not necessarily reflect the opinions or beliefs of the *Severna Park Voice*. All elected officials in the *Voice's* coverage area are offered the opportunity to contribute on a rotating basis and political parties are given equal opportunity to be featured.

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A Midseason Look At Boys Basketball

By Tom Worgo

Severna Park

It's a thing long dreaded by those who follow and support the Severna Park boys basketball team.

Year one P.P. After head coach **Pete Pellicani**.

For 29 years, Pellicani ran the Falcons' program.

In his place, **Pete Young** took over Severna Park, and he might be the closest thing to the perfect replacement. Young served as Pellicani's assistant coach for the past 24 years.

"During the last 15 years, he's probably given me a lot more leeway than other head coaches would give an assistant," Young said.

Young inherited a team with only one returning starter in junior guard/forward **Brendan Abell**.

Abell came up big in a comeback win over Old Mill on January 13.

"We had a rough start to the first half, down 16 at one point," Abell said. "We came out in the second half, finishing at the rim, doing everything we needed to do, and that's how we finished with the win."

The Falcons tightened up their defense and started getting more rebounds.

"Defensively, we had to get back on fast breaks," Abell said. "They



Photo by Zach Sparks

The Falcons' Liam Cleary attempted a shot over two Patriots defenders. Cleary was a force inside the paint during Severna Park's win over Old Mill.

were filling up the cup, finding spots from three, and we just had to stop the ball, and once we did that, it was game over."

Meade and Broadneck will provide

the next tests for a Severna Park squad that went 15-7 last year before seven seniors graduated.

"They were great players for us," Young explained of the departures.

"The new guys are working hard, looking forward to stepping into the role where those seniors left off."

The other starters include junior guard/forward **Liam Cleary**, senior guard **Michael Carparelli**, and two

players brought up from last year's junior varsity, junior forward **Tucker Moran** and sophomore guard **Charlie Hartman**.

Junior guard **Upton Young**, senior guard **Owen Muldoon**, senior forwards **Rian Sherwin**, sophomore forward **Luke DeBaugh** and senior center **Jack Miller** are competing for minutes.

"This year, there is a lot more teaching going on because there were a lot fewer game minutes left in the gym after all the seniors graduated," Young said.

Broadneck

With a roster full of guards, coach **John Williams** favors an up-tempo game and a substitution pattern that might be described as feverish.

To play that style requires a deep bench and the senior-laden Bruins have it.

"Our goal is to just go out and run," Williams said.

Junior guard **Jordan Brown** is the lone returning starter. He's a candidate to lead Broadneck in scoring.

"Jordan had a lot of game experience through the summer," Williams said.

"He played on a high-level [Amateur Athletic Union] AAU team. I think he's ready to take that next step."

The starting lineup also features senior shooting guards **Jalen Carter**, **Amarie Jefferies** and **Khesean Porter**, and senior forward **Kyle Miles**.

Brown, Carter and Jefferies produced in Broadneck's season-opening 72-52

» Continued on page 26

Wrestling Season Gets Underway

By Tom Worgo

Severna Park

Sam Ziff took over the Severna Park head coaching job while brimming with pride.

After all, he has a history at the school. Ziff wrestled with the Falcons from 2010 to 2013.

"There's something special about coaching at your alma mater," said Ziff, who replaced **Trevor Bryden**. "It will be a fun experience."

Ziff brings a lot of knowledge with him. He won two county titles and a state championship, wrestled for Division I Edinboro University and served two years as coach at Meade.

He believes he has a nucleus for building the Falcons into a consistent winner.

"We have the right kids to build the culture around, where the kids buy into the sport," Ziff said.

Ziff hopes to mold five freshmen into champions: **Jonathan Wark** (152 pounds), **Michael Queen** (120), **Aiden Holley** (132), **Andrew Vonk** (126) and **Daniel Doney** (138).

"They are already displaying they have the fortitude and ability necessary to be successful," Ziff explained.

Queen got off to a 19-3 start.

"He is just naturally gifted," Ziff said. "He is lengthy, very strong for a lot of his opponents and has such a feel for wrestling."

Senior **Jake Fritz** (182), **Bobby Howe** (160) and **Nathan Kohler** (152-160, second in region last year) and juniors **Joshua O-Dennel** (170) and **Nolan Buhler** (220) also are wrestlers to watch.

Ziff has been especially impressed with Fritz.

"He has the ability to just go," the coach said of Fritz's main strength. "He has no off-switch. He is a really strong kid and will be in your face the entire time."

Broadneck

Coach **Reid Bloomfield's** team can be summed up in one word — experience. Broadneck returned 10 starters.

That has raised expectations for the Bruins, who started off 8-0 in dual meets and 17-1 including dual meet tournaments. As of January 13, Broadneck is the only undefeated team left in the county, sporting a 6-0 county record. The squad also recently took top honors in a New Year's tournament in Easton.

"There are no holes in our lineup," Bloomfield said. "It's the toughest lineup I've had (in six years). Our goals are to be county, region and state champions. I might say that as individuals in the past, but not as a full team."

There's no doubt that Broadneck is loaded.

Senior **Liam DeBaugh** (126) is the

» Continued on page 26

A N-ICE Record



Photo courtesy of Fincham Photography

Severna Park's ice hockey team got off to an 8-1 start this season. That streak included wins against Queen Anne's County (15-0 on December 21), Kent Island (12-2 on January 6) and Arundel/Chessie (7-2 on January 9). The team will close out the regular season with games against Broadneck on January 23 and South River on February 10.



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Olivia Cook, CRNP

Mrs. Cook is board certified by the American Academy of Nurse Practitioners and is trained in all aspects of primary care. She received her Family Nurse Practitioner Masters degree from Duquesne University. Olivia is passionate about meeting patients where they are in life and treating every individual with respect and kindness.

Olivia brings a focus on preventative medicine, patient education, and building meaningful relationships with patients as her clinical goals. We

welcome the addition of this bright, enthusiastic provider to our practice!



Amanda Curry, CRNP

Ms. Curry is board certified by the American Academy of Nurse Practitioners and is trained in all aspects of primary care. She received a Master's degree in 2018 in Nursing Leadership and Management from Stevenson University and completed her Family Nurse Practitioner degree in 2022 from Chamberlain University. Amanda has a patient-centered approach to improving your health and well being, and is passionate about women's health, mental health and pediatrics in particular.

Amanda has 15 years experience in both adult and pediatric medicine and brings a focus on preventative medicine, patient education, and building meaningful relationships with patients as her clinical goals. We welcome the addition of this bright, enthusiastic provider to our practice!

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Indoor Track And Field Preview

By Tom Worgo

Severna Park indoor track and field coach **Josh Alcombright** isn't sure what his Falcons are capable of doing this season, either as a team, or in some cases, on an individual basis.

The Falcons graduated nine seniors from a squad that won the first Class 4A state championship in school history last March.

The heavy losses left Alcombright with an abundance of questions.

"We focus on what each individual can do and then it will just kind of come together as a team," Alcombright said.

Some of the voids could be filled from Severna Park's roster, which contains a bevy of athletes from last fall's boys and girls cross country state championship team.

Seniors **Liam Hagerty** and **Christopher Nunn** helped Severna Park to its fifth straight 4A cross country title in November, and the school is pretty good in track, too.

Hagerty finished third in the county and fifth in the state outdoors last year in the 3,200 meters and Nunn ranks third in the state with the third-best time in the 3,200 meters this winter.

"Liam was one of the top guys on a really talented team last year, so now it's his time to stand in the spotlight along with Nunn," Alcombright said. "Nunn can sustain an uncomfortable pace for

an extended period of time. He is just a grinder."

The girls team also has some great leaders, too, including seniors **Lexi Ensor**, **Cameron Glebocki** and **Jillian Zukley** and junior **Sallie Honeywell**.

Glebocki took second in the region and sixth in the state in the 1,600 outdoors last year. Honeywell took third in the 300 hurdles outdoors, and in the same meet, Ensor was third in the county and region in the 3,200 outdoors while Zukley has the third best shot put distance in the state this season.

Glebocki has as much a chance for success as any member of the girls team.

"We expect her to be contending for county, state and region titles in whatever events she runs," Alcombright said. "She was county champ in cross country."

Plenty of other promising track athletes crowd the boys and girls roster, including **Alexander Abboud** (55-meter dash), **Allison Quinn** (300, 800), **Katie Griffith** (300, 500), **Kate Griner** (300, 500), **Rebecca Jimeno** (800, 3,200), **Sarah Kelly** (sprint relays), **Sawyer Knapp** (sprint relays), **Alex Lecouras** (800, 1,600), **Rylan McDonald** (300, 500) and **Ty Miller** (high jump).

"We should be in the conversation for a county title on the girls side," Alcombright said. "And the boys are just kind of rebuilding."

Former Falcon Breaks Field Hockey Records At Washington College

By Lauren Burke Meyer

The accolades continue to roll in for former Severna Park High School field hockey player Kat Esposito.

Now in her second year of Division III field hockey at Washington College in

Chestertown, Maryland, Esposito broke the school record for most goals by a freshman with 27. These achievements undoubtedly contributed to her 2021 Centennial Conference Rookie of the Year honor.

In her sophomore campaign for the Shorewomen, Esposito tied the school record for the most goals in a season, scoring 18.

Anne Kietzman, head coach of Washington College's field hockey team, shared that Esposito reminds her of the classic quote from the late American long-distance runner Steve Prefontaine: "To give anything less than your best is to sacrifice the gift."

"Kat honors the game every time she steps on the turf and plays with incredible passion and brings her best to even the smallest of tasks," Kietzman added.

The former Falcon notched the winning goal off a stroke to secure a state championship her junior year, and Esposito credits Severna Park High School's competitive athletic atmosphere with preparing

her for college athletics.

"The coaches at Severna Park always had high expectations for us and putting in the effort to meet those expectations became a habit," Esposito said.

After two seasons, the field hockey star has been honored as a two-time National Field Hockey Coaches Association Region V and All-Centennial Conference player, both with first-team honors in 2022 and second-team honors in 2021. Esposito was also a Centennial Conference Player of the Week and two-time Shorewoman of the Week.

Esposito's accolades aren't exclusive to the field, though. She has a 4.0 GPA. Esposito has been pegged with recognitions such as 2022 Academic All-Centennial, 2022 Centennial Conference Academic Honor Roll, 2021 NFHCA National Academic Squad and 2021 NFHCA Scholar of Distinction.

She's also a member of the Presidential Fellows program at Washington College and achieved the Phi Beta Kappa First-Year Award for Excellence in Liberal Learning.

Esposito is a double major in anthropology and art, plus art history, and is her school's campus archaeology lab manager.

Looking ahead, Esposito is traveling to Cuba for an anthropology course. Then in March, Esposito hopes to present research at the Middle Atlantic Archaeological Conference.

"Of course, for our next field hockey season, we will have the goal of making it to the playoffs again, and we'll work hard to go as far as we possibly can," Esposito said.

Read the full story online.



Kat Esposito

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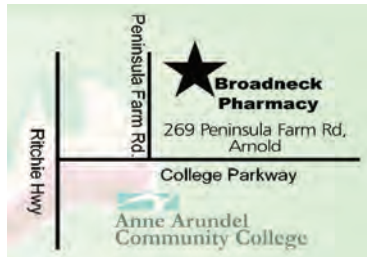


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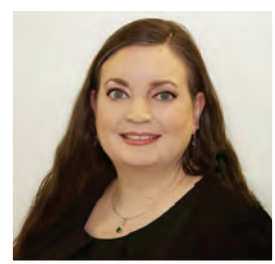
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STUDENT-ATHLETE OF THE MONTH



Photo courtesy of Fincham Photography

ABBY KAVANAGH

SEVERNA PARK GIRLS BASKETBALL

By Tom Worgo

Severna Park High School senior Abby Kavanagh is amazingly focused and driven.

Kavanagh is just about the closest thing to the perfect student-athlete.

She juggles her athletics (varsity basketball, lacrosse) with academics, church involvement, working at Sullivan's Cove as a hostess, and extracurricular school activities in a way few student-athletes do.

"To be an athlete at her level and to pull off what she does in the academic world is not easy to do. She puts in a lot of time for sports, but you have to put in almost twice as much work for academics. She is just a great all-around student-athlete."

— KRISTOFER DEAN, SEVERNA PARK GIRLS BASKETBALL COACH

It seems like the 17-year-old Kavanagh makes it look easy.

"To be an athlete at her level and to pull off what she does in the academic world is not easy to do," Severna Park girls basketball coach Kristofer Dean said. "She puts in a lot of time for sports, but you have to put in almost twice as much work for academics. She is just a great all-around student-athlete."

Kavanagh carries a 3.9 weighted grade-point average, serves as vice president of the One Love club, and belongs to the Young Life bible study class at St. Martin's-in-the-Field Episcopal Church.

"I am always on the go," Cavanaugh said. "I am never home."

She also babysits almost every weekend in addition to excelling in sports.

It all comes down to her time-management skills being top-notch.

"I just try to use any free time I have to involve myself in other activities besides sports," said Kavanagh, who has taken five Advanced Placement classes at Severna Park. "I have been very motivated to keep my grades up, and I am pretty passionate about my sports."

"I try to put in as much time as I can to both," she added. "It's something I have mastered throughout the years."

With her senior year winding down, Kavanagh has one eye on high school and another on college. She applied to

Ohio State, Auburn, Penn State, Maryland and Towson.

Auburn tops her list. She expects to decide around February 1.

"Of all the schools I applied to, I just thought Auburn was the fit for me," Kavanagh said. "I was comfortable, and I love it down south."

When it comes to sports, the 5-foot-9 Kavanagh is having her best season in three years on the varsity team. Entering January, she led the 8-2 Falcons in points (11.7 average) and rebounding (10.1).

Kavanagh had some memorable games. She totaled 21 points and 18 rebounds in a 58-45 victory over Milford Mill on December 2 while finishing with 15 points and 18 rebounds in a 39-29 win over Annapolis two weeks later.

Kavanagh, a team co-captain, is just as important to the Falcons for her leadership skills.

Dean raves about them and Kavanagh's tremendous work ethic.

"She teaches the younger players what needs to be done on the floor at certain times," Dean explained. "She is a great role model for the younger girls."

Cavanaugh also shows that intensity on the lacrosse field. This spring will mark her third year on the varsity team.

"Of all the captains I've had, she works harder than any of them," Dean said. "She just works her butt off. I don't know if I have ever seen her take a break."

Student-Athlete of the Month

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Setting The Standard

Field Hockey Players Finish Unprecedented Run At Severna Park

By Zach Sparks

zach@severnaparkvoice.com

Freshmen never made varsity. That was the unspoken rule.

But when **Shannon Garden** took over as head coach of the Severna Park High School field hockey team in 2018, she did not share that philosophy. Given that opportunity, childhood friends and Green Hornets teammates **Meredith Schepens**, **Charley Kramer** and **Ava Drexler-Amey** made the varsity team as freshmen in 2019.

"They came in and they were athletically super-fit," Garden said. "They were mature enough to handle the competition. I could not be more proud, because they deserved it."

"I told the older players, 'This is not about age, but about talent,' and they had it."

Making the team was an accomplishment for all three girls, but it was only the beginning. With only three years of playoff eligibility due to the COVID-shortened 2020 season, the girls won two state championships and two county titles.

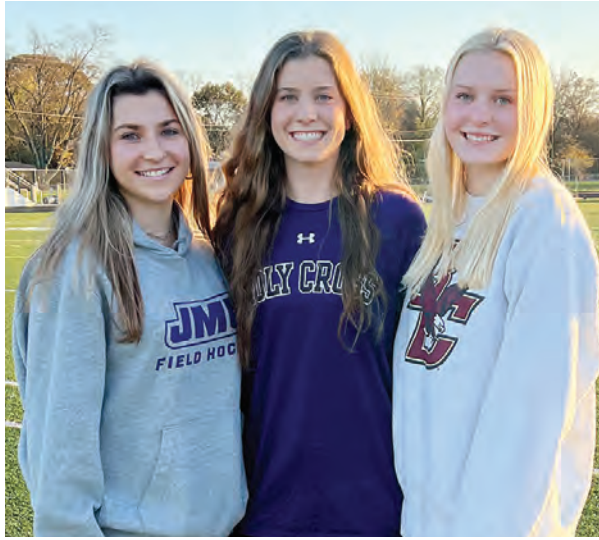
They will soon prepare for new challenges in their upcoming collegiate careers, along with Severna Park teammate **Maddie Evans**. Before that, they are taking a moment to reflect.

From Green To Gold And Blue

As Green Hornets, the girls were coached by Schepens' mom. Their bond paid off when the girls won a county championship in seventh grade.

More goals waited at the next level.

"Severna Park never had freshmen on varsity," Kramer



Ava Drexler-Amey, Meredith Schepens and Charley Kramer have been friends and teammates since their days of playing Green Hornets field hockey together.

reiterated. "Coming in with new coaches, for us, we were definitely working toward that goal. We set the tone for other kids in the coming years."

They earned key positions with Kramer in goal, Schepens at attack midfield, and Drexler-Amey at defensive midfield.

"It's such a big change from playing one age group to playing multiple ages," Drexler-Amey said. "The speed and the hustle is different."

Their first game was a loss to McDonogh. The next game, a win over Arundel. Wins kept coming as they finished 17-2.

The Arundel Wildcats had ousted the Falcons the previous year in the region playoffs. In 2019, the Falcons beat them three consecutive times, all on the road, to win their regular season matchup, the county championship, and a region finals contest.

"You can beat them once or twice, but three times was an accomplishment," Schepens said.

With that momentum, the girls reached the 4A state

championship against Dulaney, and took home the prize with a 1-0 win.

Defending Champs

By their junior years, Schepens, Kramer and Drexler-Amey were all established leaders on the varsity team. Evans was new to the Falcons, but throughout her two years, she made her mark.

"She decided, 'This is going to be my sport,'" Garden recalled. "She came back super impressive and just went to work."

Schepens moved to defense during her junior year due to an Achilles injury. She continued to excel.

Severna Park finished 17-2, becoming county and regional champs.

Making it to the state final again, this time against Winston Churchill, Severna Park players maintained their focus.

After scoring twice in the state semifinals, Drexler-Amey scored a goal in the state final. Kramer notched a shutout. Schepens and Evans played stellar in midfield.

Schepens, Kramer and Drexler-Amey served as captains their senior year and continued to be leaders.

Their season ended with a loss to Broadneck. Now, their careers will continue, separately, for the first time since they were children.

"When we lost our last game [against Broadneck], I was sad we lost but more sad that high school field hockey was over," Schepens said. "I thought, 'Now it's all done in an hour.'"

The Next Stage

Schepens will take her stick to College of the Holy Cross. Drexler-Amey will head to James Madison University. Evans will attend Lafayette, and Kramer will take her talents to Boston College.

While they look forward to college, the girls don't mind looking back at their storybook high school careers.

"Never in a million years as a kid would I think that I would walk away with two state titles," Drexler-Amey said. "It's something I will cherish forever."

Read the full story at www.severnaparkvoice.com.

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Champions Crowned For Green Hornets And AAYSA

Champions of the Green Hornets Rec Soccer and the Anne Arundel Youth Soccer Association, or AAYSA, leagues were crowned for the fall season.

More than 2,300 players participate annually in the Green Hornets fall soccer program, which runs from late August through early November. A total of 78 squads competed this season. AAYSA aims to

provide youth of Anne Arundel County the opportunity to participate in a program where they have the chance to learn, develop, improve, and master the basic skills and fundamentals of the sport.



Green Hornets Third- and Fourth-Grade Boys — Deep Blue Sharks

Coaches: Brad Carey, Altin Peltuku and Sam Mitchell

Players: Cooper Carey, Elliott Martin, Sullenger Martin, Stephen Peltuku, Noah Mitchell, Gavin Simmons, Reid Nowakowski, Andrew Maggett, Nick Gonzalez, Teddy Demi, Connor Macquilliam and Elliott Martin



Green Hornets Third- and Fourth-Grade Boys — Blue Crabs

Coaches: Mark Dittami and John Varney

Players: Charlotte Varney, Mila Pooran, Hannah Taylor, Emily Steele, Ashley Patrick, Kennedy Lykudis, Ava Holland, Olivia DeHenzel, Natalie Dittami, Molly Alvarez, Willa Bigden and Caroline Scillieri (*not pictured*)



Green Hornets Fifth- and Sixth-Grade Boys — Hot Cheetos

Coaches: Nelson Davy and Ben Youngs

Players: Blake Youngs, Jackson Houser, Asher Marshall, Charlie LaBrier, Tanner Moran (*not pictured*), Nixon Davy, Daniel "Danny" Sysko, Colby Bilzor, Benjamin Hayslip, Cyrus Bhattarai, Brooks Gronowksi, Kyle Schuller, Lucas Chen, Isaac Aceves and Nicolas Aceves



Green Hornets Seventh- and Eighth-Grade Boys — Black Team

Coaches: Colby Benz, Brady Benz, Matthew Calabrese, Matthew Cawfield, Evan Chojnowski, Cameron Crawford, David DeAngelis, Grayson DeCosmo, Gavin Earle, River Eschenburg, Sean Gawitt, Brady Howard, James Hughes, Callen LaChapelle, Matthew Simpson, Barrett Vaughn and Tanner Wedlake



Green Hornets Fifth- and Sixth-Grade Girls

Coaches: Bobby Brucksch, Juli Railsback and Bret Devich

Players: Alex Stokes (*not pictured*), Alice Collins, Anna Garrido, Calla Boyle, Hailey Brucksch, Kennedy Dycus, Kylie Crockett, Kynzie Railsback, Lucy O'Grady, Mackenzie Street, Molly Christesen, Sadie Kellenberger and Scarlett Devich



AAYSA U18 Girls Division 1 Co-Champions — Team Shirley

Coaches: Scott Ayers and Greg Hayes

Team Manager: Abby Chase

Players: Lydia MacFarlane, Nadia Abdolahi, Kiley Curran, Ally Chase, Paige Miller, Peyton Westlund, Kaitlyn Miller, Becca Widmer, Avery Serpa, Bess Carr, CC Billovits-Hayes (*not pictured*) and Carlee Ballard (*not pictured*)

Champions Crowned For Green Hornets And AAYSA



AAYSA U8 Boys Division 1 Champions — GSPAA Giles

Coaches: Michael Giles and Christine Jaidar

Players: Carson Jaidar, Eric Giles, Everett Weston, Connor Higdon, Jack Brennan, Luca Drecchio, Mason Azevedo, Andrew Dammeyer, Weston Moyer, Bennett Truluck, Parker Ladika and RJ Parker



AAYSA U8 Girls Division 1 Co-Champions

Coaches: Christina Giel and Aaron Schisler

Players: Landry Reppert, Evy Schisler, Tess Cassilly, Rylan Taylor, Lucy Catrambone, Anna Giel, Abby McCarthy, Marin Alexander, Parker Gilligan, Hannah Beam and Lola Rice

AAYSA U8 Girls Division 1 Co-Champions — Hurricanes (No Team Photo)

Coaches: Joe McNally, Cindy Stine, Ryan Phillips, Sydney Holmes

Players: Brynn Bond, Elin Dolan, Kate Palermo, Katie Swistak, Kinsley Phillips, Lily Vallone, Maura McNally, Piper Kruse, Quinn Geddings, Siena DeButts, Stella Pinning and Taylor Anderson

Severn School Caps Spectacular Boys Soccer Season

By Kevin Murnane

The best description of Severn School's 2022 boys soccer campaign is that it was a season to remember.

The accolades kept coming in for the Admirals after achieving a perfect 17-0 season for the second consecutive year and winning the MIAA B Conference. The fleet-footed Admirals used speed and passing to amass 87 goals.

Their stellar offensive and defensive skills were noticed by local media outlets, and Severn collected a litany of honors after the season.

Head coach Mike McCarthy was named Co-Coach of the Year by the *Baltimore Sun*. Forward Davis Cawfield, responsible for 26 of the Admirals' goals this season, was named Anne Arundel County Player of the Year by the *Capital-Gazette* and first-team All-MIAA. Other players who gained notoriety were Allan Tchmourlyski, first-team All-MIAA and All-County, as well as Ammar Yusef, Hudson Lamb and Alex Mussog, who were named All-



MIAA first-team.

"Give credit to the players, parents and the school for achieving these outstanding postseason awards," McCarthy said. "We're so blessed to have fantastic players and they are great kids as well."

One of the key elements of McCarthy's team is conditioning. He uses "disguised

fitness" during camp and has the players in constant motion to prepare to run for 80 minutes.

McCormick then uses that stamina to out-run and out-hustle other teams and methodically keep applying pressure on opposing defenses. "We have an attack-minded offense that passes the ball

well and hopefully results in great shots," McCarthy said. "We hope to use seven to 10 passes to get the best possible shot."

Besides the high-octane offense, the Admirals had a stingy defense this year, allowing only 11 goals. In 2021, they gave up only 10 goals.

The last two years were gratifying for

McCarthy and his staff, but he's quick to give praise to the parents.

"They handle everything from team dinners and lunches to the senior-day celebration," McCarthy said.

Severn Athletic Director Julian Domenech expressed pride in the Admirals' recent run.

"They have had an incredible two-year run, and it's not easy to maintain that level of play in any conference," Domenech said. "Their play on the field is impressive, but being around these young men is even more rewarding."

The future continues to look bright as the Admirals will return many letter winners as well as an undefeated JV squad.

Read the full story at www.severnaparkvoice.com.

Jackson Merrill Enjoys Hometown Return During Jersey Ceremony

Severna Park High School retired the jersey of its former record-setting shortstop and current San Diego Padres prospect Jackson Merrill (center) during halftime of the boys varsity basketball game on January 13. After being selected in the first round of the 2021 Major League Baseball draft in 2021, Merrill batted .339 last season in 227 plate appearances for the Lake Elsinore Storm, a Padres Single-A affiliate. Merrill is considered the Padres' top prospect, and in Major League Baseball's most recent Top 100 prospect rankings, Merrill was listed 83rd with the expectation that he will advance even higher as he progresses through the minors.



Brad Dulin Has A Ball With Soccer Success

By Zach Sparks

zach@severnaparkvoice.com

As the high school boys soccer season ended, the accolades piled up: Washington Post first-team All-Metro, Baltimore Sun first-team All-Metro, first-team All-County, and a spot on the Boys Fall Mid-Atlantic All-Region team.

It was quite the haul of awards for Severna Park High School senior Brad Dulin, who played his first and only year of high school soccer in 2022 after playing club soccer his entire childhood.

"I wanted to contribute and move the team further along," said Dulin, whose previous year-round commitment to Baltimore Armour Soccer Academy and MLS Next precluded him from playing high school soccer.

Dulin joined a Falcons squad that advanced to the state semifinals in 2021. After playing right back, left back and defensive midfield for Baltimore Armour, he played midfield and striker for Severna Park in 2022. He led the team with 16 goals and eight assists, as the team finished 17-3 and reached the Class 4A state championship game for the first time since 2017.

The team moved further along. Mission accomplished.

Along the way, Dulin had several memorable moments, including a hat trick against previously unbeaten South River and an overtime game-winning goal against Arundel.

In the playoffs, he scored the Falcons' only offen-



Photo courtesy of
Fincham Photography

While playing midfielder and striker for the Falcons in 2022, Brad Dulin (right) led the team with 16 goals and eight assists.

sive goal in a 2-0 state regional win against South River. He assisted both goals in the 2-1 win against Montgomery Blair in the state semifinals.

His stats were a product of the hard work he put in each day, hard work that teammate Andrew Handen witnessed.

"He also really cared about the team and wanted to make the bonds that a lot of us had made playing the years prior," Handen said. "He really wanted to connect with the guys and make our team a close-knit group."

Some of Dulin's favorite activities were off

had this advice: just play.

"You don't need to grind in the beginning," he said. "Get as many touches on the ball as you can. Soccer has taught me so much. For example, maybe sometimes you are stuck on a bench. It teaches you adversity."

Those lessons are among the many gifts that Dulin has received while playing soccer. The awards, too, have been unexpected and appreciated, but Dulin does not play for recognition.

"When I play soccer, it's definitely an escape from everything else," he said.

the field: team dinners, breakfasts, bowling, and disc golf with teammates.

"I'm just really happy we were able to maximize our season," Dulin said.

Next fall, Dulin will join a soccer squad at Washington and Lee University that went 16-3-4 last year. He is considering a double major in computer science and mathematics.

"It's a combination of a good academic school with a competitive soccer team," he said. "I get to continue to play a sport I love playing."

Dulin's soccer journey will continue at the next level, but for those who are just beginning, he



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Families Can Learn a Lesson From Lucy

By Tara Frame, Esq.

Our families change over time. People get married, divorced, and even re-marry - children and grandchildren are born, or perhaps a spouse dies unexpectedly. This may produce some unique circumstances that merit further consideration. For example, if you die, do you want a *future* spouse and their children to potentially inherit property or wealth intended for your own children. Here is one example of how easily this can happen.



The most famous Lucy, aka Lucille Ball, and her husband, Desi Arnaz, had an estimated net worth of \$40 million in the 1950s. They were successful businesspeople and had two children. They divorced in 1960 and Lucy later went on marry comedian Gary Morton. Upon her passing, her two children, Lucie & Desi Jr., received much of her estate but many of her personal items such as heirlooms, awards, art, collectibles, and even love letters remained unnamed in the estate and Morton kept those for sentimental reasons, which at the time, was fine with Lucy's children.

Morton married again to a woman named Susie McAllister, but he died just a few years later. His new wife inherited all his worldly possessions,

which happened to include the possessions of his former wife, Lucy. McAllister decided to auction the remainder of Ball's possessions purportedly to pay for her house renovations. Lucy's children wanted the personal items back. A lengthy legal battle ensued and the children ended up buying back many of the personal items from collectors or at auction. This tragic story could have been avoided with proper estate planning.

Tools for Blended Families

A blended family may have a current spouse, children, stepchildren, and often an ex-spouse. A thorough estate plan will consider the couple's current situation, desired wishes, and future scenarios. For example, there are many instances

when a person may wish to pass on their wealth *only to their own children and/or current spouse*, excluding any future spouses, stepchildren, or step-grandchildren. In Maryland, there are also laws that mandate a portion of an estate be set aside for a current spouse. These legal factors must be considered as part of your overall estate planning strategy.

Ongoing Reassessment

It's extremely important to reassess your estate plan on a regular basis -- every time that a child or grandchild is born, when a family member gets married, divorced, or passes away. These life events can have dramatic and unintended consequences on your wishes and your beneficiaries.

For more information, download the *Free Guide to Wills, Trusts & Probate* or schedule a free consultation with an experienced estate planning attorney at **FrameAndFrame.com**



A Midseason Look At Boys Basketball

» Continued from page 16

victory over Boys' Latin. Each finished with 19 points.

"All these guys have really put in the work over the past four years," said Williams, who is in his 17th season. "Now, it's their time to shine."

Williams won't hesitate to go to his bench, and he won't see much of a drop-off in production.

As of January 13, the Bruins have an 8-4 overall record and are 4-1 in conference play.

Williams noted that with the majority of conference play still to go and much of the out of conference games done, it should be an interesting finish to the season this winter.

Severn School

Coach **Mike Glasby** welcomes back five starters.

That could mean a serious run at a Maryland Interscholastic Athletic B Conference championship. The Admirals lost in a second-round tournament semifinal last year.

"I think the guys have the confidence to make a push to win the league," Glasby said. "They know what it takes to be successful."

Junior combo guard **Kingston Price** will likely be Severn's go-to guy.

He averaged 14 points per game last year.

"He can score in a lot of different ways, and he has become a better passer," Glasby said.

Price is feeding teammates like sophomore guard **Jacob Randall**, senior guard **Nas Sturdivan**, senior guard/forward **Elijah Bryan**, senior forward **Ryan Stewart** and junior forward **Bo Fowler**.

Archbishop Spalding

Programs should sell well at games — early on, anyway.

Cavaliers fans might not be able to spot their own players without one.

Spalding graduated eight players from a 25-11 team, including four who went on to play in college.

Sophomore forward **Malik Washington** returned as the only starter.

He has been joined in the starting lineup by three junior returnees: forward **RJ Newton** and combo guards **Tre' Yawn** and **Jaylin Sykes**.

"I do have some returning players, but they were role players last year," Spalding coach **Josh Pratt** said at the start of the season. "Now, they are the guys."

Junior forward **Holden Williamson**, promoted from last year's junior varsity, completes the starting lineup.

Senior guard **Johnny Farley** is working as the sixth man.

Senior forwards **Anthony Hawkins** and **Michael Schwob** and senior guards **Machi Evans** and **Aureon Johnson**, a transfer from Southern, give the coach plenty of options.

Wrestling Season Gets Underway

» Continued from page 16

Bruins' most accomplished wrestler. He went 37-8 last year, finished second in the state and won both county and region championships.

"He only lost by a point in the state finals," Bloomfield said. "He will wrestle in college. There are three schools he is looking at."

Seniors **Jake Chambers** (182) and **Dax Avila** (195) have improved rapidly since joining the varsity squad last season as first-year wrestlers. Chambers won 20 matches in 2022 and began this season 20-10. Avila started 14-0.

"They both went from zero to 60 in a short period of time," Bloomfield said. "It's a testament to how hard they have worked."

Sophomores **Cam Williams** (113, 37-9 last year), **Peyton Miller** (152) and **Branden Whyte** (113), and seniors **Peter Saroch** (120), **Rylan Woodward** (145), **Max DeMella** (170, 14-0 start, 41-7 last year) and **Ben Durkin** (138) complete Broadneck's impressive lineup.

DeBaugh, Avila, Chambers, Woodward, Williams and Miller all had only one loss on the season as of mid-January.

Severn School

Reid Gills is stepping into the spotlight for the Admirals this winter — big time.

Gills is the No. 1 ranked wrestler in the state at 170 pounds.

He's coming off last season's third-place finish in the Maryland Interscholastic Athletic Association Tournament and fourth-place showing in the Maryland Independent Schools state tournament.

"The biggest thing he brings to the mat is his quickness," Severn coach **Tom Wheeler** said. "It allows him to surprise his opponents."

The defending MIAA B Conference champions lineup also boasts **Nickey Melfi** (106), sophomore **Blake Hoyt** (165) and juniors **Aidan Shenck** (195) and **Jack Hayman** (215).

Severn placed second among about 15 teams in the Admiral Holloway Tournament in early December.

Archbishop Spalding

Not many wrestlers are going to beat sophomore **Sean Garretson** (106).

Garretson won both the Maryland state tournament and the MIAAs last year, and he finished fourth at national preps while going 29-3.

"Every time he steps onto the mat, he expects to win," Spalding coach **Mike Laidley** said. "If he doesn't, he comes back to the wrestling room and works that much harder."

Junior **Vincent Paolucci** (126) took third in the state last year and should make a run at a title in that tournament and the MIAAs.

Junior **Charlie Gessford** (138) is another standout Cavalier, and he's coming off a sixth-place finish in the state tournament.

Laidley won't hesitate to promote two freshmen: **Eli Chesla** (106) and **Zane Leizel** (132).

"They are definitely the future of the program," Laidley said. "They are both going to place in the states. How high is up to them."



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Photo courtesy of Heather Doyen
Broadneck High School students competed in their last in-person "It's Academic" TV competition as part of the 2019-2020 season.

It's Academic Teams Continue To Compete Despite Loss Of TV Sponsor

By Alyson Kay

After more than 40 years on air, Baltimore area schools can no longer participate on the TV game show "It's Academic" after the region lost its TV sponsor.

But area high school students are determined to compete.

Broadneck High School's It's Academic club chair, Andy Rollins, said their program is currently competing within the club.

"We're trying to find other schools that are having the same issue and competing against their teams," Rollins said. "So, it's more casual now."

"It's Academic" is recognized by the Guinness Book of World Records as the longest-running TV quiz show. The show was started by TV producer Sophie Altman in 1961 as an avenue for high school students to compete and test their knowledge on a variety of subjects, including history, math and literature.

The show started in the Washington, D.C., region, with Baltimore area schools first competing in 1972. Since then, the Baltimore region has participated in most seasons of the show.

This season, the Baltimore area TV sponsor, Giant Foods, was unable to sponsor the It's Academic competitions due to a shift in focus toward helping people with food insecurity since the pandemic.

There have been efforts to secure a new sponsor for the Baltimore area It's Academic competitions, but there has been little traction so far.

"We feel like there is not so much of a push in terms of community dedication

in our political leaders and business leaders," said Eric Bitoude, Broadneck High School It's Academic coach and adviser. "This is something that is very educational for our students, and no one is there to make sure that we get another sponsor to put the show back on TV."

Practice for competitions at Broadneck High School involve learning from past competitions.

Heather Doyen serves as Broadneck's It's Academic team captain, and she said the members watch past competitions and quiz one another on different topics such as history and science.

"We meet each week, go over things, and as we get closer to competition, we'll practice more and more to prepare ourselves," Doyen said.

Severna Park High School's It's Academic squad meets twice on Mondays, once for practice during school hours and again after school for mock competitions.

"We have the buzzer system set out and we ask questions and compete against each other, imitating a real tournament situation where you're buzzing in against another team," said Theresa Goldberg, Severna Park's It's Academic coach and adviser.

Severna Park High School competed in a tournament with Richard Montgomery High School in Rockville last month. These tournaments can involve different teams from the ones participating in the TV show, and they aim to add schools to the National Academic Quiz Bowl. They are a different type of competition than the one featured on the TV show.

» Continued on page 36

Super Plungers, Students Ready To Start Freezin' For A Reason

"This event is just such a great way to show our students that you can have fun while helping others. It really has been amazing to see the generosity and support of the St. John the Evangelist families and friends."

— LAURA POREMSKI
TEACHER, ST. JOHN THE
EVANGELIST SCHOOL

By Zach Sparks

zach@severnaparkvoice.com

Some organizations shave heads or hold karaoke nights. Others host palm-reading sessions at elementary schools. Fundraising can be an art form, and that is also true for the Polar Bear Plunge, in which people rush into the frigid Chesapeake Bay at Sandy Point State Park in Annapolis to raise funds for Special Olympics Maryland athletes.

If that sounds crazy then McKenna Chadwick's effort might seem especially wild. The 19-year-old Shipley's Choice resident and Anne Arundel Community College student is about to withstand the cold water 24 times in 24 hours from January 27-28 for the Super Plunge.

"I look forward to it all year every year," said Chadwick, who is doing the Super Plunge for the third time. "The same people have been doing it for a long time. It's definitely a big family thing."

The Super Plunge is a family tradition that started with Chadwick's dad and her two brothers when she was just 5 months old. She cherishes memories from each year: making posters for her family and teaching Special Olympics athlete Jimmy Myrick Jr. to hula-hoop.

"I looked up to Jimmy Myrick, and five years ago, he passed away from leukemia," Chadwick said.

Myrick's death sidelined the family from the Super Plunge for a few years, but Chadwick wrote a letter to her parents, urging them to let her participate. Since then, she has enjoyed two events, and neither was predictable.

"We wear water shoes to protect our feet ... and I forgot mine, so I had to wear Adidas into the water," she said. "The second year, big chunks of ice were in the water. I was all cut up and bleeding."

Despite that last experience, she is eager to return to Sandy Point after missing a few years due to COVID. To raise the required \$10,000 to be a Super Plunger, she has had to get creative in addition to sending emails and posting on social media.

"It is really difficult to raise \$10,000," she said. "In the past, I have stood



Inspired by her family and former Special Olympics athlete Jimmy Myrick Jr., McKenna Chadwick has raised nearly \$30,000 for the Super Plunge.

Plunge Tips From McKenna Chadwick

McKenna Chadwick shared these tips for Super Plunge newcomers:

- Wear water shoes and hand-warmers
- Bring an outfit for the themed plunge
- Get creative

outside of grocery stores and collected money, I've done raffles, and I paid one of our friends to wear a polar bear suit and stand outside in the cold."

St. John the Evangelist eighth-grader Charlie Silk also had to get creative once he decided to get involved in the Cool Schools Plunge. He partnered with student council president Connor Merchant, giving Polar Bear Plunge presentations to all middle school classrooms.

Charlie previously did a few Polar Bear Plunges for fun.

"A while ago, I found out that the Special Olympics were a way for people with special needs to participate in competitive sports," he said. "Then, I watched some of the coverage on TV with the plungers and the awesome stories of Special Olympians that benefited from the day, and it inspired me. I really wanted to bring the idea up to the adminis-

» Continued on page 36

Campaign To Provide Youth Hope Launches In Maryland



Left: (L-R) Severna Park High School student Jediah Madera; Old Mill High School student Caelan Witcher; North County High School student Elijah Ford; Severna Park JV soccer coach and Metro Maryland Youth for Christ Campus Life volunteer leader Miseker Wingate; Severna Park student Josh O'Donnell; and Catonsville Campus Life director Kevin Guy are all involved with We Believe in You(th). **Right:** (L-R) Severna Park High School and Metro Maryland Youth for Christ Campus Life director Brooke Atkinson, Severna Park resident and Campus Life student volunteer Kat Pizzaro, and Metro Maryland Youth for Christ middle school director Marie Reem displayed a We Believe in You(th) sign.

By Mark Patton

mark@severnaparkvoice.com

A program that aims to provide hope to young people held its inaugural week-long campaign for the region shortly before the holiday season began.

The We Believe in You(th) campaign was launched by Metro Maryland Youth for Christ, or MMYFC. It's designed to provide hope to young people in the region by telling them that their communities believe in them and their future as well as what they have to offer. According to organizers, the campaign also aims to raise support to continue

MMYFC services that assist local youth in schools, neighborhoods and detention centers.

Metro Maryland Youth for Christ executive director Stephen Kaiss said her organization decided to bring the program to Maryland because the last several years have been hard on people, especially the youth population.

"This message will never get old; young people need to know they're valuable," Kaiss said.

During the campaign, We Believe in You(th) signs could be spotted in yards and around schools and businesses in the Severna Park area. Videos of en-

couragement were also posted on social media, notes were shared, and clothing with the campaign's logo were sported.

Severna Park High School junior Isabel Fay got involved with the campaign because of her participation with her school's Campus Life youth group. During the week, Fay received handwritten notes and texts from leaders and friends, and had a dinner to support the cause, where the restaurant staff wore shorts for We Believe in You(th).

"I think it is incredibly important for youth to be recognized in today's society because a lot of high school-

ers my age walk through life feeling unappreciated," Fay said. "Everyone is going through something completely different and working hard, so a little recognition once in a while can really make an impact on someone my age."

Severna Park senior Jediah Madera said that leaders he met through Youth for Christ reached out to students, including him, and posted tailored videos online on how much they believed in each individual during the We Believe in You(th) campaign.

"I believe it is important for youth to be recognized and validated in today's society because the majority of the time, teens' emotions are neglected or put off as immature," Madera said. "In reality, teens just want someone to talk to and can open up to someone, even if it's just one person, who won't judge them or bash them — they just want someone to understand them."

Kaiss agrees.

"You never know how your words can impact somebody," said Kaiss, recalling a We Believe in You(th) event where a young person opened up to him that they were considering taking their life, but the program changed their mind.

Kaiss offered a question of how to recognize if somebody needs encouragement. He answered himself immediately.

"If they're breathing," Kaiss said.

Organizers say they're excited to build on the campaign's success this year, and they hope to see even more involvement from the community in November, when the next We Believe in You(th) is scheduled.

Emily Fay, Isabel's twin, said it's crucial for today's youth to be recognized, not just for their academic or athletic achievements but for who they are.

"Kids these days, especially in Severna Park, are valued on what they can do," Emily Fay said. "But the We Believe in You(th) program highlighted their personalities and facets that make them who they are and who they will be. Things that make them valuable."

We Got CUREage Raises Money To Fight Cancer



Did you know that every three minutes, a child is diagnosed with blood cancer? That's why Severna Park residents Clare Donovan and Madeline Lancione have decided to captain a team for the Leukemia and Lymphoma Society's Student Visionaries of the Year campaign. This seven-week philanthropic leadership development program raises funds in the fight against cancer, and the girls are looking for your help.

The team is competing in a national fundraising competition from January 14 through March 4. Their team, We Got CUREage, is made up of 10 local students from Archbishop Spalding and teammates at Freedom Hockey. With a goal of \$50,000, they set out to exceed the task by finding sponsors, creating events and asking



for donations.

Eddie Conway of Garry's Grill was among the first to step up in an effort to help. Every Thursday from now until March 4, he is generously donating 20% of the proceeds from dine-in customers at the restaurant to help the girls

Severna Park residents Clare Donovan (left) and Madeline Lancione have decided to captain a team for the Leukemia and Lymphoma Society's Student Visionaries of the Year campaign.

reach their goal.

Maggiano's managing partner Ahilan Thambinayagam has also offered support. On February 7 from 6:00pm-8:00pm, Maggiano's in Annapolis will host a We Got CUREage event at the restaurant. The event tickets are on sale for \$100, but seating is limited. Luminis Health Chief of Staff Barry Meisenberg will talk about the strides research is making toward finding a cure.

To help the We Got CUREage team reach their goal and be part of a generation that finds a cure, follow the girls' events and progress by visiting the Leukemia and Lymphoma Society's team page for We Got CUREage. Visit events.lls.org/md/svoymd23/mlancione to donate, attend events or sponsor their efforts.



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Educator Of The Month

Andrew Villwock Broadneck High School



where he's taught AP U.S. history since fall 2016.

"Andrew is a dedicated educator who works incredibly hard to create lessons that engage his U.S. history students in debate and discussion," said Christina Houstian, social studies department chair at Broadneck.

After 17 years with Anne Arundel County Public Schools, Villwock reflected on how lucky he was to have worked in incredible departments at Old Mill and Broadneck where excellent teachers modeled the best ways of engaging intellectual interests and making learning relevant to real life.

Villwock noted an event a few years ago at the Library of Congress Book Festival in Washington, D.C., where he heard the late author and historian David McCullough speak. At the festival, McCullough said the most important thing about history is that it teaches empathy and appreciation. This sentiment resonated with Villwock's personal philosophy that education must go beyond knowing the facts.

"To really learn something, it must be understood and that understanding must come through experience," Villwock said. "So, I try to make every lesson have some kind of personal connection to a primary source, a historical figure or a relevance to a contemporary situation so that students can connect the distant past to some aspect of their personal experience."

Villwock not only goes above and beyond for his students and department but in other roles for the school as well.

"Andrew brings the same enthusiasm to his involvement in the school's Habitat for Humanity organization as well as the mental health club and student athletics," Houstian said.

For Villwock, it comes down to spending the day with his colleagues, who are like family.

"They pick me up when I need it, and our collaboration makes everyone better at their jobs," Villwock said.

Broadneck is also special to Villwock because many teachers are Bruins alumni too.

"A trip around the building means seeing some of the sports heroes of my youth or friends that I made during my years as a student here," Villwock said. "It only adds to the sense of history and community."



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Eagle Scout Constructs Benches In Belvedere Park

By Cooper Powell
Student Intern

Eric Heisch, a senior at Broadneck High School and member of Boy Scout Troop 382, was taking a walk around his community in search of an Eagle Scout project idea when he noticed that Belvedere Park lacked a place to sit. Thanks to Heisch's hard work, the park now has two newly built benches.

"I actually live really close to Belvedere, so this is like my community park," Heisch said. "So I figured that by building actual park benches, that would really improve my community."

Heisch noted that while the park had a paved trail and sports fields, it did not have a seating area.

However, before Heisch could begin building, he had to plan his course of action, get approval from scoutmasters, and acquire the materials and tools needed to create the benches.

"I had to go through blueprints and rough drafts, and I had to fix the blueprints," said Heisch, who added that it took a long time to plan the benches, so it was a relief when the time came to build them.

Scouts and adults gathered at Belvedere Park in November to assist Heisch in building the benches, but the construction didn't come without its fair share of challenges as well. Heisch said that he faced the difficulties of managing a large group and ensuring his project would be completed before his 18th birthday when he would age out of the troop.



Eric Heisch realized that Belvedere Park had a paved trail and sports fields but no seating area. He made that the focus of his project.

Thanks to the help of volunteers, Heisch was able to overcome these challenges and left the park that day having built two benches.

"I had a lot of great guys who were willing to do the work ... it really just helped the project move really smoothly," Heisch said.

While the benches have only been at the park for just over a month, the impact they've had on the community has been noticeable.

"Park benches are a pretty basic project, but they do help a lot with the community," Heisch said. "Elderly can have a place to sit ... people can watch the games. They can watch their kids."

Heisch added that several members of the nearby community have reached out to him and his family to tell him how

great the benches are.

He also attributes the success of his project to years of leadership experience in scouting. The teen first began his journey in Cub Scouts, as early as he could be involved, before bridging over to Boy Scouts. Completing his Eagle Scout project was one of the final steps on his path toward the Eagle rank.

"I really felt almost obligated, having put so much time into believing in the values of scouting, that I should pursue Eagle Scout," Heisch said. "I almost felt that by doing Eagle Scout, it was not just for myself, but a kind of payback on all my leaders, and everybody that pushed me forward through scouting."

Walk This Way: Arnold Scout Completes Bridge For Eagle Project

Sixteen-year-old Adam Jackson gave an early holiday gift to the community this fall: a bridge that connects the wooded area between Sunrise Senior Living and the Woods Counseling & Care Center. The bridge, compliant with the Americans with Disabilities Act (ADA), provides Sunrise residents with access to the Woods Church gardens and labyrinth.

Construction took two and a half days as Boy Scouts cleared the site of thick brush, vines and roots. They also leveled the ground, set post supports, placed the boardwalk, and installed handrails. Lastly, asphalt was used to create a smooth and level ramp connected to the wheelchair-accessible boardwalk.

Johnson Lumber supplied discounted and donated materials. Marc Todd Jewelers provided funds.

Read more at www.severnaparkvoice.com.

Troop 382's Adam Jackson chose the bridge for his project because his family attends services at Woods Church, and he has had grandparents live in Sunrise's independent and assisted living units.



Troop 382's Adam Jackson chose the bridge for his project because his family attends services at Woods Church, and he has had grandparents live in Sunrise's independent and assisted living units.



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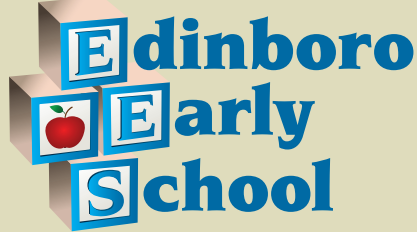
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Randall Relishes Chance To Lead At Severna Park Middle School

By Judy Tacyn

Giselle Randall didn't come to Severna Park with a goal to fit in. The eighth-grader and student government president at Severna Park Middle School wanted to stand out.

"Sometimes fitting in isn't the best way to make a difference," Giselle said.

The former District Heights, Maryland, resident moved to Severna Park with her family in October 2021, following her older brother's recruitment and acceptance into Severn School to play basketball. Giselle knew transitioning to Severna Park Middle during the school year would present challenges, but she set out to make her mark. She was elected student government president less than a year later.

Although she's thrilled with her school and the educational and social opportunities it offers, Giselle feels the school system hasn't completely returned to pre-COVID-19 normalcy.

"Since COVID, school has been a little boring," Giselle said. "My platform was for more opportunities for students."

Giselle noted that eighth-graders hadn't gone on a field trip since fifth grade, and there were no dances or pep rallies. Additionally, she said laptops had replaced paper, and apps replaced individual time with teachers.

"I think everyone took school for granted, and now so many things have changed," Giselle said. "I want to make it better."

Giselle said making friends was difficult when her family moved to Severna Park as school was being held virtually. When she entered her final year of middle school, she joined a leadership club that is responsible for



Photo by Judy Tacyn

Giselle Randall, student government president at Severna Park Middle School, campaigned on a platform of providing more opportunities for students.

"Giselle is a very social and well-liked student at Severna Park Middle School," said guidance counselor Shari Endo. "That translates into great leadership skills and potential to grow even more."

Endo said Giselle and fellow board members oversee putting together agendas for student government meetings.

"She does that with ease, skillfulness and creativity," Endo said. "There has not been a task that has gone undone or not done. She's very thorough with her work."

Severna Park Middle School's student government meets biweekly, and the sessions are open to the student body. Students are encouraged to bring their ideas or concerns to the meetings for discussion, and the student leaders determine the best way to bring issues to the school administration.

Giselle is active in music theater and is a member of Theater in the Park. She enjoys the recognition that comes with student leadership.

"People point at me, and I can hear them say, 'That's the president,'" Giselle said.

Giselle aims to campaign for student government when she reaches the high school ranks.

"I think people should always try something new," Giselle said. "Two years ago, I would have thought [student government] was boring, but it's a lot of fun, and I've learned a lot about government."

introducing new students and making them feel welcome. She then decided to run for student government president.

Candidates submitted a three-minute video that was shown throughout the school during morning announcements. Giselle was determined to stand out and made a video set to music that showed her in what she called "real life." Her approach helped earn her the most votes.

Anne Arundel Young Marines Program Teaches Leadership And Life Skills

Photo by Sharon Mager

Ray Sturm, commander of the Anne Arundel Young Marines, gave directions to several of the organization's members during a recent event.



By Sharon Mager

A group of young people in Anne Arundel County are lending a helping hand in the community, honoring veterans and promoting a drug-free lifestyle. Who are these youth? They're a service organization called the Anne Arundel Young Marines.

The national Young Marines program started in 1959. It was founded by U.S. Marines who wanted to train their children with some of the values of the Marine Corps while promoting leadership training and basic life skills.

The Anne Arundel Young Marines,

open to youth ages 8 to 18 throughout the county, meets at American Legion Post 276 in Severn. As part of the national Young Marines, a Marine Corps League subsidiary organization, they mirror their namesakes in the military by wearing uniforms and moving up in rank as they achieve various skills and abilities. In 2022, the local group was named the Regimental Unit of the Year in Maryland for the second consecutive time.

In addition to keeping physically fit, Young Marines learn close-order drills, military history, citizenship, first aid, maps and compasses, nutrition, and

public speaking. A big part of the Young Marines from the beginning has been helping young people live healthy lives, and that emphasis continues today. The Anne Arundel unit's executive officer, Joan Taylor-Wheatley, said that not only are the youth encouraged to live healthy lives but they are also encouraged to teach and motivate their friends to strive for that lifestyle as well.

Although the Young Marines aren't an official program of the U.S. Marine Corps and are a non-federal entity, Young Marines who have achieved the rank of sergeant are eligible to enlist in the military at a slightly higher rank.

Taylor-Wheatley began volunteering when her son joined the organization.

"Bladen was interested in anything military related from the time he was 6 to 7 years old," Taylor-Wheatley said. "He signed up in 2016 as soon as he was 8."

Like most parents, she dropped Bladen off at the meetings and picked him up later, but when leaders said they needed help, she gradually began volunteering. At first, she helped for Bladen's sake, but then she fell in love with the program and began to really care about the kids.

"I love seeing them so excited when we graduate new recruits or give out ribbons — to see them take pride in themselves is a big deal," Taylor-Wheatley said.

In addition to their regular drills, the Young Marines members serve the community. In October, they helped with a mobile food pantry at North Glen Community Church in Glen Burnie, packing and distributing about 800 pounds of food to more than 150 families.

Severna Park resident Barry Mager oversees the pantry at the Glen Burnie church, and he praised the assistance from the Young Marines.

"We were short on volunteers that month, and they were invaluable," Mager said. "They worked as hard as the adults."

The group's service isn't limited to food pantries, though. They attend an annual ceremony for veterans at Brightview Senior Living in Annapolis, where they eat lunch with residents.

"I really like to see them having conversations with the veterans," Taylor-Wheatley said. "My son stood there with one man with his awards on him, and he and Bladen were comparing ribbons. I loved that."

On Veterans Day, the group goes to Maryland Veterans Cemetery to place American flags on graves. They also participate in Independence Day parades, and in December, they partner with Wreaths Across America to place holiday decor on the graves of veterans.

The Young Marines group also hones life and survival skills, including CPR. They go camping, set up tents and build fires under supervision.

Caleb Missimore, an 8-year-old Severna Park resident, was officially recognized as the group's newest "recruit" last month. He joined Young Marines because he loves his country, and he wants to get fit.

"I've made friends," Caleb said.

Ray Sturm, a 2018 Marine Corps League Department of Maryland Marine of the Year, serves as the commander of the Anne Arundel Young Marines. Sturm was elected as the head of the Anne Arundel group in March of last year after the former commander was transferred with the Air Force.

"I like how the program stresses leadership, teamwork and discipline," Sturm said. "Once established, these traits will follow a Young Marine throughout their lives. It gives them the confidence to succeed, whether in giving a public presentation or giving commands at drill."

For more information, visit youngmarines.org/unit/annearundel/page or email annearundelym@gmail.com.

BHS Teacher Named Finalist For Health Educator Of The Year

Shared by AACPS Communications Office



Melissa Quigley

Broadneck High School health and unified dance teacher Melissa Quigley has been named a finalist for the Eastern District Teacher of the Year by SHAPE America, or Society of Health and Physical Educators.

This award recognizes outstanding teachers who demonstrate exceptional teaching skills and provide students with the knowledge and skills necessary to practice and maintain a healthy lifestyle.

A 21-year teaching veteran, Quigley has spent her entire career in education at Broadneck. She's had the opportunity to teach various courses in physical education and dance, including health, human sexuality, sports medicine, dance for athletes, unified dance, Fit for Life and team sports.

"What I want the most for my students to take from my class are the health

skills," Quigley said. "They can find the content in many places, but it is the practicing of all health components that will lead to a healthy lifestyle."

Quigley has chaired Broadneck's health, physical education and dance department. She is an advisor for the Bruin Dance-athon and the One Love club. Quigley also chairs the school's wellness committee and serves as the varsity assistant field hockey coach.

As the SHAPE Maryland Health Teacher of the Year recipient in 2021 and now an Eastern District Teacher of the Year Award finalist, Quigley is slated to be recognized in March at the SHAPE America National conference in Seattle.

Super Plungers, Students Ready To Start Freezin' For A Reason

» Continued from page 27

tration and teachers at St. John to see if we could be a part of it this year."

Students were "immediately excited" about that prospect, according to team captain and St. John teacher Laura Poremski. As of mid-January, St. John was the top Cool Schools fundraiser with \$18,380. The Crofton Cardinals were second with about \$17,180.

"This event is just such a great way to show our students that you can have fun while helping others," Poremski said. "It really has been amazing to see the generosity and support of the St. John the Evangelist families and friends."

Chadwick has received plenty of support as well, collecting more than \$27,000 over the years. To reach her goal for this year, she needs less than \$3,000.

All of the effort is worthwhile once she sees the reaction from the athletes.

"It's incredible to see how much support Special Olympics Maryland gets

through such a unique event like the Polar Bear Plunge," Special Olympics Maryland athlete Adam Hays said in a statement. "Especially now as so many teams include those with intellectual disabilities on them. Through this cold winter event, we are all bringing awareness to a unified generation as we lead the way and freeze together and experience inclusion."

The 2022 Super Plunge raised a record-setting \$536,000 with 50 Super Plungers, including 17 Special Olympics Maryland athletes.

Support Chadwick by visiting support.somd.org/fundraiser/4302286. To help the St. John team and other participants from area schools, go to plungemd.com and select "Support a Plunger" followed by "Cool Schools."

"Any help is greatly appreciated," Chadwick said. "It means the world, not just to me but also to the Special Olympics athletes."

It's Academic Teams Continue To Compete Despite Loss Of TV Sponsor

» Continued from page 27

"The questions on the TV show were usually questions that the people who wrote the questions expected the public generally to be able to answer, whereas the questions in the National Academic Quiz Bowl tournament circuit are pretty hard," Goldberg said. "They're not for the general public. They're for specialists in quiz bowl answering."

A group of mostly Severna Park High School freshmen and sophomores went to the Richard Montgomery

High School tournament. While they didn't perform against the mostly older and more established students competing in the tournament, it was still a positive experience.

"It was great practice," Goldberg said. "It was great training for future competitions for our JV squad."

Since the on-camera competitions ended, the Broadneck High School club has been preparing for the future with different promotions to encourage people to join and keep the group going.

"What we've really been doing is promoting it as a club to kind of increase your academic wit," Rollins said. "So, we're preparing future classes for any competitions that arise as the seniors leave and the underclassmen come into the higher grades, and we are using the past shows to prepare them for a possibly different competition that comes up between local schools."

The coaches at both schools are looking to coordinate future tournaments with other schools.

"We're down, but we're not out," Goldberg said.

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A Day In The Life Of Exotic Pet Medicine

Christine Calvert

Medical Director
VCA Calvert
Veterinary Center



What is an exotic pet? For our practice, any animal that is not a dog or cat gets labeled as an exotic appointment. This can include small mammals, birds, reptiles and more.

When I was contemplating content for this article, I was going to focus this piece on educating readers about one species and the specific details of caring for that animal. However, the truth is that the conversations I have with clients about every exotic pet I see mainly revolve around the same general principles.

We are going to highlight the key aspects of care to consider when getting any exotic pet, easily accessible resources for caring for your pet and avenues to obtain an exotic animal.

If you are thinking about getting an exotic pet, the first step I recommend is checking out a great website called EMODE pet score. EMODE is a program that was created by 18 scientists and veterinarians with expert backgrounds in public health and animal welfare science. You can search each individual animal on the EMODE website, and this will give

you a pet score. For example, searching for “veiled chameleon” yields a score of difficult to expert to care for versus searching for “hamster,” which yields a score of moderate.

For any exotic pet, some general points I discuss with owners are:

Appropriate Housing/Enclosure and Temperature/Humidity

Enclosures can vary significantly between each individual species in a group (housing for a chameleon is different than a snake, although they are both reptiles) and the equipment required for setup can also vary in cost. Humidity and temperature are important, especially for reptiles, but they should be considered for all species. These can also vary between individuals (a northern blue tongue skink requires a different humidity than a Merauke blue tongue skink).

Obtain a hygrometer to measure humidity and a non-contact temperature gun to measure any point in the enclosure. It is also important to consider that the area an animal roams in an enclosure is likely not the same temperature or humidity as the top of the habitat, so placing a measuring device there could lead to inaccurate results.

Diet Recommendations

Each species is different in this category, and conducting research prior to obtaining your pet is critical. There are lots of brands out there for different diets.



Right: The Indian ringneck parakeet needs lots of time out of its enclosure and interaction with owners to prevent severe neurotic behaviors.

Below: Humidity and temperature are important, especially for reptiles. These can also vary between individuals (a northern blue tongue skink requires a different humidity than a Merauke blue tongue skink).



If you ever have a question about which to buy, please consult your veterinarian. Some companies have more detailed nutritional analysis performed for their foods to ensure they meet the needs of the pet and are therefore preferred by veterinarians. Diet also plays an important part in disease prevention. One example is rabbits, which require hay as the main portion of their diet to avoid dental disease and secondary digestive problems.

Enrichment/Social Interaction

What animal doesn't love play time? This is an equally important part of care and welfare. For example, the Indian ringneck parakeet needs lots of time out of its enclosure and interaction with owners to prevent severe neurotic behaviors that sometimes are not reversible. Even the littlest critters, like our hamsters and ger-

bils, still require routine exercise. It is also important to consider when your animal will be most active — if it is nocturnal, it may not be very interactive with you during the day. Additionally, does the animal you're considering do better in pairs or alone? How will that animal interact with other animals in the home (especially if it is a prey species like a rabbit)? Does
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The Best Ways To Prevent Cervical Cancer

Nicholas Lambrou

Luminis Health



The C-word no one wants to hear is cancer. Thankfully, cervical cancer is highly preventable thanks to the human papillomavirus (HPV) vaccine. Unfortunately, due to the COVID-19 pandemic, there's been a significant drop in the number of young people receiving the HPV vaccine. January is Cervical Cancer Awareness Month, and it's a good opportunity to learn about screenings and vaccinations.

What is cervical cancer?

Cervical cancer is cancer that starts in the cervix, which is the lower part of the uterus. We know that the HPV causes changes in cells that lead to this type of cancer. Many women do not experience symptoms of early-stage cervical cancer, which is why screening is so important. Symptoms of advanced cervical cancer include the following: pain in the abdomen, pelvis, or back; pelvic pressure; difficult urination; difficult bowel



movements; abnormal vaginal bleeding, including in between periods.

Common treatments for cervical cancer include surgery, radiation and chemotherapy.

What are your options?

The HPV vaccine protects people from the types of HPV that usually cause cervical cancer. But the key is to get the vaccine before there's a chance of being exposed to HPV.

Children can get the HPV vaccine as early as age 9, but most providers recommend it for preteens ages 11-12. We suggest that people younger than 26 get the vaccine if they haven't had it already. Your provider can help you know if and when the vaccine is right for you. Providers have safely administered the HPV vaccine to young women for more than a decade.

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Learn More About Traumatic Brain Injuries During Winter Sports TBI Awareness Month

Bryan Pugh
Brain Injury
Association of
Maryland



With the winter sports season in full swing, January has been recognized as Winter Sports TBI Awareness Month.

This is an annual campaign to raise awareness of the dangers of traumatic brain injuries (TBIs) and to encourage everyone to take safety precautions while participating in the many wonderful winter sports available this time of year. TBIs are serious injuries that can result in long-term physical, cognitive and emotional impairments.

What is a TBI?

A traumatic brain injury is an injury to the brain caused by a sudden, violent blow or jolt to the head. It can also be caused by a penetrating head wound that disrupts brain function. TBIs range

from mild to severe and can affect physical, cognitive and emotional abilities.

Concussions are the most common form of TBI. Stemming from a blow to the head or body that causes the brain to move rapidly inside the skulls, concussions may be described as “mild” only because they are not immediately life-threatening. More severe TBIs can create life-long physical and mental health problems that may result in the need of ongoing care affecting all aspects of a person's life.

Common Winter Sports Injuries

In 2021, there were an estimated 110,900 winter activity-related injuries treated in emergency rooms nationwide according to U.S. Consumer Product Safety Commission's National Electronic Injury Surveillance System. The activities included snow skiing, ice hockey, tobogganing, ice skating, and using sleds, snow discs and snowmobiles.

While these numbers include all activity-related injuries, winter sports are particularly susceptible to causing
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A Day In The Life

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this animal do well with children, and what are the safety concerns?

General Health Conditions

If you become familiar with some of the common conditions that we see in exotic animals, you can take steps to prevent the conditions and also know the signs to look for regarding illness. Many exotic animals that are prey species will hide illness until they are very sick, so picking up signs early truly makes the difference. For example, guinea pigs are predisposed to foot problems due to their body conformation, so ensuring appropriate bedding and maintaining a good weight can help prevent inflammation. Rabbits that stop eating for 12 to 24 hours are already considered critical due to their type of gastrointestinal tract and need immediate medical attention. Most reptiles need calcium supplementation to prevent bone weakness and fractures.

Where do I get an exotic animal?

I recommend checking out EMODE for good resources. Rescues are often overlooked when getting an exotic pet but are a great resource for owners.

When getting your pet, be sure to quarantine your animal away from others for the recommended period of time (usually 60 days, but this can vary for different species) to prevent transmission of disease and monitor for signs of illness.

Exotic/Wildlife Trade

The exotic illegal trade continues to impact animals everywhere and decimate populations. When getting your exotic pet, try to determine if the animal was taken illegally from the environment. Unfortunately, one of the biggest parts of the exotic pet trade is the illegal capture and sale of exotic animals. Extensive work is being done by veterinarians, scientists and volunteers to combat this, but client education is a key part as well.

Learn More About Traumatic Brain Injuries

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TBIs due to the high speeds and unpredictable nature of the activities. Other studies put the TBI injury incident rate for ski and snowboarding as high as 20 percent of all injuries.

Preventing TBIs

The best way to prevent TBIs is to take these safety precautions while participating in winter sports:

- Make sure you are physically fit enough to participate in your activity to reduce the risk of adverse physical reactions or falls.
- Consider taking lessons to learn proper form and technique for your activity. Learning the right way of doing something not only makes it more fun, but also much safer in the long run.
- Be aware of the risks and reduce the

chance of injury by following the rules of the sport and not taking unnecessary risks.

- Ensure your gear is of good quality, appropriate for the sport and fits.
- Don't participate alone. Make sure you have someone with you in case of an emergency.
- Stay hydrated. Drinking lots of water allows your body to regulate its temperature and keeps you from growing overtaxed or lightheaded.

Resources for Those Affected by TBIs

If you or someone you know has suffered a TBI, there are a variety of resources available to help. The Brain Injury Association of Maryland (BIAMD) offers counseling, support groups, recommendations for therapies and educational programs. For more information, visit www.biamd.org, call 1-800-221-6443 or email info@biamd.org.

The Best Ways To Prevent Cervical Cancer

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Schedule regular cervical cancer screenings

Even after receiving the HPV vaccine, women should plan on cervical cancer screenings. There are two main screening tests, the more well-known Pap test and the HPV test. The Pap test looks for cells on the cervix that may become cervical cancer. The HPV test looks for signs of HPV, which can lead

to cervical cancer.

If you have a cervix, we recommend getting your first Pap test at age 21. Consult with your gynecologist regarding specific screening recommendations that are right for you. You may need screenings more often if the test results are abnormal or you're at a higher risk of cervical cancer. When cervical cancer is diagnosed at an early stage, the five-year relative survival rate is 92 percent. With it being Cervi-

cal Cancer Awareness Month, make it a priority to get a routine screening, and if you haven't already, make sure your children receive the HPV vaccine. It can save their life.

Nicholas Lambrou, MD, FACOG, FACS, is the chief of gynecologic oncology at Luminis Health. Lambrou's areas of interest include the treatment of women with gynecologic cancer, cancer prevention strategies and advanced gynecologic surgery.

Bryan Pugh is the executive director of the Brain Injury Association of Maryland (BIAMD) – now celebrating its 40th anniversary serving Maryland families confronting the challenges of acquired brain injuries. Its 35th annual conference taking place March 23-24 will focus on issues related to individuals with brain injury and family members, children and adolescents in the school system, advocacy, and professional and clinical training. To register for the conference or learn more about brain injuries and BIAMD resources/community outreach initiatives, visit www.biamd.org.

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Mob Mental Emerges

By Noel Castillo
Student Intern

Mob Mental is an experimental hip-hop/alternative band composed of Severna Park High School senior Bennett Terhune and junior Lucas Cropper.

The two have had an interest in music, or more specifically hip-hop instrumentals, for years now. However, it was not until the beginning of the 2022 school year that Mob Mental began discussing plans and working in tandem to release music on streaming services.

Last month, Mob Mental released a self-titled album to leading music streaming platforms.

“We want people to hear us mess up our vocal cords and dance,” Cropper said.

The duo expresses their passion by challenging many conventions and traditions in music. They channel inspiration from artists like JPEGMa-fia, Quasimoto and Odd Future. Terhune and Cropper say their aim is to create authentic music that listeners may find

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Photo by Noel Castillo

(L-R) Drummer Bennett Terhune and Lucas Cropper spent time in Terhune’s room, which serves as Mob Mental’s central hub of music production.

Dining Out

April’s Table Offers Alternative Dinner Possibilities



Left: Though the menu varies from week to week, one of the offerings includes braised short ribs. Bottom: Grazing boards are a perfect option for a unique dinner or other gathering.



By Mary Cobler

If your schedule is overloaded and you know you’ve been dining out or eating too much fast food, here’s an alternative: April’s Table.

April’s Table is a full-service catering business that also offers chef-prepared nutritious meals that are ready to eat or pop in the oven. For even more convenience, you can choose pick-up or delivery.

I tried the service in January, needing a respite from holiday festivities and being too tired to cook. I was intrigued by the “dinner club.” You peruse the weekly online menu, order by Sunday, and pick up or have your food delivered on Tuesday. You choose the cost, paying by the serving.

The menu changes weekly. For example, a recent week’s menu included chicken fontina pasta, apple pork chops, three-bean chili sweets, the frittata of the week (bacon and cheddar), the soup

of the week (jalapeño cheddar potato), chicken and rice, organic roasted chicken and other options. There were also salads — tuna and chicken salad — pot pies and cupcakes.

I chose pulled pork with cavatappi pasta and three apple crisps. I also bought some Old Bay tuna for the next day’s lunch.

I stopped in the shop on a Tuesday to get my meal and was greeted with smiles, quick service and easy conversation. I left with a large bag that filled the car with delectable aromas that made my mouth water.

My father and I were having dinner together, and he was excited to help me evaluate this food adventure. The pulled pork and pasta were in a foil-covered container with baking instructions on top, so I placed it in the oven for about 30 minutes and took it out piping hot.

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Step Afrika! To Perform At Maryland Hall

By Lauren Cowin

Step Afrika! will showcase the art of stepping with a high-energy, interactive performance at Maryland Hall on Saturday, January 28, at 7:00pm.

Audience immersion is the goal from the moment Step Afrika! takes the stage.

Photo courtesy of Step Afrika!

Step Afrika! artists perform and teach all over the world.

“If you don’t want to be quiet, you definitely don’t have to be quiet,” Step Afrika! founder C. Brian Williams said of the show.

According to Williams, stepping, a percussive dance form that incorporates the hands, feet and voice, effectively utilizing the body as a drum, was developed

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MOMENTUM

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Performing Arts

February 24, 2023

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BTM Presents “Momentum: A Mixed Bill”

This season, Ballet Theatre of Maryland will present “Momentum: A Mixed Bill” at Prince George’s Community College Center for Performing Arts (Largo, January 28), Maryland Hall (Annapolis, February 24-25) and Coppermine Pantherplex (Hampstead, March 4).

At PGCC, the company will perform Edward Stewart’s “Sapphire Romance,” Mikhail Fokine’s “Les Sylphides,” and world premieres by Ashely Taylor and Roman Mykyta. At Maryland Hall and Pantherplex, Taylor and Mykyta’s works return along with three other premieres by company dancers Lindsey Bell, Karissa Kralik and Michael West Jr.

“Every year, ‘Momentum’ is our opportunity to showcase the diverse movement ballet can bring to the stage,” said BTM Artistic Director Nicole Kelsch. “‘Les Sylphides’ is an early 20th-century ballet that recalls an earlier romantic period, while ‘Sapphire Romance’ evokes neoclassical ballets of the 1950s and 1960s. The world premieres on the program drive the viewer even further forward into the present day, taking the audience on a journey the company is eager to share.”

The new works include Taylor’s energetic “This Moment, All We Have,” which uses the music of Rafael Krux to celebrate

the fleeting immediacy of living. Bell’s yet untitled work explores the different categories of love understood by the ancient Greeks. It is accompanied by Franz Schubert’s Arpeggione Sonata. Mykyta presents Ukrainian folktale “Kotyhoroshko” and “Capriccio Espagnol” with music by Rimsky-Korsakov.

Kralik’s work “By Any Other Name” is set to music by Beethoven and Massenet. It seeks to represent a wider range of romantic identities than ballet typically portrays. “Ultraviolet,” by West, is an abstract meditation on the interaction of nature and the cosmos. It is accompanied by the music of Nashville-based musician Timbre.

Experience Ballet Theatre of Maryland’s “Momentum” at PGCC (January 28), Maryland Hall (February 24-25), and Coppermine Pantherplex (March 4). At Maryland Hall only, audiences may also purchase a virtual streaming ticket for \$30 per household. For more information about all three venues, visit www.ballet-maryland.org/momentum. BTM cautions that www.balletmaryland.org and www.eventbrite.com are the only official websites for purchasing tickets to “Momentum.” Ballet Theatre of Maryland is not responsible for tickets purchased through unauthorized third parties.

Dentally Challenged

Ben Schwalb



Call me weird (and most people do), but I enjoy going to the dentist. In fact, I can comfortably sit through an entire visit with only a single Valium.

I hated going to my previous dental office. Not just for the reason that most people hate going. I hated going because they’d lie to me. Here is how a typical visit would go:

I sign in at my appointment time. The receptionist says, “Someone will be with you shortly.” Of course, by “shortly,” she means “before, or perhaps during, the next ice age.”

No use arguing, so I retreat to the waiting area. I have two magazine options to choose from: *Gum Disease Monthly* and *People*. I choose the former because, well, the alternative is *People*. This dental publication shows photos of badly rotted teeth and gums that were obviously not cared for at all by their owners. I’m horrified, yet I can’t look away, kind of like when I’m at someone’s house and they’re watching “American Idol.”

Just when I can’t take any more, a hygienist walks in and calls my name. I brush the cobwebs off me and follow her to a secluded room. She directs me to sit in a chair that looks like it was used during the Inquisition. I obey because I need dental care, and I waited a long time to get here. At this point, I’ll sit next to Kellyanne Conway as long as it gets me what I need.

She puts a bib on me to catch the blood, and says, “Dr. Pellicle will be right with

you.” Another euphemism that dental professionals use to disguise the fact that I will need to shave again before someone sees me.

“Where is he?” I inquire.

“He’s just finishing the 17th hole. He shouldn’t be long – the 18th is a par 3.”

Now I regret having left the magazine in the waiting room. I spend the next 45 minutes studying the tooth chart on the wall and contemplating what I’ve done right and wrong with my life. That tattoo was a bad idea. I will never go drinking in Singapore again ... at least not with my mom.

Finally, Dr. Pellicle arrives, leans the putter against the wall, and introduces himself. He examines my mouth for about nine seconds and says, “Everything looks fine. Now Veronica will clean your teeth.”

That’s it? I’ve spent longer reading candy bar wrappers. He gets the big money and the hygienists do all the work. No matter. If he says everything is fine, I have nothing to worry about, and all I have to do is relax while the hygienist cleans my teeth. Except I can’t relax because she cleans them with a medieval sonic device that creates waves of pain as she scrapes along my gumline.

I actually long for the days when hygienists used to bloody me up with metal hooks. Decades of trial and error showed that method not to be painful enough, so the American Dental Association paid Dr. Mengele to devise an inhumane contraption that can torture unsuspecting patients with little effort on the part of the person wielding it.

Seven hours later, the agony is over. I look at my inquisitor, who seems like such a sweet innocent person on the outside, and I ask if perhaps she likes to club baby seals as a hobby.

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“A Man Called Otto” Emphasizes The Importance Of Neighborly Love

By Audrey Ruppert

We’ve all met a “Karen” before — a person who berates minimum-wage service workers when they don’t get their way, and then demands to speak to the manager. “Karen” has become standard vocabulary for Millennials and Gen Z. So has “OK Boomer” — a phrase used to wearily (or sarcastically) dismiss the actions of specific older people who are set in their ways, out of touch and often discriminatory.

For a long time, I wondered if it was possible to feel sorry for the people these phrases describe: demanding bullies lacking in empathy who must have their way. Jane Fonda’s character, Grace, from the Netflix hit “Grace and Frankie” was probably the first “Karen” I felt sorry for and began to understand. After realizing her husband has been in a gay extra-marital affair for decades and learning she is being divorced, she is ignored at a supermarket checkout counter — the clerk is too busy flirting with a younger woman. In that moment, she, as an older woman, feels ignored, forgotten, unimportant — so she screams and throws a fit to get her way, to regain what little control she has left.

Tom Hanks plays Otto, the ultimate man-Karen, in “A Man Called Otto,” a film adaptation of the 2012 novel “A Man Called Ove” by Fredrik Backman. He’s certainly someone I would dismiss with an “OK Boomer” in real life — but by the end, he has the viewer’s sympathy and has more than earned redemption.

The film opens with Otto arguing with a checkout clerk over its policy and demanding 33 cents back for the rope he

intends to hang himself with — because “it’s not about the money, it’s the principle!” His wife has recently died, and Otto sees no more point in living. Throughout the film, Otto continues to attempt to take his own life but is foiled every time — often because his neighbors are doing something so stupid that he just *has* to get involved, this one last time. Meanwhile, he continues to shovel the walk, yell at people without parking permits, and dismiss everyone around him as idiotic.

In the same way Grace likely felt forgotten, Otto feels that the world is trying to erase him. The local construction company serves as a villain in this film, building all sorts of condos where trees once stood around Otto’s home and doing their best to force out old residents in favor of more desirable ones. Otto, a practical man and an engineer, bemoans what he sees as the stupidity of the new generation, people who cannot fix their cars or bikes or radiators — the world seems to have moved on without him, and in a worse direction.

I was reminded of the “Up” character Carl, an old man who had life in him when his wife was around but has become bitter and derisive now that the world and his neighborhood have changed and his wife has died. Much like Carl, Otto must interact with new people against his will — and those people, through their sheer optimism and energy, slowly begin to change him and show him that life is worth living.

This has all been done before, and nothing about this film is original (Carl Fredricksen, Otto Anderson, etc.), but it is certainly heart-warming and tear-jerking, nonetheless. Otto also knows when



Photo courtesy of Niko Tavernise/Sony Pictures Entertainment

Otto (Tom Hanks) was loath to react to the picture Marisol’s (Mariana Treviño) kids drew in the Columbia Pictures film “A Man Called Otto.”

to give people credit on occasion, even if he’s cynical. He’s not discriminatory — *everyone* is an idiot by default in his world — and he doesn’t view demographic groups of people as being responsible for his problems, which is probably why he is able to open up and why things get better for him.

He gives Marisol, his exuberant Latina neighbor, credit for coming to another country and learning a new language so she can provide a better life for her children. He lets a young trans man, Malcom, sleep on the couch when his father kicks him out — and lets Malcom know his father is an idiot. He even comes to appreciate the power of social media, when

used for good (to expose idiots). Otto, prickly as he may be, has the right material deep down — he just needed some encouragement from a loving community of neighbors to begin living again.

A by-the-numbers film, “A Man Called Otto” is well worth seeing, and a reminder of a few important lessons. We should do our best to be kind to our neighbors, especially the marginalized and the elderly — without his community, Otto could have been the subject of “Eleanor Rigby” or “A Most Peculiar Man.” And, of course, tragedy befalls us all — but there is always something worth living for in the aftermath, especially if you open your heart to the right people.

Mob Mental Emerges

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relatable.

“I like JPEG Mafia because he is so vulnerable in his music,” Cropper said.

Mob Mental’s outlook is that sampling is a massive part of contemporary instrumental music as it establishes the tone for the song and can provide alternative routes to achieve a certain sound that might sound appealing over a background loop. While the duo has extensive practice and knowledge of producing software, they are also proficient with instruments like drums, keyboards, harmonicas and various other instruments.

To Terhune, the sampling process can be summed up as “listening to music and obliterating it to make a new thing out of this other thing.”

Terhune said it’s fun working with random songs that usually wouldn’t go together.

“It’s like a game,” he said.

Tracks like “Head Ahce Induction” and “Soaking My Jorts” express a sort of twisted interpretation of music, yet still aim to leave a positive and lasting impression.

Although streaming music digitally has skyrocketed in popularity in the modern age, performing live is an art that many

still consider a preferable method to consume music. Both members of Mob Mental play the drums, while Cropper is adept with the harmonica, tambourine and maracas. Terhune was previously in a band called Soul, later renamed to the Bastola Band with other high school talents like Parijita Bastola of NBC’s “The Voice” fame and Jack Slotte.

Terhune played the bass guitar in his previous band, performing at local restaurants. He’s also skilled on the keyboard. The band utilizes many sampled sounds combined with their own guitar licks and drum breaks, which are short instrumental sections of a song, as the backbone of their tracks.

Terhune said the duo hopes to have a charity show in the future, and they aspire to form another band.

“It’s going to be Mob Mental, but with a drummer,” Terhune said. “But like totally different music.”

Another passion tying in with the band’s pursuits is brand expansion, and Terhune has some designs in mind.

“We do shirts on the side,” Cropper said. “But we also want to do Mob Mental merch.”

*Parental warning: Mob Mental’s music contains explicit lyrics.

Toby’s To Present “Something Rotten” Show Runs January 20-March 19

“Something Rotten,” a show nominated for 10 Tony Awards, is coming to Toby’s Dinner Theatre in Columbia from January 20 to March 19.

Set in the 1590s, the story features brothers Nick and Nigel Bottom, who are desperate to write a hit play but are stuck in the shadow of a “renaissance rockstar.” When a local soothsayer foretells that the future of theater involves singing, dancing and acting at the same time, they set out to write the world’s first musical.

According to critics, “Something Rotten” is an outrageous, crowd-pleasing musical farce. The production has received several Best Musical nominations and was hailed by Time Out New York as “the funniest musical comedy in at least 400 years.”

Please note: this show contains mild language and adult innuendos. Fog, haze and strobe effects may be used in this production.

For more information, visit www.tobysdinnertheatre.com.

Step Afrika! To Perform

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oped by African American fraternities and sororities.

Step Afrika! blends that style with traditional African dances and an array of contemporary dance and art forms into a cohesive and compelling artistic experience.

“We haven’t had a dance group come like this in a long time,” said Diana Diamond, Maryland Hall director of communications. “My phone has been ringing off the hook about Step Afrika!”

Their self-titled show is designed to entertain audiences of all ages and levels of exposure to stepping — from newcomers to those familiar with the craft.

“We demonstrate stepping’s unlimited possibilities with this

show,” Williams said, adding that it’s a great way to launch Black History Month. “We’ll not only explore stepping as a traditional and contemporary art form; we’ll also explore its connections to the continent of Africa, especially our connections to South Africa.”

The Washington, D.C.-based company, comprised of 14 performers, was founded nearly 30 years ago and is largely credited with bringing the art of stepping to the American theater. Williams was recently named a National Endowment for the Arts National Heritage Fellow.

Maryland Hall is located at 801 Chase Street in Annapolis. For tickets, call the Maryland Hall box office at 410-280-5640 or visit ticketing.marylandhall.org.

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April's Table Offers Alternative Dinner Possibilities

» Continued from page 39

Mixing pork and pasta was a great idea for this savory dish. The pork was tender and flavorful, not overly spiced, and the pasta, cooked al dente, was mixed with a delicate white sauce. Yellow corn kernels added just the right sweet crunch and color. The meal was satisfying and filling, so I couldn't finish my plate, but my 90-year-old dad gustily ate his and said several times how much he was enjoying it. I ordered enough for two, and we had plenty to spare.

I heated the apple crisp for dessert. Each was in a little foil pie container. After taking out the pork dish, I placed the apple crisp in the oven. We happily dug in, and I quickly discovered it was just like the apple crisp of my childhood — a crispy, crunchy topping over lightly sweet, tender, fresh-baked apples. I delivered an additional serving to my son, and he outdid me by adding vanilla ice cream — a perfect pairing. We all raved about these. They're an ideal end-of-meal treat.

The tuna salad was a nice delight for the next day's lunch. Very fresh, it had the right balance of

Old Bay. In my experience, most people have a bit of a heavy hand with this spice — a little goes a long way. Scallions gave the tuna a peppery bite.

I obviously chose the everyday dinner fare, and that's the beauty of April's Table — you can pick up simple weeknight meals to please a family or go a bit fancy and order the frittata or some of the other unique dishes.

Another option is ordering a "grazing box." Nibble on cheeses, nuts, vegetables, smoked meats, hors d'oeuvres, shrimp and more. I can think of all sorts of occasions to buy one of these — showers, parties, football games, or even for a fun dinner while you binge on old movies. What a fabulous idea for a family or group of friends.

Remember, April's Table is a catering company, so it's ready to offer its services for large or small gatherings. April Cunningham, owner and executive chef, said April's Table catered an intimate anniversary dinner for two last month.

Cunningham said April's Table recently began having pop-up dinners at various venues. She posts the venue and menu online in advance, and you can

purchase tickets for an all-inclusive dining experience. Recent pop-up dinner venues include William Paca House and Prism Annapolis.

"They're fun and exciting," said Cunningham of the pop-up dinners.

Cunningham said April's Table enjoys celebrating the seasons and choosing locally sourced food.

Peruse the menu and order a meal. Let Cunningham, along with chef Geoffrey Williams, prepare the food for you.

This is a great resource, weekly or occasionally. I liked it and think you might too if you give it a whirl.

Where To Find APRIL'S TABLE

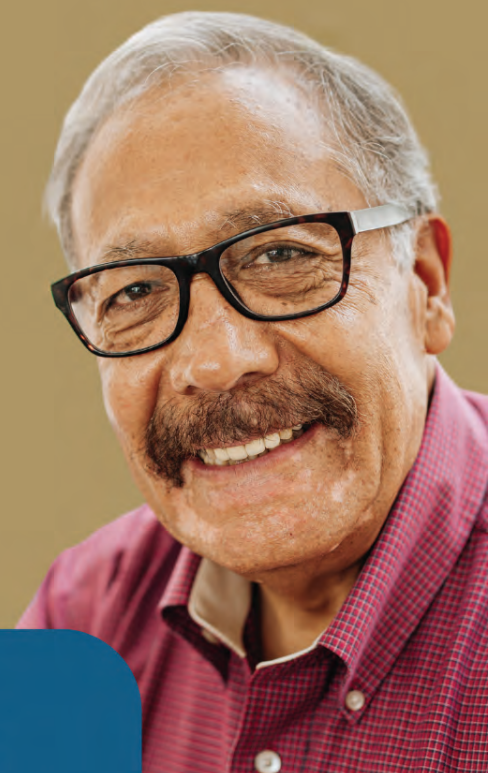
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The Year Of The Rabbit

Jason LaBarge
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Happy New Year — 2023 is here. The year of the rabbit. In many cultures, rabbits are known to symbolize good luck and prosperity. I wouldn't consider myself

to be much of a superstitious person, but I like the idea and mindset that these things can bring. Other than hoping that good luck will be sent our way, there are a few things we can do to help guide ourselves toward a prosperous life.

When it comes to finances, make sure you are contributing the maximum amount in your retirement accounts like your Roths and IRAs. If you are under 50 years of age, the maximum amount to contribute per year is \$6,000. If you are older than 50, you can contribute \$7,000 per year.

It is also important to check to see if you are maxing out your 401(k) contributions for the year. The IRS states that the maximum 401(k) contribu-

tions for 2023 is \$22,500. If you are 50 or older, and depending on the 401(k) plan, you may be able to make what's called a "catch-up" contribution as well. The catch-up contribution for 2023 is \$7,500. You don't need to be behind on contributions as these are based on cost-of-living adjustments. As a result, the total possible 401(k) contribution for 2023 is \$30,000.

I also recommend looking into your options for opening a Roth 401(k) instead of your traditional 401(k). Many employers are adding the Roth option, and this differs from the Roth IRA in that it doesn't have income restrictions. People making over \$138,000 individually or \$218,000 jointly are unable to contribute to the Roth IRA, but these earners are eligible for the Roth 401(k). Post-tax dollars are going into the account, but that money is growing and will be withdrawn tax-free. Controlling your tax liability in the future is as important as ever in today's environment.

It can be hard sometimes to try to think positively about our finances in today's economy. I will say that historically, we've been here before. We need to do what we can to keep

» **Continued on page 49**

Chamber Update

Liz League
CEO
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Please give a warm welcome to our newest members (find them in our directory at www.gspacc.com):

Curtis Appraisals – For years, mortgage lenders and consumers have depended on Curtis Appraisals LLC to provide high-quality appraisals on all sorts of real estate in Anne Arundel County. By continuously keeping up with local real estate trends in the county and staying current on valuation techniques through accredited courses, they have been consistently able to deliver reliable home valuations. You can even order an appraisal online.

and attention to detail. Some of the most special gifts ever received are personalized. They show that the giver put extra thought into creating something just for you. They specialize in personal and corporate items.

Munoz & MacKenzie – This duo focuses on estates and trusts — planning and administration — to provide you with the expertise you need to make the right decisions about your future. They will work with you every step of the way to make sure that you understand the choices you are making and feel empowered to make them.

Maryland Lighting & Sprinklers – Maryland Lighting & Sprinklers has been offering landscape lighting and sprinkler services in Maryland for years. The business is dedicated to providing top-quality services, so your residence has the necessary lighting and water system required to look and function its best. They also specialize in Christmas light installation and were the company that lighted the chamber tree, donating manpower and lights. They have been featured on CBS, FOX News, ABC and NBC News.

Green Valley Marketplace (bronze member) – Green Valley Marketplace is a neighborhood market
» **Continued on page 51**

Annapolis Aesthetics – Annapolis Aesthetics is a new luxury Medspa offering injectables, laser treatments and other aesthetic treatments in their beautiful location right in the heart of Severna Park.

Hello Monogram Co. – Hello Monogram Co. offers colorful and classic custom embroidery and gifts. Every product is selected with thought and embroidered with care

Liff, Walsh & Simmons Attorneys Selected For Maryland Super Lawyers

Several members of Liff, Walsh & Simmons — a business law firm based in Annapolis — have received Maryland Super Lawyers designations for 2023.

The Super Lawyer designation went to Terrence Liff, James Crossan and Melissa Menkel McGuire.

Liff, Walsh & Simmons 2023 Rising Stars include James Walsh, Thomas Simmons, Gregory Ferra, Brad Walsh and Paul Skrickus.

Super Lawyers is an annual list of outstanding lawyers with a high degree of peer recognition and pro-

fessional achievement. Selection for Super Lawyers includes peer nominations, a blue-ribbon panel review process and independent research on candidates. Each year, up to five percent of the lawyers in the state receive Super Lawyers recognition.

The Rising Stars list consists of the state's top young attorneys. The selection process for Rising Stars is the same as for Super Lawyers; however, Rising Stars candidates must be 40 years old or younger or have practiced law for 10 years or less.

2023 Super Lawyers



Terrence Liff
Real Estate, Business



Melissa Menkel McGuire
Employment and Labor, Employment Litigation



James Crossan
Business Litigation, Construction Litigation

2023 Rising Stars



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Business Counseling, Contracts and Transactions, Real Estate, Banking and Finance



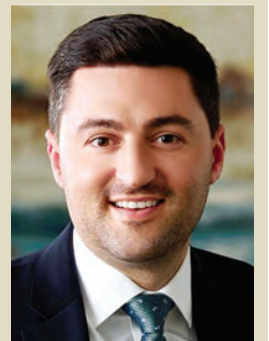
Paul Skrickus
Real Estate, Commercial Finance, Business



Brad Walsh
Real Estate



Thomas Simmons
Real Estate, Commercial Finance, Business



Gregory Ferra
Estate Planning and Administration

Super Lawyers is an annual list of lawyers with a high degree of peer recognition and professional achievement. This year, several Liff, Walsh & Simmons members made the list.

BUSINESS SPOTLIGHT

Levin Eyecare Welcomes Doctor Duo



Dr. Jaclyn Coyner is certified to fit MiSight lenses for myopia control.



Dr. Karen Norman sees children on a regular basis, starting as young as 4 years old, especially if the parents have vision issues.

By Darrell Mak

Family-owned Levin Eyecare opened its newest location in the Robinson Crossing shopping center this past April, its first in Anne Arundel County, offering complete medical, surgical, and routine vision services.

The Baltimore-based practice touts over 100 years of combined diagnostic, optical and surgical experience, more than 80 commendations, and over 20,000 patient visits each year. Its specialties encompass a wide range of areas including ophthalmology, genetic research, cataract evaluations, lens implants, teaching and community service.

Doctors Karen Norman and Jaclyn Coyner, who worked in the optometry profession together for many years in the past, both joined Levin Eye Care this past November.

Norman attended Towson University and Illinois College of Optometry and concentrated on children's vision, vision therapy and contact lenses. Coyner attended Salus University in Pennsylvania, completed an advanced studies program in contact lenses, and is certified to fit MiSight lenses for myopia control.

Norman said she sees children on a regular basis, starting as young as 4 years old, especially if the parents have vision issues.

"You don't have to wait until a

concern arises before having their eyes checked," Norman advised. "It's always good to watch for clues about potential vision problems, such as squinting, turning their heads, or needing to get close to see."

One of her favorite tools in the office is the Optos Retinal Imaging Device, a state-of-the-art diagnostic machine that allows ultra-widefield retinal imaging to diagnose ocular pathology, which may go undetected using traditional examination techniques and equipment.

"We've caught several things using it on patients," Coyner said. "It gives us a good first look at the back of the eye."

In addition, the Optos technology doesn't require eye dilation and eliminates the associated inconveniences.

Coyner cautioned that many eye diseases develop without any noticeable pain or discomfort, and therefore, she recommends everyone have their eyes scanned annually for good, preventative eye health. One particular threat is glaucoma, a disease that results in damage to the optic nerve and causes vision loss.

"By the time a patient notices anything from glaucoma, they've already lost part of their vision, which can't be reversed," warned Coyner, advocating early detection. "We can slow further progression with treatment, but we can't reverse it."

Although Levin Eye Care does provide surgical care, Norman and Coyner do not.

Now that winter is here, people may tend to get complacent and be less sensitive about sun damage to their eyes, but both Norman and Coyner strongly encourage wearing sunglasses throughout the year for eye protection.

The pair echoed caution about sun damage and that macular changes and cataracts can develop more quickly without protection.

To optimize comfort and clear vision, the doctors at Levin Eye Care provide full-service contact lens fittings, which entails taking detailed eye measurements to precisely identify the best strength and type of contact lenses for each individual.

"It's not a one-size-fits-all," Norman said. "It's better to have them fitted correctly rather than buying them online, sight unseen."

Contact lens technology has advanced significantly in recent years. Those interested in contacts, but were advised previously not to try them, may be able to reconsider.

"There are so many contacts options now," Norman said. "There are very few people today who can't be fitted these days."

The two doctors offered one last piece of advice for users of contact lenses: do not abuse those devices. They agree that users should follow directions and remove the contacts nightly so oxygen can reach and help the eye.

Allstate Agent Alex Schwab Opens Severna Park Office



Alex Schwab is a third-generation Allstate agent. He opened his Severna Park office in September 2022.

By Lauren Cowin

All roads lead to Allstate for Alex Schwab, but first he had to take the road less traveled.

Schwab's grandfather began his career with Allstate after World War II, when it was still affiliated with Sears. Some 30 years later, he recruited his son-in-law and Schwab's father, Kent Schwab, who would expand the business to several locations in the Baltimore area.

Though he always had a hunch he'd follow suit, Schwab's a-ha moment came while working a retail job on the other side of the globe, during a gap year after college in New Zealand.

"One day, I'm in the stock room and my manager says, 'There's three men outside, and they're asking for the American,' and I'm like, 'What'd I do?'" Schwab recounted.

It turns out, what he had done was provide excellent advice to these customers' friends, outfitting them for their backpacking adventure. His reputation had brought these new clients to the store specifically for his expertise.

"All I did was talk about my weekends," Schwab said. "When I wasn't selling backpacking gear, I was actually on the mountain myself."

That interaction was the catalyst for the phone call that would launch him into the family business.

"I called my dad and said, 'Just so you know, I am coming home in six months, I'm not going to be an expat forever, and please have an open desk when I get home. I want to give Allstate a try. I'd be crazy not to try this,'" Schwab said.

In February 2004, he started at his dad's agency, and when he struggled to help a client on his first day, he watched in awe at his dad's response.

"He came up to her, and he knew everything about her," Schwab recalled.

When the client learned he was Kent Schwab's son, she asked if he promised to take as good of care of her as his father had.



"At that point I was hooked," Schwab said. "I said, 'Yes ma'am, I will.'"

Schwab rebounded from that first day. In July 2019, he purchased the agency from his father and continues to serve more than 3,000 households.

The insurance industry, like many others, has changed drastically in the nearly two decades since Schwab joined the business, with a good deal of change happening in the last two years due to the pandemic. For Schwab, that meant closing his Odenton, Maryland, office and settling into his basement for longer than anyone could have guessed back in March 2020.

When the dust settled, Schwab found the perfect space in Severna Park, where he and his wife live and their children attend school. His new office, which opened in September of last year, is located on Benfield Road across from the Kensington community where his grandmother once lived, another move that seemed influenced by fate.

What has not changed over the years is Schwab's desire to help people.

"The majority of what I do for years has been over the telephone," Schwab said. "I do love it, though, when people actually come in and we have conversations because that's where I can do the best job for them."

And if you do end up across the table from him, he's probably going to make sure you've got a life insurance policy as that's tops on his list of products that shouldn't be skipped over.

"That is the most important product that anybody and everybody should have," Schwab said, adding that an umbrella policy to supplement your homeowners and auto coverage comes in a close second.

As we get settled into this new year, Schwab recommends talking with an insurance agent about your current coverage and minding any gaps.

Nearly 20 years into his career with Allstate, Schwab remembers the advice his late grandfather gave him before he went to work his first day.

"He said, 'I'm going to give you a piece of advice, and if you listen to me, you will have a very long, very successful career. Are you ready? Don't ever forget that you have a job because you have clients. If you never forget that, you can't fail,'" Schwab said.

Alex Schwab certainly took that advice to heart.

Schwab Insurance Agency is located at 517 Benfield Road, Suite 202, in Severna Park.

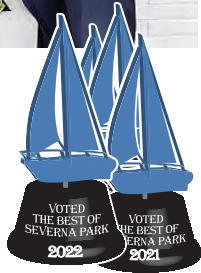
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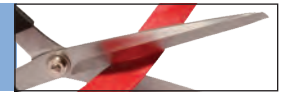
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RIBBON CUTTINGS



Wellness Businesses Move Into New Space

Dr. Erica Adams from Blue Sky Wellness and Nalynn Bellegarde from Invigorate Wellness celebrated the opening of their offices inside Sasswell - Healing Arts Venue at 497 Ritchie Highway in December. Adams specializes in pelvic health and also enjoys treating orthopedic and neurologic patient populations. Bellegarde discussed the benefits of IV infusions to help with chronic pain, migraines, skin problems and more.

Muñoz And MacKenzie Open Law Office

Photo by Larry Sells
Rachel Muñoz And Jared MacKenzie cut the ribbon on Muñoz And MacKenzie Law at 1 Holly Avenue in Severna Park in December. The law firm focuses on estates and trusts — planning and administration, to provide clients with the expertise they need to make the right decisions about their future.



Senior Chile Cafe Offers Mexican Food In The Park

Building on the success of his other two locations, Fredy Salmoran opened a Senior Chile Cafe in Severna Park at 594 Benfield Road in December, and the community celebrated with a ribbon-cutting January 13. The Severna Park restaurant offers authentic Mexican cuisine for breakfast, lunch and dinner.

The Year Of The Rabbit

» Continued from page 45

on a positive path for ourselves. The average bear market is 289 days. Using that as our guide, we can estimate how long the bear market will last (of course, no one has a crystal ball and knows for sure). Either way, it is a new year. A new chapter. The year of

the rabbit will have a lot in store for us. Though our rabbit may not be able to outrun the bear, we can try to stay hopeful for what is to come.

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sor Networks LLC. They should not be considered specific advice or recommendations for any individual.

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Chamber Update

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featuring full-service fresh produce, seafood, meat, a deli, prepared foods, a bakery, a salad bar, and natural/organic and specialty items along with all your traditional groceries. It has locations in Elkridge, Arnold and Pasadena. Focused on its customers and involved in the community, Green Valley makes every attempt to give you the best shopping experience possible each and every time.

Heart + Soul for Seniors – As licensed certified nurse practitioners, the Heart + Soul team has more than 5 years of experience as health care providers for the elderly. They have observed firsthand the difficulties of navigating a complex health care system, and they are specialized in servicing the homebound population. They have built relationships with local physicians, assisted living facilities and the Department of Aging in Anne Arundel County, and are well versed in dementia care.

A&A Home Renovations – This is a residential and commercial remodeling company that specializes in top-to-bottom renovations that maximize value for their clients. They have extensive experience in making the necessary home improvements to allow their clients' listings to hit the market in peak condition and sell quickly for top dollar.

Maryland Curiosity Lab – Roman and Jenny Hardgrave founded the Maryland Curiosity Lab in 2022. They never set out to start a school, but a series of events led them here. Using the Acton Academy Network, Jenny and Roman had a foundation to build a school that would spark curiosity rather than extinguish it.

Oishi Japanese Cuisine – Begin

your voyage with Oishi's diverse food destinations, offering a wide variety of choices. You can simply select your choices of meats, seafoods, vegetables, and watch the chef create your fresh and succulent dish right before your eyes. The food quality, friendly service and cleanliness will exceed your expectations.

Maryland STEM Festival Inc.

– The Maryland STEM festival is a month-long celebration of science, technology, engineering, arts and mathematics designed to advance STEM and STEAM education. Students have the opportunity to experience STEM through curriculum provided by regional schools, colleges and corporations.

We kicked off the month with our annual tree lighting celebration, and this year it was extra special as we lit the 70-foot tree next to the historical train depot. Many thanks to our sponsors The Big Bean, The Matt Wyble Team of Century 21 New Millennium, and Maryland Lighting & Sprinklers for making this happen. Each year, they plan to add more lights, a star and more decorations around the chamber property. The tree was lit for the entire month and could be seen from far away.

Our 12th annual Taste and Sip event was held at the gorgeous Chartwell Golf & Country Club and featured restaurants, liquor stores, and caterers offering tastes and sips of holiday fare. Close to 300 people attended and enjoyed live entertainment, a gorgeous silent auction, a raffle, and great conversations. Many thanks to The Matt Wyble Team of Century 21 New Millennium for serving as the event sponsor. Gold sponsors included the Gardiner & Appel Group, Smart Fit Kids Academy, Taichi Bubble Tea in Severna Park, and Heart + Soul for Seniors.

For more info on the chamber, visit www.gspacc.com.

Are You Ready To “Unretire”

Brian M. Conrad
CFP
Financial Advisor



Have you recently retired but are now thinking of going back to work? If so, you aren't alone, as many people are choosing to “unretire.” But if you do re-enter the workforce in some capacity, what opportunities might be available to you? And how will your renewed employment affect your financial outlook?

For starters, though, what reasons might motivate you to go back to work? For many people, the primary cause has been inflation, which has presented a huge challenge to retirees living on a fixed income. In addition, the volatile financial market of 2022 caused many people's investment portfolios to decline in value — a real problem for retirees who needed to start selling investments to supplement their income.

But non-financial factors could also be driving you to unretire. Like other retirees, you may miss the chance to use your work experience to engage with the world, and you may miss the social interactions as well.

In any case, if you do decide to re-join the working world in some fashion, you may have several options. For example, if you enjoyed the work you did for your former employer, you might want to see if you could go back on a part-time basis. Or you could use your skills to join the “gig” economy by doing some consulting or freelance work in your former industry. You might also consider going to work for a nonprofit organization, as many of these groups lost employees during the height of the COVID-19 pandemic and are now facing labor shortages.

Going back to work, even part-time, can improve your cash flow,

which helps cover the cost of regular expenses. Furthermore, the added income can possibly help you delay or reduce withdrawals from your investment accounts. And it's important to increase the longevity of these accounts considering you may spend two, or even three, decades in retirement. Once you turn 72, however, you will have to start withdrawing certain amounts from your 401(k) and traditional IRA. But your earnings can affect another source of your retirement income — your Social Security benefits.

If you return to work before your “full” retirement age, which is likely between 66 and 67, the Social Security earnings limit in 2023 is \$21,240. For each \$2 earned over that amount, Social Security will deduct \$1 from benefits. If you reach your full retirement age in 2023, the earnings limit is \$56,520; Social Security will deduct \$1 from your benefits for each \$3 earned over this amount until the month you turn your full retirement age. But in all future years after you've reached your full retirement age, you can earn as much as you want without losing any benefits. Social Security will then recalculate your payments to give you credit for the months your benefits were reduced or withheld due to your excess earnings. Be aware, though, that your earned income can potentially result in higher taxes on your Social Security benefits at any age.

Returning to work can be rewarding, both financially and emotionally. And you may get more out of the experience when you're aware of the issues involved.

Brian Conrad is a certificated 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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2023 IS THE YEAR OF THE RABBIT

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Jason LaBarge
Financial Advisor



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