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STATE CHAMPS



The winter season yielded three individual state champions (pictured left to right) from Broadneck and one from Severna Park. Broadneck's Carson Boteler took first in pole vault (11 feet, 9 inches) for the second straight year during the Class 4A indoor track and field state championships on February 20. Her teammate Casey Gish won girls high jump (5 feet, 3 inches). Broadneck wrestler Austin Combs beat Oakland Mills senior Joe Clark in the 165-pound bout of the state wrestling championships from February 29 through March 2. Kian Williams took first in the boys high jump competition during the Class 3A indoor state championships. His winning jump was measured at 6 feet, 6 inches.

Arnold Pop Group JAGMAC Celebrates 10 Years With Album

By Alyson Kay

Six Polish-Filipino siblings from Arnold have taken their love of music around the world. This year, Jared, Angelique, Gabriel, Manjo, Alyssa and CJ Patalinghug marked 10 years performing as the band JAGMAC with a worldwide album.

The 16-song project, titled "Ends of the Earth," is the pop band's first full-length album. The name is inspired by one of the refrains in the third-to-last song "Spread Love," which reads "Spread love to the ends of the Earth" and was inspired by Isaiah 42:10 in the Bible.

"One of our missions is to spread love, to spread joy, to spread our talents to the ends of the Earth," Alyssa said.

The writing and sound come from sources from all over the world. A writer from Ghana played a big role in creating the music. There are also Latin sounds and incorporations, along with many Filipino references.

"We wanted to reach out to everyone across the whole world," Manjo said.

The album is the culmination of years of working to create songs in many places, including New York City and Miami.

"This was one of the first times we had a big say, and all of the producers just took what we wanted, our aspirations and dreams for the songs, and made them into a reality," Gabriel said.

JAGMAC has released music videos for five of the album's songs, "Motivation," "Doin' That Thing," "April Fools," "Amazing" and "Spread Love."

They have also released two EPs, "Right Back With You" in 2018 and "Like a Band" in 2019, as well as several singles.

The name of the band, JAGMAC, is made up of the first initial of each of the siblings' names. Their mom, Alicia Patalinghug, came up with the band name during a long car ride, first try-

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Polish-Filipino pop group JAGMAC released a full-length album in January.

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Margueritte Mills - Volunteer Of The Month

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



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Mike West Has Been Involved With Local Sports Since 1983

By Kevin Murnane

“I’ve never met a sport I didn’t like,” said local sports advocate and volunteer Mike West.

At 75, West is still active in sports as he plays softball, pickleball, golf and regularly frequents the gym. However, this is West’s busy season as he ramps up to coordinate the over-60 men’s softball league at Bachman Sports Complex in Glen Burnie.

“Mike does a really good job with the league,” said Bachman’s facilities superintendent, Bear Chandler. “As volunteer league commissioner, he organizes tryouts, gathers registration fees and meets with leaders with the county’s parks and recreation members about rule changes to improve the league. He really wants the players to have fun and still compete.”

West began volunteering in the ‘80s when he coached youth football and baseball in the Cape St. Claire leagues.

Along with his involvement in youth sports, West kept active by playing flag football and softball in numerous leagues throughout Anne Arundel County. For many of those adult teams, West was the organizer and manager.

Born in Hawaii and being part of a military family, West developed a



Arnold resident Mike West currently oversees an Anne Arundel County senior softball league.

love for sports that enabled him to meet new friends as his childhood made stops in New York City and Staten Island and Arnold when that became his new home.

After numerous years of playing in the county recreational league, West noticed that many of his teammates stopped playing due to family or work obligations as well as a variety of injuries.

West did not want to stop what he loved doing, so he looked around and noticed that there was a senior league in Glen Burnie.

“I’ve played in that league for 10 years now and I’ve managed a team for nine years and been the over-60

league commissioner for eight years,” said West, who proudly acknowledged having several players in their 80s still playing softball.

West is currently trying to get more area residents to play in the Tuesday night doubleheader league.

“The quality of competition in the league has improved tremendously over the years,” West said. “The great aspect of our organization is it’s a draft league. We have a tryout in March and then all of the players are graded and given a grade (A, B, C) and then the managers draft an equal amount of players from each rating category. It makes for a very fair league and great competitive games.”

In theory, the draft enables players to play on different teams each year and have new teammates so they get to know more people in the league.

“We have great camaraderie in the league because it’s a draft league,” West said. “Everyone kids around with the other players because they were former teammates and/or friends.”

The tryouts are set for March 22 at 6:00pm at the Bachman Sports Complex on Ordnance Road in Glen Burnie. There is a \$150 fee to play in the league.

If interested in playing, contact West at 410-271-2446.

MRA To Present State Of The Magothy

The Magothy River Association will hold its annual State of the Magothy presentation at Anne Arundel Community College’s Health and Life Sciences building on April 5 at 7:00pm. Doors will open at 6:30pm for attendees to view displays by the MRA, BayLand Consultants & Designers, Anne Arundel Watershed Stewards Academy

and the University of Maryland Extension Bay-Wise Master Gardeners.

The event usually includes an overview of the Magothy River’s health and talks by environmental experts. This year’s details are still being finalized, so check the Magothy River Association Facebook page closer to April 5 for more information.

NAMI Gala And Awards Dinner

The National Alliance on Mental Illness, Anne Arundel Affiliate (NAMI AAC) will host its annual mental health gala and awards dinner on May 18 from 6:30pm–11:00pm at the Crowne Plaza Hotel in Annapolis.

The purpose of this event is to raise awareness, reduce stigma, bring together various mental health organizations and supporters, and to raise funds to expand NAMI’s work in Anne Arundel County. NAMI AAC is a nonprofit organization

whose mission is to improve the lives of individuals affected by mental illness and to provide support for their families, friends and caregivers.

NAMI AAC is seeking corporate and individual sponsorships for the annual gala and awards dinner. Sponsorships will help the nonprofit expand its existing programs and create new initiatives and outreach activities. For more information, contact NAMI AAC Executive Director Fred Delp at fred.delp@namiaac.org.

The Severna Park Voice is partnered with Evergreen Printing Company, which examines all aspects of its operation to protect the environment and conserve resources. Evergreen Printing has installed 5,924 solar panels to offset about 40% of the company’s electric requirements. The company uses soy- and vegetable-based inks resulting in reduced volatile organic compound (VOC) emissions. Evergreen’s process-free plates have no environmental impact and are 100% chemical free. These are just a few of the actions the company has taken to ensure sustainability.



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HOPE For All Celebrates 20 Years Serving Anne Arundel County

Nonprofit Has Provided Clothing, Housewares To Nearly 20,000 Individuals In Need

By Meredith Winter

Dozens of shelters, government agencies, nonprofits and churches in Anne Arundel County work tirelessly each year to serve hundreds of people experiencing homelessness, but what happens to those individuals when they transition out of homelessness into a place to call their own?

Glen Burnie-based nonprofit HOPE For All is a Christian ministry whose mission is to “provide furniture, household items and clothing to people in our community who are without the financial means to meet their basic needs.” This includes supplying tangible resources for those transitioning from homelessness, as well as people simply in need of a helping hand. They offer clients “the essentials necessary to create a healthy home.”

This year marks two decades of HOPE For All’s service to Anne Arundel County. Executive Director Connie Cooper highlighted that over the last 20 years, HOPE For All has served an estimated 4,000 families representing nearly 20,000 individuals.

The nonprofit — which not only aids those transitioning into housing, but also assists hundreds of underserved school children each year — was established in 2004 by founders Leo and Diane Zerhusen. Both Anne Arundel County school teachers, the couple had begun to collect clothing for people in need after a mission trip to Appalachia, but they quickly recognized that the same need demanded action in their own backyard. Compassion for children and families lacking basic necessities, such as clothing to wear to school, inspired the Zerhusens to start HOPE For All.

Board member and volunteer Dave Chaffee, who resides in Millersville, explained that HOPE For All has three primary missions. Through “Turning Houses Into Homes,” they collect and distribute donations of furniture, kitchen supplies and household goods to people who are transitioning from homelessness to affordable housing. Over 1,700 families have been served through this initiative in the last five years.

Cooper, who has been involved with HOPE For All for over 12 years, shared the story of one woman HOPE recently assisted that illustrates how common it is for individuals transitioning into housing to be met with empty rooms and no means to furnish them.

“She didn’t have any furniture except a card table, a desk and a coat rack, and they were sleeping on the floor, which is kind of normal when we go in to these people coming out of homelessness,” Cooper said. “So I said, ‘Well how long have you been in your home?’ And she told me two years, and I’m like, ‘Two years? Why did it take you so long to ask for help?’ And she said, ‘I kept thinking I’d be able to afford a bed (with) my next paycheck.’

“These are people who are trying



For the past 20 years, HOPE For All has collected and distributed furniture, clothing and other items to people transitioning out of homelessness into residences and to school children in need.

“These are people who are trying to make it, who are trying to work, but between housing costs and food costs, there’s nothing left. So we try to stabilize that household by bringing along all the furniture, housewares and linens that they need.

— **CONNIE COOPER**
EXECUTIVE DIRECTOR
HOPE FOR ALL

to make it, who are trying to work, but between housing costs and food costs, there’s nothing left. So we try to stabilize that household by bringing along all the furniture, housewares and linens that they need.”

HOPE’s “Head to Toe” program provides thousands of Anne Arundel County public school children with school supplies, shoes and clothing. More than 500 children have received these essentials over the past three years. Similarly, their “Next Step Clothing” mission provides emergency clothing for more than 500 people each year who are taking the next step in their lives.

Chaffee got involved with HOPE For All after his wife, Ann, began volunteering in their warehouse by sorting donated goods each week. He explained that donations from across the county are sorted into household essentials that are distributed through “Turning



Houses Into Homes,” and nonessential items ranging from golf balls to Christmas decorations that are sold at semi-monthly yard sales. Proceeds from the yard sales are used to purchase needed items that aren’t as frequently donated and to fund the nonprofit’s operation.

HOPE For All is also financially supported by individual givers, corporate sponsors, partner churches and grants. Over 35 local houses of worship, including several in the Severna Park area, not only donate to HOPE For All but refer families in need, rally volunteers from among their congregations, and assist with deliveries.

Cooper explained that faith is what motivates HOPE’s staff and volunteers to serve. “We just want to spread God’s love, and we do it in a very physical way so (recipients) can physically see and feel and touch how much he loves them,” she said.

The first year that HOPE For All was established, the nonprofit served 13 families; this past year, Cooper said it was able to resource 382 families. The need continues to grow, and there are numerous opportunities to get involved. Many people are introduced to HOPE’s mission through donating items, as well as sorting donations, assisting with yard sales, helping pick up and deliver items, and more. A complete list of volunteer opportunities and more information about HOPE For All can be found at www.hopeforall.us.

“We’ve proven over these 20 years that we’re here, we care, and we’re not going anywhere,” Cooper said of HOPE’s history as it celebrates two decades in the community. “I’d love it if we went out of business tomorrow because there wasn’t a need, but as long as there’s a need we’re going to keep doing what we do.”

Maryland Day Fun Facts

Holiday Celebrating State History Is March 25



The black-eyed Susan is Maryland's state flower.

Observed annually on March 25, Maryland Day is a state holiday that commemorates the formal founding of the colony of Maryland. It is widely held that on that day in 1634, British colonists stepped ashore on what they called St. Clements Island in St. Mary's County and held a mass to celebrate their safe passage and observe the Feast of Annunciation. A weekend of events to mark the occasion is planned each year in the greater Annapolis area. Below are seven interesting facts about the upcoming holiday.

1. The Voyage of the Ark and the Dove

On November 22, 1633, roughly 140 British settlers departed the English Isle of Wight in two small ships, the *Ark* and the *Dove*. A severe storm separated the ships, but the *Ark* continued its journey across the Atlantic and made a stop at Barbados in January. There, the *Dove* reappeared. Both ships reached Virginia on February 27, 1634, where they gathered supplies before sailing north in the Chesapeake Bay.

2. Landfall on St. Clements Island

On March 25, the English settlers disembarked the *Ark* and the *Dove* and set foot on an island they named St. Clements, which is located in present-day St. Mary's County. There, three priests among them are said to have held a mass during which the settlers offered prayers and erected a large cross. The landing coincided with a holy day known as the Feast of Annunciation.

3. Feast of the Annunciation

Observed on March 25, the Feast of the Annunciation is a holy day in honor of the Virgin Mary. According to the Gospel of Luke, the annunciation is the announcement by the angel Gabriel to Mary that she would become the mother of Jesus, the Christian Messiah, through a virgin birth. Some denominations, including the Catholic Church, move their observation of the feast when March 25 falls during Holy Week, which it does this year.

4. History of March 25

When the Anno Domini calendar system was introduced in AD 527, the beginning of the year was assigned to March 25 to align with the Feast of Annunciation. New Year's Day was moved to January 1 in France in 1564, but it wasn't until 1752 that England officially observed the same date.

5. Genesis of Maryland Day

Marylanders began formally observing the official state holiday in 1903, when the Maryland State Board of Education chose March 25 to elevate Maryland history in schools. The Maryland General Assembly followed suit in 1916 by establishing it as a legal holiday.

6. Weekend Celebration in Annapolis

Sponsored by the county, city and other organizations, Annapolis' Maryland Day weekend celebration is in its 17th year and will feature admission to over 20 local destinations for free or just \$1 from March 22-24, 2024. Activities are planned at the Annapolis Maritime Museum, the Chesapeake Arts Center, Historic Hancock's Resolution Farm Park, Homestead Gardens in Davidsonville, several county libraries and many more locations. For a complete list of events, go to www.marylandday.org.

7. Festivities Around Maryland

Maryland's birthplace, St. Mary's County, will observe Maryland Day on March 23 in Historic St. Mary's City with free admission to historical sites from 10:00am-4:00pm and a ceremony at 1:00pm under the Margaret Brent Pavilion. In Baltimore, the Maryland Center For History and Culture is offering free admission on March 24 from 10:00am-5:00pm.

The Best Of Contest Is Nearly Over

Entering March, more than 1,500 people had voted for their favorite businesses, services, nonprofits and other organizations around town as part of the 2024 Best Of Severna Park contest. For anyone who has not voted, there is still time. Our deadline for voting is March 26, and you can vote by filling out the survey at www.severnaparkvoice.com/bestofsevernapark.

We have a few rules that we ask you to follow to make the process go smoothly. Please spell out the full name of your entry for each category so that we don't misinterpret your vote. For example, "The Taphouse" could be Severna Park Taphouse or Adam's Taphouse and Grille. Also, if there are multiple locations of a business, specify which location you are nominating.

Nominees must be located within these zip codes: 21146 (Severna Park), 21012 (Arnold) and 21108 (Millersville).

The results will be revealed in our next edition, which will be delivered to homes and businesses the week of April 11. Until then, good luck to everyone who is vying for votes.

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Take The Pledge For A Better Community For All

Bello Machre Highlights Developmental Disabilities Awareness Month

By Judy Tacyn

In 1987, President Ronald Reagan declared March as Developmental Disabilities Awareness Month to increase “public awareness of the needs and the potential of Americans with developmental disabilities” and to provide the “encouragement and opportunities they need to lead productive lives and to achieve their full potential.”

Robert Ireland is the president and CEO of Bello Machre, a 52-year-old Glen Burnie-based organization offering individ-

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Help us create a better community for all.



Developmental Disabilities Awareness Month 2024

bello machre
EMBRACING LIFE'S DIFFERENCES

uals with developmental disabilities the services, opportunities and support they need to live full, independent and rich lives. Ireland has been with the organization — which now has more than 500 employees — for 43 years and can truthfully say he helped build the organization from the ground up.

“Maryland has always been a top-ranked state for providing opportunities that make life better for people with disabilities and their families,” Ireland said. “I cannot imagine another career or another place to work that gives me so much purpose.”

According to the Centers for Disease Control and Prevention, developmental disabilities are defined as impairments in physical, learning, language or behavior areas, and include autism-spectrum disorders; cerebral palsy; attention-deficit/hyperactivity disorder; learning or intellectual disabilities; hearing loss or vision impairment; and other developmental delays.

Bello Machre, which means “home of my heart” in Gaelic, provides residential services, community-based services, long-term live-in care, community-based day care, employment services, caregiver respite care, and much more. The nonprofit strives to nurture an individual’s personal goals such as higher education or professional growth through life- and trade-skills training.

“Since 1987, building awareness has been a slow process,” Ireland said. “We can declare all the special weeks and months we want, but at Bello Machre, we believe that until you’ve rubbed elbows with people with developmental disabilities and

their families, you don’t have a true sense of just how valuable these people are to our communities.”

Ireland’s mother grew up in the foster care system and she instilled in her children the importance of understanding and appreciating every person. His parents adopted three children with developmental disabilities when he and his siblings were in their late teens and early 20s.

“My mother understood that acceptance comes from truly knowing someone and that cutting through the prejudice and ignorance of who you think someone is makes all the difference for the individual and for the community,” Ireland said.

Severna Park resident Tyler Shallue, a legally blind Anne Arundel Community College student with autism, whom the Severna Park Voice featured in January 2023, has been receiving personal support from Bello Machre since April 2022.

“This service is very useful to me because it allows me to pursue activities and educational opportunities. With my visual impairment, I cannot drive or otherwise transport myself to places such as school, the gym to work out, to study, play cards, or grab something to eat,” Shallue said. “Bello Machre has allowed me to pursue these activities because I have a personal support assistant who can transport me. Without this transportation, I cannot reliably commute to school or other places of interest.”

Shallue plans to graduate from AACC in December 2024. His support team at Bello Machre is already providing insight on his possible next steps.

“Bello has provided some basic information about how their residential program works, and since then, we have begun the process of talking about and brainstorming possible options for housing,” Shallue said. “In addition to my parents, whom I dearly love, I cannot be thankful enough for the services Bello Machre provides and their very good team of supportive and friendly staff.”

Ireland encourages everyone to support individuals with disabilities, not just this month, but always by making sure that they are part of the fabric of our communities by reaching out and including them in community activities or thinking about employment opportunities to share.

“Our goal is for people to see a person first, and if they have to see a disability that they see the disability second,” Ireland said. “We need a world where people with disabilities don’t feel different or less than. They should proudly announce, ‘I am worth something.’”

To learn more about the many services Bello Machre provides or to make a donation to its mission, visit www.bellomachre.org.

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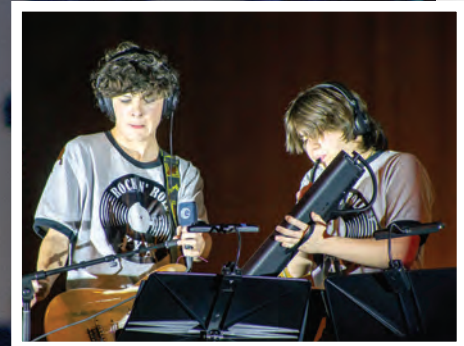
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Severna Park Students Shine In “Rock ‘N’ Roll Revival XXXV”



Roughly 100 Severna Park High School students put on a mesmerizing “Rock ‘N’ Roll Revival XXXV” show on opening weekend from March 7-10. With a “Greatest Hits” theme, the show featured music spanning multiple generations and genres. The show will continue during the weekend of March 14-16. To see more photos once this year’s event is over, visit www.severnaparkvoice.com.



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POWs On Maryland Farms During World War II

The Friends of Kinder Farm Park will host Emma Satterfield on April 7 for a talk about prisoners of war (POWs) on Maryland farms. POWs provided agricultural labor as part of the Emergency Farm Labor Supply Program. Satterfield is a doctoral student in anthropology at the University of Maryland and is currently serving as a graduate intern with the Anne Arundel County Cultural Resources Division. Her extensive research includes the use of German POWs from Camp Meade, Maryland, and their work at Kinder Farm from 1943-1945.

Join the discussion on April 7 at 2:00pm in the Kinder Farm Park visitors' center. The cost is \$3 per person, except for Friends of Kinder Farm Park members, who can attend for free. Gate fees also apply. Preregistration is required by everyone. Visit www.kinderfarmpark.org/20240407Speaker.html.



This prisoner of war was pictured at Kinder Farm Park in 1945.

Send your community news to spvnews@severnaparkvoice.com

New Adaptive Fitness Classes Offered At SPCC

By Lauren Cowin

Thirty-year-old Erica Dillon isn't fooling her fitness trainer. As she settles into the leg press, her instructor, Hollie Chapman, says "your legs are strong" as she ups the weight on the machine.

A few minutes later, after rotating through her other athletes, Chapman's back to Dillon, asking, "Why'd you stop? Was it too light?"

Chapman doesn't let her athletes skip reps, whether she's working with competitive bodybuilders or individuals with disabilities.

For the latter, new class offerings through the SEALS program at the Severna Park Community Center (SPCC) provide opportunities to exercise in a safe, adapted environment, free of charge.

The success of SEALS swimming, which launched in 2022, led Shelly Beigel, director of programs and partnerships at SPCC, to think beyond the pool. In early February, two new adaptive group fitness classes opened.

SEALS stands for social, educational, all welcome, limitless and success. Its programs are customized to meet the demands of a wide range of abilities.

"It wasn't just about aquatics to me," said Beigel, a former Severna Park swim coach who saw a need for more extracurricular activities tailored for the special needs community. "We got swim up, we got swim going. It is seamless now, so now on to fitness."

Finding the ideal instructor was no obstacle; Beigel immediately turned to Chapman, a personal trainer and military wife who has experience working with a variety of disabilities and diagnoses.

"I worked for about five-plus years in college with the physically and mentally disabled at school settings and home settings," Chapman said. "I was all for it."

The two new SEALS fitness options include a group fitness class that involves moving through exercises to music, and a circuit training class that allows participants to rotate through the various pieces of gym equipment.

"Even though we say group, the curriculum is individualized," Beigel explained. "We already know about triggers; we know a lot about [the participants] before they even come. The class is tailored around that."

SEALS programming combines ages and abilities/diagnoses. As such, the classes are capped at four participants to ensure a fully personalized and safe experience.

For Chapman, leading a circuit class is a workout in itself, moving from one athlete to another at their stations, adjusting the weight, height or resistance on the equipment, and making sure nobody is taking the easy way out.

"Regardless of how chaotic it may look from the outside, it really is, in my brain, organized and for them," Chapman said.

Dillon was one of the first to join SEALS swimming when it started, and she now attends circuit training.

"I like this better than CrossFit because you don't do burpees," explained Dillon, whose favorite apparatus is the rowing machine.

Much like the programs themselves



Photos by Lauren Cowin

Above: Instructor Hollie Chapman spotted Ian Polvani.

Below: Erica Dillon looked forward to using the rowing machine.



"Even though we say group, the curriculum is individualized. We already know about triggers; we know a lot about [the participants] before they even come. The class is tailored around that."

— SHELLY BEIGEL, DIRECTOR OF PROGRAMS AND PARTNERSHIPS AT SPCC

adapt to individual needs, Beigel strives to mold the schedule and activities offered to the demands of the community. She welcomes feedback on the dates and times that would work for various age groups.

"If we needed to add a class, I'd go find the staffing," said Beigel, who predicted that she will need to add another circuit training class soon.

Beigel's long-term goal is to offer an array of activities through SEALS — yoga, dancing and art, to name a few.

"What falls under the SEALS program is anything we can come up with and

get funding for," she said. "It can be as encompassing as we want."

SEALS fitness classes are currently offered on Thursdays (group fitness) and Fridays (circuit) from 4:30pm-5:30pm, and they are geared toward ages 12 and up. Thanks to grants provided by The John J. Leidy Foundation, The Community Foundation of Anne Arundel County, and the Anne Arundel County executive's office, these classes come at no charge to the participants.

For more information, or to register, visit www.spcommunitycenter.org/group-fitness-classes.html.

Helping Our Neighbors Face Challenges

Michele Sabean

Director of
Development
SPAN Inc.



I was just talking to someone who had the flu multiple times this winter. Thinking of friends, family, colleagues and clients — I am thinking of loved ones

but also her daughter had recently passed away. SPAN's clients live in our community. Sometimes life's struggles are huge, such as evictions, utility turnoffs and or being uncertain where meals will come from. There are people in the community who are dealing with health crises, difficult divorces, job loss and other emergencies. Because of SPAN's donors, we are able to help with those battles.

“Kindness begins with the understanding that we all struggle.”

— CHARLES GLASSMAN

All of us are fighting something; both the helpers and the helped have struggles. I am reminded of this when I listen to those around me. And I also get to see on a regular basis the people around me — volunteers, community members and clients — treating each other with kindness. I hear lots of gratitude and see many examples of people jumping in to help — by donating, lifting bags or giving their neighbors a ride.

We all need a shoulder to lean on at some point. Thank you for being part of that shoulder for our clients. SPAN was blessed with lots of food donations as part of the Good Neighbors Group's seventh-annual S(o)uper Bowl food drive! The donated food

goes a long way toward keeping our shelves filled.

Thank you also to the School of the Incarnation for its cereal drive, which replenished our supply for months. We look forward to the upcoming Scouting for Food drive. In addition to these larger donations, SPAN is able to help because of all the individuals who give bags of food and monetary donations — it adds up!

One of our main fundraisers for the year is our upcoming cabaret concert and silent auction benefit on April 21 at 4:00pm. Tickets and more information are available on our website. Thank you for all you do, being points of kindness and caring for those around us who are struggling.

SPAN (*Serving People Across Neighborhoods*) is an independent nonprofit food pantry and emergency services provider that has been helping local families with eviction prevention, utility turnoffs, medical/prescription bills, and food since 1990. SPAN serves 15 zip codes in Anne Arundel County. SPAN is located behind Our Shepherd Lutheran Church at 400 Benfield Road in Severna Park. Hours are Monday through Thursday from 10:00am-1:30pm. For more information, call 410-647-0889, email spanhelps@yahoo.com or visit www.spanhelps.org. Financial donations may be made through the website. Food donations may be dropped off anytime using the storage bin behind SPAN's building. Please “like” SPAN on Facebook!

Arnold Pop Group JAGMAC

» Continued from page 1
ing it oldest to youngest before flipping it to create the current version.

“It just became our identity because it represented all of us and not one person was excluded,” Alyssa said.

The siblings were exposed to music from a young age. Their mother is a singer, and their father, Carlos Patalinghug, is a former breakdancer. Different groups that inspire them include the Backstreet Boys, NSYNC and the Spice Girls. They also look up to other family groups like The Jackson 5.

Their Catholic faith has also been a driving force in their lives and career.

“All we're trying to do is try to live life in a positive and joyful way, hopefully leading back to God,” CJ said.

JAGMAC's first performance was a surprise for their father on his birthday. The oldest sibling, CJ, wrote the song and the band performed it with a dance. Carlos was impressed with their talent and encouraged them to continue to make and perform music as they grew up.

“We just found such a love and passion for it,” CJ said.

The siblings are also accomplished martial artists. When they're not on tour, they help their father teach classes at Kick Connection, a family business in Millersville. The mindset and discipline help them learn choreography for their songs and weather the ups and downs of working in the music business.

“The martial arts is a reminder to just keep going even when it gets hard,” Angelique said.

In 2018, JAGMAC was named Radio Disney's Next Big Thing, putting them alongside artists including Shawn Mendes and Camilla Cabello. They've also performed with Little Mix and a boy band called In Real Life, and toured across the United States, England and the Philippines.

This year, the band plans to make more music videos for “Ends of the Earth.” They also plan to return to the Philippines.

“We're just ready to take this next step in our career and show the world what JAGMAC is all about,” Angelique said.

“Ends of the Earth” is available for streaming and digital download. The band has shows scheduled in Washington, D.C., in August and Baltimore in October.

County Food Bank Launches New Initiative

In conjunction with March's National Nutrition Month, the Anne Arundel County Food Bank (AACFB) has launched Drive to Thrive, a new initiative to encourage community food drives to adopt a healthier approach to the type of food collected.

“An estimated 8% of county residents face food insecurity, and unfortunately lower food insecurity is associated with a higher probability of chronic disease,” said AACFB CEO Leah Paley. “We believe food is medicine and are committed to providing healthy food for our neighbors in need every day.”

Roughly 45% of the food AACFB distributes is donated, and community food drives supply a large part of the 1.5 million pounds of donated food distributed each year.

AACFB's Drive to Thrive rethinks traditional food drives to focus on collecting food that is low in sodium and sugar, high in fiber, and minimally processed. AACFB's new food drive guide outlines the importance of nutrition to public health, tips for organizing a food drive, and recommendations for food to donate, such as whole-wheat and gluten-free pasta, low-sodium canned vegetables and

beans, and natural applesauce.

AACFB has partnered with Annapolis Pediatrics in launching a March community food drive guided by the Drive to Thrive recommendations. Donations of healthy, shelf-stable foods can be dropped off at any Annapolis Pediatrics location during business hours in March. Visit www.annapolis-pediatrics.com for location details.

Visit www.afoodbank.org/nutrition to view the Drive to Thrive food drive guide, register a community food drive, learn about Nutrition Month events, and reflect on a poem about helping neighbors in need.

Unlocking The Thrill Of The Sea, Or The Chesapeake Bay

By Ed Tracey

Commodore

Magothy River Sailing Association

Sailing, an age-old activity, continues to captivate enthusiasts worldwide. For those eager to delve into this mesmerizing world, joining a sailing club — such as the Magothy River Sailing Association (MRSA), that offers racing, cruising and junior training — presents an irresistible opportunity. Here's why:

1. Camaraderie and Community: Sailing clubs are hubs of camaraderie where individuals from diverse backgrounds unite over a shared passion for the sea. Whether you're a seasoned sailor or a novice, a racer or cruiser, a day sailor

or have dreams of long sailing trips, MRSA aims to foster a sense of belonging and provide ample opportunities to connect with like-minded individuals who share your enthusiasm for the water.

2. Racing — The Thrill of Competition: For adrenaline junkies and competitive spirits, racing is the ultimate draw. MRSA hosts Wednesday night racing that allows members to test their skills, tactics and strategies against fellow sailors. Whether you're vying for podium positions or simply aiming to improve your sailing prowess, the thrill of racing fosters a sense of achievement and camaraderie among participants. And if you are new to racing and are looking for a laid-back

racing opportunity, MRSA members are welcome to participate in the Yacht Club of Cape St. Claire's Friday night races.

3. Cruising — Embracing Serenity and Adventure: On the other end of the spectrum, cruising offers a serene escape from the hustle and bustle of daily life. MRSA has multiple cruising opportunities to provide members with the chance to explore destinations near the Magothy and trips further afield. Whether it's a leisurely day sail or an extended voyage, cruising offers a unique blend of adventure, relaxation and exploration.

4. Junior Training — Nurturing the Next Generation: Sailing is not just a sport; it's a way of life passed down

through generations. MRSA offers a junior training program (weekdays from July 8-19 this year). This program plays a pivotal role in nurturing the next generation of sailors. By imparting essential sailing skills, safety protocols and a love for the sea, these programs instill confidence, responsibility and a lifelong appreciation for the marine environment in young sailors.

Hoist the sails, embrace the wind, and embark on an unforgettable journey with your fellow sailors. Go to www.magothysailing.org or contact MRSA's membership chair at membership@magothysailing.org for more information.



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Saints Church Celebrates Three Years In Severna Park

By Meredith Winter

This Easter Sunday, local churches will celebrate the resurrection of Jesus Christ along with roughly 2.7 billion Christians worldwide. But for Saints Church, Severna Park's newest congregation, this Easter will also mark their third birthday as a young church plant.

Several years ago, South Shore Church in Crownsville had a good problem on its hands: More people were attending than they had space to accommodate. So, they commissioned two of their lay pastors — including Alex Bouffard, who lived in Shipley's Choice as a child and now serves as Saints Church's lead pastor — along with a core group of about 40 members to begin a new gospel-centered church a few miles away in Severna Park.

Saints Church first formally gathered on Easter Sunday of 2021. Since its inception, members have met each weekend at the Severna Park Elks Lodge, and participation has grown to a regular attendance of roughly 100.

Church members meet on Sundays at 10:00am for about an hour. Services are "reverent in posture and casual in dress." Bouffard explained that the



Since April of 2021, the people of Saints Church have gathered on Sundays at the Severna Park Elks Lodge for casual services consisting of blended worship and biblical teaching. This Easter will mark their third anniversary.

worship sets are a mix of contemporary songs and classic hymns, and the preaching style is exposition-al, meaning that they study each book of the Bible verse-by-verse in their sermons. Kids are welcome, and child care is offered for children under 5.

"We're pretty simple," said Bouffard, a graduate of Southern Baptist Theological Seminary. "Right now, it's just your neighbors gathering to worship Jesus. We're just a normal Baptist church."

Though there are many young families — several of whom are expecting babies in the coming months,

pastor at Saints Church. Nagel, who works full time and pastors on a volunteer basis, was part of the initial church planting team sent out of South Shore Church and is currently pursuing a Master of Divinity in Christian ministry.

Members of Saints Church have celebrated many milestones over their three years together, including sustained growth, the inception of small groups that meet throughout the week, community engagement through annual events, and more. But the biggest

» Continued on page 16

“The gospel of Jesus Christ is at the center of everything we do.”

— BROOKS NAGEL

Easter Is Our Only Hope

The Rev. Stephen Mitchell

Trinity Bible Church



I'm usually late to the party for big and popular shows or movies. My wife and I typically binge-watch shows that were popular 10 years ago, and we like that because

we don't have to wait for a year or two in between each season. The same goes with movies, so with recent trailers and ads about "Dune: Part Two" coming to theaters, we decided we should watch "Dune: Part One."

I'm a sci-fi fan, and I grew up on "Star Trek: The Next Generation," so I was already interested in the premise of the movie. If you're not familiar with "Dune," Timothée Chalamet stars as Paul Atreides, a gifted and prophesied young man of great destiny who must travel to a dangerous and distant planet in the universe to ensure the future of his people even as sinister forces explode into conflict over the planet and a specific resource it has.

The planet itself is a desert wasteland. At one point in the movie, Paul's mother asks a spiritual leader in reference to this planet and her son's mission to head there, "Do you see so little hope?" This line resonated with me and got me thinking about our planet, the times in which

we live, and those times in our lives when we may have a hard time seeing any hope.

Maybe you're struggling in your marriage and it's hard to see hope. Or perhaps your kids have gone down a dead-end road to self-destruction and you're struggling to have hope for them to come to their senses. Perhaps you got an MRI result back and you got a diagnosis that offers little hope, or you're struggling to have hope to ever beat an addiction or to have a resolution to a difficult situation. When we look at our world or our divisive politics, it's hard to see more than a little hope.

From wars overseas still raging in Ukraine and the Middle East, to the aftereffects of a pandemic still echoing in our society, to a now almost certain presidential election rematch that most Americans have said in polls they don't want, it's hard to see hope on the horizon. There's almost a dread and underlying anxiety as we trudge through 2024, and if you're like me and you're deeply concerned about the country your children or grandchildren will grow up in, it's hard to find any source of promise or hope for the future.

Sometimes we place our hope in a political figure or party to save us and give us hope, or we look to someone or something that can offer us even a glimmer of escape and promise from the pain and the de-

» Continued on page 16

Churches Host Family Friendly Easter Egg Hunts In March

Several local churches are planning to hold Easter events for kids and families to enjoy this month as they prepare to celebrate Resurrection Sunday.

Easter Brunch & Egg Hunt

SAINTS CHURCH

Attendees can enjoy an egg hunt and a free breakfast with the Easter Bunny, hosted in partnership with the Severna Park Elks Lodge. Space is limited.

WHEN: March 23, 9:00am-11:00am

WHERE: 160 Truck House Road Severna Park, MD 21146

FREE TICKETS:

www.facebook.com/saintschurchmd

Children's Easter Egg Hunt

ST. JOHN THE EVANGELIST CATHOLIC CHURCH

Children ages 10 and under can enjoy an egg hunt, games, crafts, refreshments and a special appearance from the Easter Bunny.

WHEN: March 30, 10:15am-12:15pm

WHERE: 689 Ritchie Highway Severna Park, MD 21146

INFO: www.stjohnsp.org/events

Easter Journey

SEVERNA PARK BAPTIST CHURCH

Families can explore the Easter story with an interactive experience. The event will also feature an Easter Egg hunt, crafts, food for purchase and photos with the Easter Bunny.

WHEN: March 23, 11:00am-1:00pm

WHERE: 506 Benfield Road Severna Park, MD 21146

INFO: www.spbcm.com/events

Easter EGGstravaganza

SEVERNA PARK UNITED METHODIST CHURCH

WHEN: March 30, 9:00am-11:00am

WHERE: 731 Benfield Road Severna Park, MD 21146

INFO: www.severnaparkumc.org/events

Many area churches will also host Palm Sunday, Good Friday and Easter Sunday services. Check their websites for more information.





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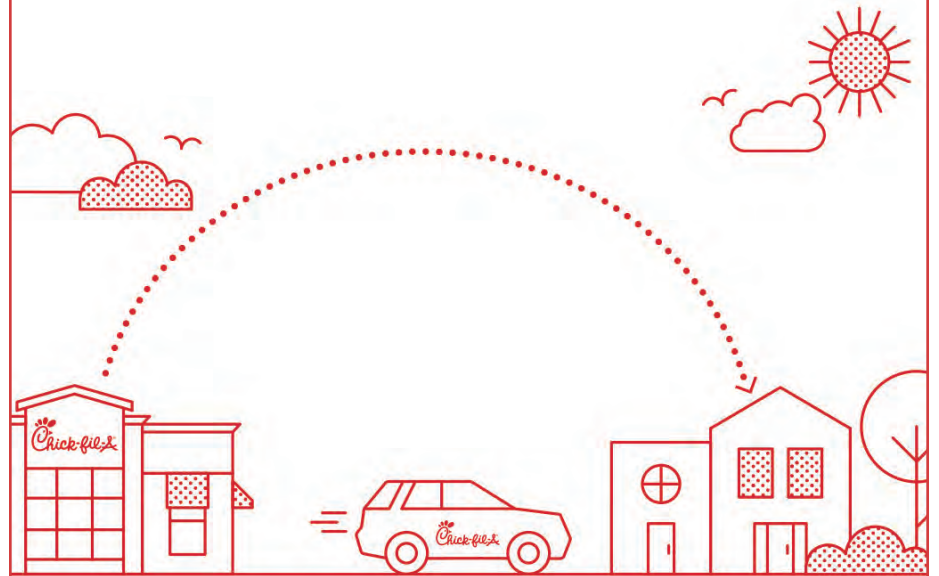


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Saints Church Celebrates Three Years In Severna Park



Lead Pastor Alex Bouffard planted Saints Church in Severna Park along with a core group of about 40 people from South Shore Church in Crownsville.

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highlight for Bouffard has been the dozens of baptisms they've witnessed.

"We're only 100 people and we've celebrated over 30 baptisms, which has been a huge blessing," he said, referring to the practice of believers' baptism in which individuals publicly identify with Christ's death, burial and resurrection, often by being immersed in water. "They're mostly people who had no experience with Christianity prior to their baptism. ... We've had a lot of people who came in just because there was something new and they were interested in checking out what was going on, and (they) heard the gospel for the first time."

Saints Church identifies as independent in denomination but Baptist in tradition. The church and pastors voluntarily affiliate with the Southern Baptist Convention in part to support the global work of the International Mission Board, to which they give 10% of their budget. They are also affiliated with TIMES12, an Annapolis-based

network that equips new pastors and has helped start over 40 churches throughout the mid-Atlantic.

As Easter approaches, Saints Church invites the Severna Park community to its free annual Easter egg hunt, which it hosts in partnership with the Elks Lodge. The hunt will include breakfast and a visit from the Easter Bunny, and is scheduled for Saturday, March 23, from 9:00am-11:00am at 160 Truck House Road. Free tickets can be reserved through the Saints Church Facebook event page.

Church members also welcome the community to join them for service at 10:00am on Easter Sunday, or any weekend.

Nagel emphasized what Saints Church is about at its core, saying, "The gospel of Jesus Christ is at the center of everything we do. We truly live in community with each other, seeking God's glory and each other's good."

To learn more about Saints Church's services or beliefs, go to www.saint-churchmd.org.

Easter Is Our Only Hope

» Continued from page 14

spair we feel deep inside our souls. Yet the Bible tells us that there is one who offers real hope for ourselves, our lives, our future and for the world: Jesus Christ. Like the world in "Dune," our planet is a mess, yet God sent his son not to some distant planet in a galaxy far away, but he sent him here, to be born in our world, to live the perfect life none of us could live, to die in our place for our sins, and to resurrect from the dead — now alive and ready to live in your heart and life if you are willing and you are ready to look to Jesus and receive him to be your hope, and to be your lord and savior.

"According to his great mercy, he has caused us to be born again to a living hope through the resurrection of Jesus Christ from the dead to an inheritance that is imperishable, undefiled and unfading, kept in heaven for you" (1 Peter 1:3-4). Out of love and mercy, God offers you and I a new life through a life-chang-

ing and heart-filling relationship with himself through his son, Jesus Christ. We don't have to settle for wishful thinking for the future; we can have a hope that is living, that is real, and that is based on the certainty that on Easter morning, God raised Jesus from the dead. And if he raised Christ from the dead, there is hope. There is hope for you and hope for me. There is hope for the future.

Because of Easter, you and I can say we don't just see a little hope. We can say because of an empty tomb in Jerusalem 2,000 years ago, we can see a lot of hope.

"Then you will know that I am the lord; those who hope in me will not be disappointed." - Isaiah 49:23

Stephen Mitchell is the senior pastor of Trinity Bible Church in Severna Park. He also is the host of a regular podcast, "Real Christian Talk with Pastor Steve," available on all podcast platforms.



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Teacher Recruitment And Retention



Dana Schallheim
Board of Education
District 5

During the March 6 meeting of the Board of Education of Anne Arundel County, the board was briefed on the latest retention figures and recruitment initiatives as well as the latest diversity data.

Corresponding with Pillar 2 of the Blueprint for Maryland's Future — high-quality and diverse teachers and leaders — Anne Arundel County Public Schools (AACPS) has been focused on this issue long before the blueprint became law.

Pillar 2 focuses on elevating teachers and school leadership by increasing pay, implementing a performance-based career ladder, substantially increasing the rigor of teacher preparation, and improv-

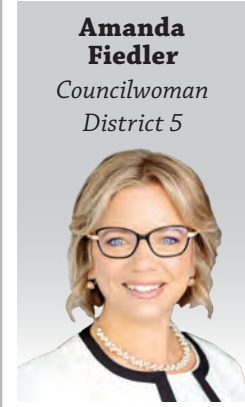
ing recruitment and professional development efforts to create and sustain a teaching faculty that better reflects the racial and ethnic makeup of the student body. You might be asking yourself why workforce diversity is important. According to Drexel University's School of Education, fostering inclusion and awareness around multicultural education and taking a culturally responsive approach to teaching benefits all students. Not only does creating greater multicultural awareness and inclusion help students with different backgrounds and needs succeed, but it also encourages acceptance and prepares students to thrive in an exponentially diverse world.

out of state.

Even more complicated is recruiting teachers of color. While 33% of Maryland's students are Black, only 20% of its educators are Black. AACPS' numbers reflect statewide figures. Currently, 19.8% of its teaching workforce is Black, 67.9% are white, 6.5% are Hispanic, and a mere 1.9% are Asian.

Despite the challenges, AACPS is turning lemons into lemonade, and recruited candidates at 70 job recruitment fairs during the 2022-2023 school year in 11 states, Washington D.C., Puerto Rico, and the Historically Black Colleges and Universities (HBCU) national virtual job fair, partnering with nearly 30 colleges and universities. Additionally, AACPS moved from 19th to fourth among Maryland jurisdictions in alignment with the Blueprint for Maryland's Future. The 2023-2024 school year has also seen a 13% increase in the applicant pool over

Council Update



Amanda Fiedler
Councilwoman
District 5

"The county council is pushing this bill through, without any information to the public." This comment is sometimes made during public testimony on legisla-

tion before the Anne Arundel County Council. The county council contemplates legislation that can have strong support, strong opposition or both. The county council does not introduce a bill with little opportunity for residents in the county to read, consider and offer feedback.

When legislation is officially introduced at a council meeting, law requires that it be advertised and in public view for one month before the county council holds testimony on the legislation. Council staff work diligently so that this requirement is always met. All legislation is posted on our county council website, and as legislation moves through the legislative process, the status of each bill is updated. Most legislation comes from the Office of the County Executive and is introduced by the chair of the council. Since my second term began, I have introduced roughly a dozen bills, the majority of which have passed.

The county council has one annual recess during August, which means 11 months out of the year, legislation is introduced regularly during our legislative meetings that are held on the first and third Mondays of the month. I know it can be a challenge for residents to keep up, or even remember to check on legislation. I do my best to bring the legislation to you through a regular newsletter that comes to email inboxes the week before our meeting. This newsletter lists legislation being heard at our next meeting and gives a preview of legislation being heard in the future.

Once a bill is introduced and in the one-month window of resident review, members of the community can use several testimony tools available. The county council website has an online testimony tool that allows you to choose the bill you would like to weigh in on and submit electronic testimony. Residents may also mail or drop off written testimony to the county council office or sign up to testify during the public hearing on any piece of legislation. There is also an opportunity for anyone who hasn't signed up to testify on a bill to do so at the allowance of the chair when there is a final call for testimony for anyone who has not signed up in advance.

Local law has a great impact on your daily life, and I will continue to bring information to you, to the best of my

Assistant Outpatient Treatment



Heather Bagnall
Delegate
District 33C

Anyone who reads my contributions knows my commitment to expanding access to behavioral health resources across the entire behavioral health system, from crisis care to maintenance

to prevention, yet one of our most challenging communities to serve are our high utilizers, adults with severe and persistent mental illness who are locked in a constant cycle of decompensation, hospitalization, homelessness and incarceration.

For 24 years, the General Assembly has wrestled with the question of assistant outpatient treatment (AOT), court-ordered and community-based mental health treatment that gets folks out of the criminal justice system and into care.

At its core, AOT is an intervention tool for those with persistent mental illness that results in an inability to maintain or even recognize their illness. This tool allows family members or friends to petition the court before someone decompensates to the point of the crisis standard – danger to self or others. It's a practice that has been adopted in 47 states and is designed to be adaptive to the needs of the states in which it is implemented.

Last year, after the bill again failed to advance, our chair charged me to lead a workgroup and find a path to get these folks help.

I'll admit, when the bill first came before our committee, I was skeptical because of all the things that weren't defined in the legislation, and the very real concerns raised by multiple stakeholders — what were the civil rights protections? Who was responsible for implementation? How would we ensure that Marylanders even had access to the services necessary for their treatment? How would this work with existing programs? What resources would be brought to bear and who was accountable?

One of the priorities of the workgroup was striking a balance — ensuring resources be brought to bear, ensuring civil rights are protected, and ensuring that voluntary treatment be an option. From crossover to Sine Die, a group of dedicated legislators and stakeholders including the Mental Health Association of Maryland, NAMI, On Our Own Maryland, the Treatment Advocacy Center, and the Maryland judiciary and the Office of the Public Defender met multiple times per week and went line by line and con-

cern by concern to find a workable compromise. We established a petition and court process that ensured all civil protections afforded to anyone in a civil or criminal proceeding, and that every AOT program provides a care coordination team, with case management or assertive community treatment if clinically recommended, along with peer-to-peer services. We made sure that those who wished to enter voluntarily would have the option to do so and created a process whereby if the treatment plan changed and all parties agreed, the court could be notified without a hearing. Additionally, to address concerns of stigmatizing, criminalizing or weaponizing health care, the records of AOT are sealed.

By Sine Die, we had crafted a meaningful tool in aiding those with severe and persistent mental illness, and the legislation passed the House but ran out of time in the Senate.

I'm proud to say, this year the governor took our framework and added funding for planning and training, en-

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Council Update

» Continued from page 17

ability and resources. One of the largest legislative efforts that will encompass multiple bills across several years is comprehensive rezoning. I have talked about comprehensive rezoning in the past and will continue to share details throughout the process. While our area is councilmanic District 5, our area is Region 4 for comprehensive rezoning purposes.

The entire county has been divided into nine regions, with three regions at a time being reviewed by the council. Each set of three regions will take roughly two years from start to finish. Regions 2, 4 and 7 are the first three regions to be considered for comprehensive rezoning. Regions 2 and 7 have been introduced to the

council in four bills.

Our region (Region 4) is set to be introduced as legislation in April, with the first public hearing in May. This staggered manner of introduction is due to the length of time and number of applications for our area that were reviewed in the preliminary steps before coming to the council.

With each region, the council will examine applications for zoning changes on individual properties and will consider the recommendations of the Stakeholders Advisory Committee, Planning Advisory Board, Office of Planning and Zoning, and public testimony from both the public and private property owners. The council will also consider zoning changes that do not have applications by the owner but are recommendations from the Office of

Planning and Zoning for “consistency” changes.

Zoning is the category for development or use that each property may have, and level of intensity within that category. Our zoning categories are residential, commercial, maritime, industrial and mixed-use. Within each zoning category, the intensity of use and/or development ranges from one (least intense) to four (highest intensity).

This process is required by state law. Some form of rezoning legislation must be passed for the county to be in compliance with state law. It is likely that amendments will be introduced for each region. There is also a small window of opportunity for property owners who have missed the lengthy review process to apply for a zoning change, but with that comes a requirement that a zoning change request sign (think of the large variance signs you may see on a property) be posted and visible to the public on any property utilizing this late request option.

Comprehensive rezoning takes place once every 10 years and has the potential to change how our county is developed. It is important for us and for future generations. If you would like to receive updates on this and any other legislation through the District 5 newsletter, please send me a request at amanda.fiedler@aacounty.org.

If you would like to follow legislation on your own, you can visit the Anne Arundel County Council website at www.aacounty.org/county-council.

Assistant Outpatient Treatment

» Continued from page 17

ensuring that every jurisdiction will have access. The Maryland Department of Health used the workgroup and consensus language of the workgroup for the framework of the bill this year. The most significant change? The governor is investing in a statewide crisis system so the bill will ensure AOT is available in every jurisdiction with centralized coordination so every Marylander can be sure that their family will be entitled to the same access and protections regardless of zip code.

The department delayed the implementation date and established an opt-out and notification process for counties unable to establish AOT so that the department can step in and establish a program for those counties that lack the resources to meet the timeline. I’m proud to say that last week, House Bill 576 passed the House nearly unanimously and Senate Bill 453 will hopefully make it to the Senate floor in early March.

We know this isn’t going to help everyone, but it’s going to help someone. And if that someone is your brother, your sister, your friend or your family member, you will no longer have to stand by and watch them grow sicker and sicker with no way to help, and you can rest assured their civil rights will be protected under this legislation.

Teacher Recruitment And Retention

» Continued from page 17

last year — another sign that our efforts are paying off.

In terms of retention, the sun is shining a bit brighter than it used to. Staffing has improved in every corner of the school system over last year, from bus drivers to food service workers to custodians. Coming out of COVID, turnover spiked at 13% for our teaching force over the 7% to 8% seen in recent years. That number is on the decline at 10% this past academic year. I sus-

pect as we get deeper into blueprint implementation, most specifically in terms of solidifying the educator career ladder, turnover rates will continue to decrease.

Overall, AACPS is on a healthy trajectory in terms of recruitment and retention this year. I am grateful to Superintendent Dr. Bedell and his staff for their efforts to right the ship over these past two academic years.

As always, you can reach me at dschallheim@aacps.org and 443-534-2660 or contact me on social media.

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Falcon Girls Claim Basketball Region Title In Three-OT Classic

Season Concludes With Elite Eight Appearance

Photos by David Bashore

Top Left: Maria Bragg tried to get through the Oxon Hill defense during the Falcons 49-41 loss in the state quarterfinals. **Bottom Left:** Charley Coward protected the ball from the aggressive Oxon Hill defense.

Park a two-score lead for the first time all night, and the Falcons saw out the final minute-plus for a 59-54 triple-overtime victory to claim the region championship and a berth in the 3A state quarterfinals.

"I didn't want to throw up a bad shot at the end of the game. I'd been stressed, and we were talking about being composed," Sullivan said. "I was just like, 'Take your time. Concentrate.' And coach always says to go through the square when I'm shooting, because sometimes I fade away. I went through the square, and it went in."

The game was an instant classic for its momentum-swinging baskets, but it was in equal measure an old-fashioned street fight. The teams combined for 51 fouls and close to as many turnovers, with physical, aggressive defense that caused the offenses to succeed only in fits and starts.

The fourth quarter featured a disjointed flow, almost by necessity, as the Falcons had three starters with four fouls: **Ryn Feemster**, their top scorer, **Maria Bragg**, their point guard, and **Erin Hussey**, one of their other chief ball handlers.

Running out of options, coach **Kristofer Dean** employed an offense-for-defense subbing policy involving those three to buy time and stave off a fifth foul on defense, while still utilizing their scoring ability. **Josie Crockett**, **Peyton Jeffers**, **Abby Cover**, and Sullivan gave the team vital minutes and defensive effort.

"We knew that we were in big time trouble, so we knew we had to do something. We have some really good defenders on the bench, and we had to slow them down," Dean said. "We've done that before, maybe not to the extent of three at a time, but we didn't have much of a choice. The girls did a wonderful job coming off the bench, into the game, communicating what they needed to do. They saved our season."

When Feemster left the game in the third quarter with four fouls, she had one point. The senior forward finished with a game-high 20, willing the Falcons over the finish line. **Charley Coward** added 11 points for the Falcons, while Sullivan added eight. Bragg and **Sally Trent** each added seven.

One game later, on March 9, the Falcons saw their season end as they ran out of steam against an athletic, ag-

» Continued on page 30



By David Bashore

Maddy Sullivan stepped to the foul line for her second free throw attempt, looking to extend Severna Park's fragile lead deep into a third overtime period of the 3A East Region I championship game on March 6.

The free throw drew iron, but in the ensuing rebound scrum, the ball came back to Sullivan. The senior forward grabbed it, steadied herself, and put her shot up while being fouled. The whistle went, the ball dropped through the net, and Sullivan, her teammates, coaches, and the traveling Severna Park fans let out a massive collective roar.

After nearly 43 minutes of trading blows with South River, the Falcons sensed they had landed the knockout punch.

Sullivan's stick-back gave Severna

Park Boys End Successful Hoops Season In Region Title Game

Photos by David Bashore

Top Left: Upton Young drove to the basket during a region tournament win over South River **Bottom Left:** Liam Cleary gathered the ball for a shot attempt against the Seahawks.

By David Bashore

Severna Park's boys basketball team took a huge step forward in the 2023-2024 season, going from playing from behind a lot, to playing from in front to letting the lead slip, to learning how to manage leads and string wins together at a near-school-record clip.

That growth and maturity, though it didn't result in a state tournament appearance, demonstrated itself in the evolving game play the Falcons displayed as the season progressed. They went from losing big leads, and games, in two of the first three games, to only having it happen once in the final 20 games.

"We (coaches) sat back and talked a little bit, and this year we can count maybe on fingers and a few toes how many times in a game we actually trailed, which is surreal to sit back and think about," Severna Park coach **Pete Young** said. "There's an art to playing from behind just like there's an art to playing from in front, and it's a lot of what you did to get to that point either way. So now you have to play management basketball and main-

» Continued on page 28



Bruin Boys Finish Season With Region Title Appearance

By David Bashore

To sum up Broadneck's boys basketball season in one word wasn't quite sufficient, but resiliency would be the operative term.

"Resiliency, and I'd say together," Broadneck coach **Jeff Starr** said. "They stuck together the whole time. No matter the score, the opponent, the environment, they always stuck together and they always felt like they had a chance to win until the final buzzer. We know that we were going to hit shots eventually, and it's just a matter of getting stops and changing up the defense, getting some steals. We always hoped the last momentum swing was ours."

Very often it was. That resiliency was tested often during the season, with a lot of early deficits leading to multiple heart-stopping victories and epic comebacks that gave the team confidence that they were never truly out of a game. It also put them in the exact situation they wanted to be in at the

» Continued on page 28



Photo by Dennis McGinley

Jordan Brown, who averaged 23 points per game during the region playoffs, launched a 3-point shot against Bowie.



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Severna Park's Liam Lynch Commits To Holy Cross

*Spalding Offensive Tackle
Named All-Conference
And Carries 4.6 GPA*

By Kevin Murnane

One of the unheralded aspects of Archbishop Spalding's championship football season was the offensive line that protected star quarterback **Malik Washington** and provided gaping holes for the running game.

One of the key linemen for the Cavaliers was 270-pound left offensive tackle **Liam Lynch**. He was an integral part of Spalding's outstanding three-year record of 31-4.

"Liam worked his tail off for those years," said Spalding's head football coach, **Kyle Schmitt**. "He's tough, smart, and I knew he could be a college football player when he battled bigger linemen from New Jersey's Dom Bosco Prep, Concordia and Philadelphia's Imhotep Charter during our first three games this year."

Lynch started playing football with the Green Hornets when he was in fifth grade. He went on to play travel football with the Blue Devils out of the Old Mill district. That team had great success and eventually lost in the 13-year-old Snoop Dogg national championship game in Las Vegas.

Lynch went on to enroll at Spalding and overcame a heartbreaking loss during his freshman year as his father died from a heart attack. The teen dedicated his schoolwork and workouts to make himself a better student and football player.

"My freshman year, we were still in COVID, so you had more time to dedicate to schoolwork," he said.



Archbishop Spalding head football coach Kyle Schmitt (left) congratulated Severna Park resident and offensive tackle Liam Lynch on his commitment to play football at Massachusetts' College of the Holy Cross at a recent signing day ceremony at Spalding.

Lynch achieved outstanding success in the classroom and his grade point average (GPA) skyrocketed to a 4.6 during his four years with a 4.3 GPA in International Baccalaureate classes.

As Spalding's recognition as a regional foot-

ball power increased, so did the number of college recruiters who came to the New Cut Road campus.

"We would have offseason morning workouts and there would be as many as a dozen college coaches watching our drills," Lynch said. "It was great to get that attention from colleges and then set up information sessions and visits."

Lynch had numerous colleges recruiting him, including Army and Navy, and went on several campus visits after the season.

"I selected Holy Cross because of their academics, and it's where I felt most welcomed," he said. "Coach Schmitt always says go where you are loved and make sure you get a degree."

Massachusetts' College of the Holy Cross has made Spalding a frequent stop in its recruiting trips to the area. The college has also signed wide receiver **R.J. Newton** from this year's team as well as six other players from Maryland.

Currently, Lynch is preparing to play at the next level by continuing to work out at Spalding and doing drill work with Archbishop Spalding offensive line coach **Howard Duncan**, who played at Oklahoma. Lynch is also trying to add weight and go into college around 285 pounds.

Lynch has fond memories of his high school playing days, including team meals before the games, bus rides after victories and winning back-to-back conference championships, especially the first one played at the Naval Academy's football field.

He said he won't miss "running 20 100-yard sprints during summer workouts."

Lynch will be an engineering major at Holy Cross.

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Falcons' Ice Hockey Season Ends With Close Quarterfinals Loss

By Zach Sparks

zach@severnaparkvoice.com

When Severna Park's **Quentin Angelo** scored with 3:11 left in the second period of his team's Maryland Student Hockey League (MSHL) quarterfinals match against Howard County on February 27, knotting the score at 1-1, the Falcons felt the momentum was shifting their way.

The team immediately pressured the Wolves, with one Falcons shot attempt ricocheting off the opposing goalie's leg and another attempt floating wide. But Howard County withstood Severna Park's frenetic push and landed the decisive blow on a **Joseph Mosley** goal with 2:49 remaining to deal the Falcons a 2-1 loss at The Gardens Ice House in Laurel.

The loss was especially hard to swallow because the first Wolves' goal was a tap-in aided by an accidental push from Severna Park when a player slid into his goalie during a clearing attempt. Severna Park coach **Eric St. Lawrence** thought his team played well enough to win, other than that miscue.

"I think we dominated most of the game," St. Lawrence said. "(Howard County forward) **Cameron Westlake** got a good bounce. They got that faceoff that bounced past our forwards right out in front of the net ... I really thought we were going to win this one. Coming out of the second period and into the third period, the way we started, I really thought we were going to get a couple goals."

St. Lawrence was proud of his team for staying out of the penalty box, and he complimented goalie **Liam Bohlayer** for a stellar effort. Bohlayer made several impressive saves. In the third period, he thwarted a point-blank shot by Westlake, and five minutes later, Westlake passed to **Ali Ingram** on a breakaway and Bohlayer used his right leg to corral the puck.



Photo by Zach Sparks

The Falcons lost 2-1 against Howard County in the Maryland Student Hockey League quarterfinals in Laurel on February 27.

Pictured: Sam Testerman was proud of his team's effort throughout the playoff game.

ell Gaudet all scored in the win.

A team captain and senior, Testerman thought his team played "to the best of our abilities" against the Wolves. That will not be his only lasting takeaway from the season.

"I think one of the most defining moments for the team and for me was the South River game where we won in overtime in the regular season," he said, referring to a 5-4 win on January 22. "I think everybody put everything into that game and that was the best game we played this season, and it was just fun to watch the guys celebrate after that win. Coming into the playoffs and being the only Eastern Conference team to get out into the second round, it's just fun to watch the energy in the locker room and on the bench."

This season, Brenner and Testerman (19 points, 13 goals and six assists apiece) led the team offensively. **William Petrick** added 15 points on five goals and 10 assists, and Gaudet (11 goals, three assists), Reaser (seven goals, six assists) and Dickson (seven goals, five assists) all made valuable contributions.

Testerman will graduate this spring. He was proud to follow former Severna Park team leaders like **Jake Ciuba, Johnny Clements** and his brothers, **Josh, Henry and Dean Testerman**. Now it will be someone else's turn to helm the group.

"I'm excited to see what this team becomes," Sam Testerman said. "Looking at the guys coming onto this team and looking at the guys already on it, there is a lot of talent."

Those saves were no small feat, as Westlake was named All-MSHL first-team and he was the game's first goal-scorer.

"He made saves that he shouldn't have made, one where their top player came down the ice," St. Lawrence said of Bohlayer's stop against Westlake. "The other half of our goaltending is **Jake Beaver**, and he has been playing standing on his head as well. They're kind of different styles. Liam is a little bigger and takes up more net. I think Jake is maybe more athletic and quicker reacting to the pucks when they're right around the crease. So they have different games, but you can tell (Bohlayer's) game worked today."

Now that Severna Park's season is done, there is plenty of time to reflect on the positives. The team won their playoff opener, 7-4, over Middletown Valley on February 22. **Pierce Brenner** scored twice, and his teammates **Evan Reaser, Sam Testerman, Maxwell Grotheer, Beckett Dickson** and Mitch-



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STUDENT-ATHLETE OF THE MONTH

KEEGAN CLIFFORD

Severna Park Ice Hockey
By David Bashore

Almost anywhere you'd encounter Severna Park senior **Keegan Clifford**, he's likely to smile, be polite, and maybe even serve you. *Almost anywhere.*

On the ice, Clifford is just as likely to cancel you out and keep his goalkeeper clean. Even if he might have to spend a couple of minutes in the penalty box to do it.

"You have to make it clear to the other team that they can't walk up (to the goal)," said the right-sided defenseman and one of the captains on Severna Park's Maryland Student Hockey League (MSHL) team, which reached the 2024 state quarterfinals. "If they think they can, and if they can, your goalie's going to have a terrible game. If they get to rack up 60 shots from the center of our zone, we're losing the game. You have to sometimes take some of those penalties because four on five is better than one on the goalie."

Sacrificing in the name of the team isn't a foreign concept to Clifford. Not by a long shot.

In addition to his on-ice duties the last several years, Clifford is heavily involved in the Naval Junior ROTC, which operates out of Annapolis High School. He's the chapter's No. 1 cadet, directly or indirectly responsible for nearly 100 fellow cadets in his chain of command.

That includes facilitating volunteer hours — they have amassed nearly 3,500 — and anything



else the NJROTC chapter does outside of normal meeting hours, as well as looking after the cadets under his charge. It's not an easy task, but Clifford relishes getting to the other cadets and helping them navigate the program.

"The biggest challenge is making time to try and get to know every single person at a level beyond a name. You have to understand someone to try to lead them to something better or bigger

than all of you," Clifford said. "Trying to manage all the other things you do while actually trying to get to know and support those who are subordinate to you, that's a big challenge. You can't just manage them; you have to know them, because then you build trust and they are willing to go further for you."

Building camaraderie in NJROTC, on the ice for Severna Park's MSHL team, volunteering to the tune of 750-plus hours in veteran and environmental sectors, carrying a 4.45 GPA and pursuing SCUBA certification is a lot for anyone. But Clifford has learned to take it all in stride and hyper-focus on compartmentalization.

"I section out my days and what I'm going to focus on that day, and especially my weeks," Clifford said. "We have playoffs, so I let everyone (at NJROTC) know that these two weeks, don't ask me for much. I've got to take care of this because my team needs me for these two weeks. It's time management and communication: just let everyone know the situation, even if it's not ideal."

For his future aspirations, Clifford hopes to gain admission to the U.S. Naval Academy, though he has an ROTC scholarship waiting for him at the University of Virginia should his future not include time on the Yard. He also hopes to dive the Devil's Den in Florida — he prefers cave diving to ocean diving.

"It's a very different environment than where most people think of diving," he said. It's a huge passion of mine. I would love to go to Navy dive school, but that probably won't happen. I love being underwater. I love the water."

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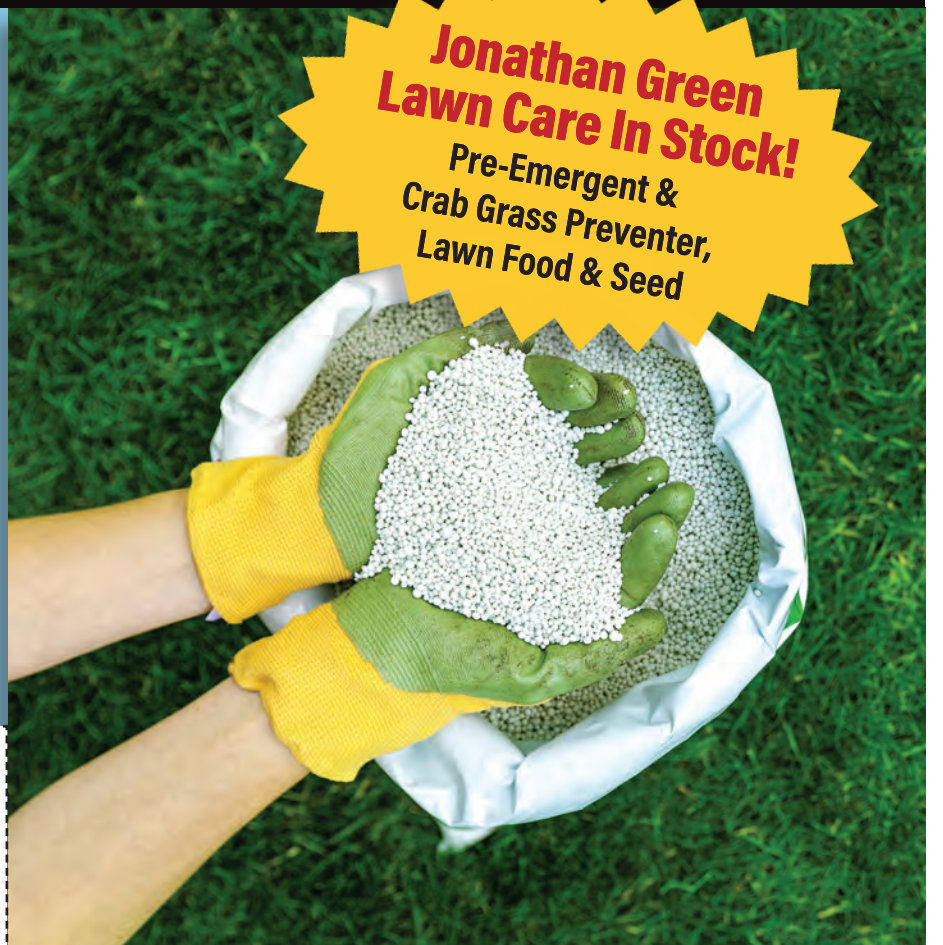
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SPHS Varsity Cheer Cartwheels Into Fifth-Place Finish At State Competition



The SPHS cheer team celebrated after placing fifth in a state competition on February 27. The team included (front row, left to right) Sydney Henson, Claire Procida, Zana Saab, Molly Egolf, Evie Vanech, Molly Sims and (back row, left to right) Lilly Nagy, Elizabeth Rutkauskas, Laney Deaton, Emily John, Jon Garvey, Reagan Bennett, Matthew Williams, Sophia Listman, Serena Saab and Kenzie Glasgow. Photo courtesy of Brooke Glasgow

By Judy Tacyn

On February 27, the 16-member co-ed varsity cheer team from Severna Park High School landed in the top five in the state with a spectacular performance at Harford Community College in Bel Air, Maryland.

"It was the best routine I have ever seen them perform," said head coach **Brooke Glasgow**. "When they finished, I told them the only thing I would change would have been to add more time because I wanted the moment to last longer. It was incredible."

Severna Park unveiled a new routine for states, and Glasgow said the team never competes with the same routine twice. "Since we are constantly pushing the athletes to upgrade their skill sets, we take full advantage and constantly change and upgrade the routine accordingly," she said. "We pride ourselves in always pushing the team to be their best."

This year, 131 Maryland teams entered counties. Teams that make it through the county round qualify for the state competition. Anne Arundel County has long boasted some of the most competitive programs represented in the state championship. Glasgow said it is an honor to represent Anne Arundel County and cheer alongside the strong county and state teams.

"The road to the state championships was very exciting," Glasgow added. "This team has shown tremendous grit and growth this year, posting scores higher than we have ever seen at SPHS."

But these highly skilled athletes have also suffered injuries that have caused challenges along the road to states. "Every time we are faced with adversity, this team rises to the occasion," Glasgow said. "They show up and get it done."

Cheer season begins with tryouts for

the fall season in August, and for the winter season in November. Varsity and junior varsity teams cheer sideline for football and basketball games, as well as participate in seasonal competitions. The length of their season is determined by the collective success of multiple teams. And because the Severna Park basketball teams have done so well this season, and the cheer team advanced to the state competition, the athletes enjoyed an extended season this year.

"Some people may say 'cheer' isn't even a sport," said **Syd Henson**, a four-year

cheer team member. "Something that people don't realize about cheerleading is how much time, energy and effort you put into this sport. Doing a two-minute-and-30-second routine may not sound or look hard, but tossing girls in the air, throwing multiple tumbling passes, and dancing is powerful.

"Having long practices of doing your routine over and over again so that it can look the best it can is physically and mentally exhausting, but going out on the floor with some of your best friends is what makes cheering worth it."

After the formal season is over, cheer athletes participate in strength and conditioning in the spring and summer to prepare for the following year. They also take tumbling classes year-round.

"They always exceed my expectations," Glasgow said. "We have 35 high school athletes who trained six days (a week) since August. It's a delicate balancing act of being demanding enough to get the results we want but also loving them as kids and making sure it's fun, so that they want to show up and work for it.

"I think we have done an incredible job keeping them grounded and reaching for the stars," added Glasgow, who also mentioned that many members of the team hold a 4.0 or higher GPA, participate in the school's engineering and leadership program, and take honors classes.

Jon Garvey, a senior and varsity football cheerleader, has his sights on collegiate cheer. "I would love to cheer collegiately," he said. "Going to states was a blast, and I am so thankful I had the opportunity to go in my first cheer season. I love my coaches and I love my team, and I couldn't have asked for a better season."

Senior **Zana Saab** emphasized that cheering has "taught me more than 'any other sport could have."

"In order to persevere, you need teammates and coaches who will be there for you and support you along the way," Saab said. "No matter how many tears are shed, win or lose, I still love my team and wouldn't trade the experience I've had for anything."

Senior **Claire Procida** plans to try out for a college cheer team. "Cheerleading is unique because of its emphasis on synchronized teamwork, trust and the role each member plays in creating a cohesive yet exciting performance," she said. "All of the teammates have been amazing, truly some of the best people I have ever met. They have pushed me to be the best I can be."

Incoming freshmen and current students are invited to join the team in spring training. Follow the team at "Severna Park Spirit Teams" on Instagram and Facebook for information.

Falcon Bowling Team Strikes Gold

Unified bowling is all about fun and friendships – not the scores – but it was a bonus for Severna Park to win one of four county championships in February. Anne Arundel County divides the ultimate prize into four county championships, and the Falcons captured one at Greenway Bowl in Odenton. Old Mill, Crofton and Northeast also won county championships.



Bruins Finish With Region Title Appearance

» Continued from page 20
business end of the season.

The Bruins entered the region final optimistic and in high spirits on March 5. They had won four of the previous five games, including two hard-fought wins over Annapolis (63-57 in the regular season and 73-59 in the first round of the region tournament) and a 70-60 win at Leonardtown in the region semifinals, in which **Jordan Brown** scored 35 points to carry the Bruins to the region final. Brown scored 17 points in each of the team's other two playoff games, averaging 23 points in the region tournament.

That all ended, though, on Bowie's home floor, with a 72-59 loss. Armed with a strong inside game and complementary outside shooters, Bowie had answers for every defensive look Broadneck threw out.

"We were starting to peak toward the end of the regular season, and that's what you want to do heading into the playoffs," Starr said. "We had positive energy, and we probably had our best practices during that week off (between the regular season and playoffs). The season ended where you wanted it to, as far as peaking and getting the most out of the team.

"We just had to look at, were we prepared, did we work hard, did we compete? I think we did, and they just were the better team that night."

Broadneck finished the season 15-9 with a region final berth. The loss also marked the end of a glittering prep career for Brown, who led the team in scoring and assists. Brown also eclipsed the career 1,000-point mark during his final home game against Annapolis.

The Bruins will also say goodbye to leading rebounder and second leading scorer **Devin McGowan**, second-leading assist man **Shawn Lewis**, rotation forwards **Luke Baldwin** and **Calvin Cook**, and reserve forward **Grant Kelly**.

"I just told the seniors I appreciate them buying in," said Starr, who wrapped up his first season in charge at Broadneck. "With a new coach, sometimes there's an adjustment period, but they really bought in to



Photo by Dennis McGinley

Broadneck's Shawn Lewis attempted a runner in the paint during the Bruins' region loss to Bowie.

what I was trying to get the team to do. I tried to mix what they were used to with some new concepts, and they bought into it. Really, Jordan and Devin probably had the most playing time of the returners, and the other guys relished the opportunities to show what they could do."

Park Boys End Successful Season

» Continued from page 20

tain the lead. At the beginning part of the year, we did not display a whole lot of maturity being able to do that. ... We matured as the year went on, and we were in better positions to do that."

The scoreboard doesn't lie, either. The Falcons closed the regular season by winning seven straight games, a run derailed only by a loss to South River in the county championship game. They avenged that loss by ousting South River from the region tournament 54-45 on February 29, earning a spot in the 3A East Region I final against Stephen Decatur on March 5.

The trip to Berlin, though, didn't go quite as planned for Severna Park, as Decatur won 63-55 in a game the Seahawks led pretty much throughout. The Falcons closed in late in the game, but simply ran out of both time and momentum.

"That's a long bus ride, and a rabid environment to play in. It's a really tough place to play," Young said. "I didn't think we played our best basketball, but lo and behold, we were down four with 39 seconds left. The guys never quit, and they never gave up."

Severna Park says goodbye to five seniors, all of whom started regularly for the Falcons over the course of the season: **Liam Cleary**, **Brandon Tenenbaum**, **Brendan Abell**, **Upton Young** and **Tucker Moran**.

Those five, and select returners, have given Young 33 wins in his two seasons in the head coaching chair, including this season's 19-4 mark.

"A good percentage, probably 90% of the scoring is walking out the door," Pete Young said. "It's up to the next guys, on their backs, to mimic what we're trying to do here."

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Broadneck Girls Bow Out In Region Basketball Semis

By David Bashore

Playoff basketball is cruel and unforgiving. It doesn't care how good a team's record is or isn't; the only thing that matters is going 1-0 that day.

The Broadneck girls basketball team saw their promising, highly successful season cut short in disappointing fashion. The last two times they were on the court, they left on the wrong end of the score.

It put a damper on what had, to that point, been a sparkling season.

In the county championship February 24, the Bruins fell 51-50 to South River in double overtime. They looked to be in great shape to hoist the county trophy until two of their primary ball handlers fouled out, which spelled disaster against South River's unrelenting defensive pressure.

A week later in the 4A East Region II semifinals,

the Bruins fell behind an athletic and talented North Point side, and they couldn't find a way to get over the top, falling 53-44 to the team that eventually won the region championship.

Despite the end-of-season disappointment, there were many positives to reflect on during the season. The Bruins went 20-3. They swept Severna Park. Senior sharpshooter **Mackenzie Wharton** set a program single-game record with 37 points in a February 16 win over Arundel. They won 14 straight games after a season-opening loss to St. Mary's, and they won those games in all kinds of ways. The only other losses came to good teams in South River (twice, though the county championship does not count toward teams' records) and North Point.

Broadneck graduates five seniors from this season's squad: Wharton, fellow starters **Samantha Miller** and **Ginger Kerdock**, and **Liberty Chennault-Randall** and **Amonni Belt**.



Photo by Dennis McGinley
Mackenzie Wharton was a key piece of the Bruin offense this season.



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Severn Boys Break 30-Year Streak, Winning MIAA B Conference

By Zach Sparks

zach@severnaparkvoice.com

Since Severn School joined the Maryland Interscholastic Athletic Association (MIAA) in the 1995-1996 school year, the boys basketball team had never won the league crown. That changed when Severn beat Gerstell Academy 62-46 on February 24 at University of Maryland, Baltimore County to win the MIAA B Conference championship.

The game was a rematch of a Severn School win, 64-31, earlier in February. In the championship, Severn School never allowed their lead to dip below nine points.

With smothering defense and steady offense, Severn carried a 32-18 lead into halftime. Gerstell outscored the Admirals by three in the third quarter, but Severn School stayed resilient.

“Toward the beginning of the season, we would get up a lot in the first half and we’d end up choking the lead a little bit,” said junior guard/forward **Jacob Randall**, a Severna Park resident. “We emphasized time and score a lot in practice, and we really wanted to focus in the second half on the defensive end, now that we had a big lead, and we did a decent job of that. But (Gerstell) started to chip away. We were able to stay composed and stuck to the game plan, stuck to the script, and that ended up working out for us.”

Senior **Kingston Price** said, “One thing about our composure is just the fact that we all like to have fun, so even when things are getting tough, I just tell my teammates, ‘Let’s just keep having fun. Let’s play hard, and at the end of the day, things will work out as long as we are enjoying the game.’”

Randall led all Severn School scorers with 21 points, and he added six rebounds. Other big contributors included sophomore **Sean Harvey** (14 points, four assists), junior **Daniel Growney** (13 points), Price (12 points, 10 assists and five rebounds) and freshman **Corey**



Severn School played unselfish and focused basketball while still having fun this year. The result was an MIAA B Conference championship. The Admirals displayed the championship banner after defeating Gerstell Academy on February 24.

Dixon (four points, six rebounds and three steals). Center **Bo Fowler** made his impact felt on the defensive end with a couple of big blocks.

Severn School boys basketball head coach **Mike Glasby** said Gerstell presented a formidable challenge because the team has “players who can make plays and understand their roles” and a “great coach,” **Jeff Cheevers**. Glasby and his coaching staff made an important discovery while scouting Gerstell and used that as part of their game plan to limit Gerstell’s **Caleb Franze**, who finished with 23 points.

“Franze is a left-handed player and so conventional wisdom would say take away his left hand, but he is a left-handed player who likes to go to his right hand,” Glasby said. “And he’s really good as far as getting to the right side of the floor and utilizing space whether that’s with a sidestep or whether that’s with a quick

move where he is faking left and going right to create space for like a floater or to be able to get to the rim, or to create separation into his jump shot. We knew we were going to have to be really aware of where he was once he crossed half-court and we wanted to try and provide pressure and funnel and keep him on one side and do a good job of being physical but then also accounting for him.”

The win provided jubilation for a Severn School team that had been making strides since Glasby took over the program six years ago. Despite losing 64-61 to St. Paul’s in the MIAA quarterfinals last year, Glasby felt encouraged that his team closed out the 2023 regular season on a 14-4 run.

Fowler and Price were especially euphoric as the team’s only seniors.

“It means a lot to me because I have played on this team three or four years counting the COVID year, and we never

really came close,” said Fowler, a Severna Park resident. “I think we made it past round one in one year, so to actually win was awesome.”

Price said, “I had won championships with some of my outside-of-school teams before, and (Amateur Athletic Union) teams, but to be a senior on a championship team in high school is really big to me. I feel like I had a really big role and a really big hand in that.”

Randall attributed the team’s success to a plethora of scoring options who all do what is best for the team. That made the championship victory even sweeter.

“This has been a goal of mine for some years,” Randall said. “Even before I came to Severn, I always wanted to win a high school championship, and to be one of the leaders and one of the people to help us get it, it means so much to me. Words can’t even describe the way I feel and how I still feel to this day.”

Girls Basketball Squad Wins Divas Of The Court



A Green Hornets team of sixth-grade girls won the 11U/12U division of the Divas of the Court basketball tournament from February 17-18 in Gainesville, Virginia. Coached by Kurt Cerny and John Distler, the girls went 2-1 to reach the final, in which they beat PPA Premier Hoops, 43-12, to become champions.

Falcon Girls Claim Region Title

» Continued from page 20

gressive Oxon Hill team. The Clippers came into Severna Park, overturned an 11-point third-quarter deficit, and won 49-41 to advance to the 3A state semifinals.

There were similar themes to the game against South River: an aggressive defense, intense pressure, foul trouble, and eventually fatigue. Oxon Hill cranked up a three-quarter-court press in the third quarter, whittling the Falcons’ lead to seven at the end of the quarter.

With legs growing tired after Wednesday’s extra three periods, and Oxon Hill looking like the fresher team, it seemed to register that the Falcons were in trouble. They held Oxon Hill off for nearly five minutes. Then, with Feemster sidelined due to foul trouble, the Clippers made their move.

When Feemster fouled out with less than three minutes to play, Oxon Hill had flipped their nearly-game-long deficit into a two-point lead. Severna Park led for nearly 28 minutes of game

play, but once the Clippers took the lead, the Falcons never got it back.

Bragg and Sullivan led Severna Park with 11 points apiece in the semifinal loss, while Feemster added eight.

With the loss, Severna Park ended the season at 22-3 and saw a seven-game win streak snapped. The program also says goodbye to six seniors: starting forwards Feemster and Sullivan, 3-point specialists Trent and **Gabby Rosati**, and reserve players **Amelia Smith** and **Kiley Curran**.

After the South River game, Dean said the team went as far as the seniors would go, and he paid tribute to the outgoing six after their final game.

“They fought all year long. They listened. They’re great people, and coachable, and if they’re not, we don’t come close to doing what we did this season,” Dean said. “It’s tough right now, and we’re going to miss our seniors. But anytime you make the Elite Eight, that’s a great season. I mean, 22-3, you can’t hang your head at that.”

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2024 Tennis Preview

By **Mauricio Palmar**
Student Intern

Maryland has become a talent-rich state when it comes to tennis, a fact that's evidenced by the recent rise of stars such as **Frances Tiafoe**. The Severna Park area is no exception to that rule, with Broadneck, Severna Park, Archbishop Spalding and Severn all having plenty of reasons to be optimistic about their teams heading into the spring season.

All eyes are on Broadneck, coming off of an incredible 2023 season where they took home a laundry list of hardware. But you can never write off Severna Park, the team that gave the Bruins their toughest run of the season, and that has been much better than Broadneck historically.

As for the private schools, Severn and Spalding also have several intriguing players on their rosters, and they should be competitive in their respective conferences going into 2024.

Severna Park

At the conclusion of the 2023 season, head coach **Mark Bieberich** stepped down after a five-year run with the team. Losing a head coach is usually a cause for concern, especially in this case with Bieberich coming off another successful season, highlighted by a win over Broadneck at the county tournament. But with assistant coach **Heather Herman** being promoted prior to the 2024 season, Severna Park is hoping for a smooth transition into this new era of Falcons tennis.

Senior **Charlie Herman**, the Capital Gazette's 2023 Boys Player of the Year, is a crucial piece of that puzzle. As a junior, Herman won the boys singles county championship, the boys doubles regional championship and finished as a runner up in the boys doubles state finals.

It was an incredible season for Herman, but one that ended on a bittersweet note, with his longtime doubles partner, **Lucas Fuhrmann**, graduating from Severna Park at season's end. The graduations of Fuhrmann and fellow senior **Chris Preston** will force the team to make some adjustments going into next season, but coach Herman is confident that the team can continue their success.

"We lost two of our top senior boys, Lucas Fuhrmann and Chris Preston, but our remaining boys are very strong and deep," coach Herman stated. "We are looking forward to seeing the younger players shine."

Outside of Charlie Herman, Severna Park has several key players returning: All-County junior **Carys Preston**, along with underclassmen **Gavin Gerard** and **Ty Maddox**. The team has the depth to return to their winning ways, and they have the best chance of any team at stopping Broadneck this season.

Broadneck

Everyone in the county wants to knock off Broadneck this season, and for good reason. Last year, the Bruins interrupted Severna Park's run of dominance, going 13-0 to claim the regular season county championship, winning the Class 4A East Region II championship, and also taking home the Class 4A state championship. The cherry on top was their regular-season win over Severna Park, a feat the Bruins hadn't accomplished in 17 years.

The only blemish on an otherwise spotless season was the aforementioned

county tournament, where Broadneck was narrowly outscored by Severna Park. Thus, it's no surprise that head coach **Kathleen Perrotta** had that moment fresh on her mind when she was asked about the team's goals going into the season.

"Now, we won the regular season county championship, because we had the best record and we beat Severna Park during the regular season. But we did not beat them at the county championship, so they actually won the county championship," Perrotta stated. "So another goal, I think, would be not just being regular season county champion because of our record, but to also be the county champion from that tournament."

The team is highlighted by **Olivia Mellynychuk**, the junior who's a nationally ranked tennis recruit, the reigning 4A girls singles state champion, and the two-time Capital Gazette Girls Player of the Year. But one player can't win a match alone, and Broadneck's robust depth is really what sets them apart from the rest of the competition. Graduating key players such as **Gustav Kemp** and **Elicia Aponte** will hurt, but those losses are mitigated by rising seniors **Charlie Ernst** and **Natalie Hosie**, who are expected to step up as captains this season.

"We're looking forward to another strong year," stated Hosie. "We have a solid amount of new players trying out from all grades, and we're adding some talented freshmen that we know can help fill the shoes of our strong seniors from last year."

Broadneck's doubles teams are also a strength for the team, with the Bruins returning All-County pairings of **Ryan Sar**, **Koa Hamilton**, **Anissa Jean-Claude** and **Hadley Crooks**. Although Perrotta is expected to leave for Old Mill at the end of the season, Broadneck tennis is in position to contend for championships through 2024 and beyond.

Severn School

After going 7-2 and challenging for the MIAA A Conference championship in 2022, Severn's tennis team fell flat in 2023, putting together a mediocre 2-5 season. Head coach **Bill Gilroy** hopes the Admirals can return to their winning ways in 2024.

"Hopefully, we'll be able to compete in the MIAA conference; they usually have pretty good tennis teams," Gilroy said. "We've been competitive in that league now for the last couple of years, so maintaining our competitive streak is important for us."

Archbishop Spalding

Spring 2023 was a season of growth for Spalding, as they managed to improve upon a nightmarish 2022 season when the team won one out of their seven matches. The team wasn't able to win their conference championship, but they earned a winning record, going 4-3 across their seven matches. Making a run at the MIAA A Conference championship might be an uphill battle for the Cavaliers, but there are certainly reasons to be optimistic about their success.

"Our goal every year playing-wise is to be competitive in the league," coach **Jon Jacobson** said. "Aside from playing goals, we want every player to improve their skills and have an enjoyable experience."

Read the full story at
www.severnaparkvoice.com.

2024 Baseball Preview

By **Mauricio Palmar**
Student Intern

The crack of the bat. The smack of the catcher's mitt as he receives the pitch. The sweet serenades at the seventh inning stretch, as thousands of fans sing "Take Me Out to the Ballgame." Baseball season is almost back, folks, and with it come the sweet sounds of the game.

Broadneck, Severna Park, Spalding and Severn all believe their teams are ready to compete with the best this season. So, let's get into it, and as the umpire says: play ball.

Severna Park

Although they ultimately ended up walking away with no hardware for their efforts, Severna Park put together another fantastic season in 2023, finishing with a 21-4 record. Unlike their rival Broadneck, the Falcons managed to string together a deep playoff run, heading to the 4A state semifinals before falling to Sherwood, the eventual state champions. This time around, coach **Eric Milton** is determined to make sure that Severna Park can take it all the way in 2024.

"Every year, our goal as a team is to win a state championship," Milton stated. "We have the talent to do so, it's all about coming together as a team."

The team graduated a lot of seniors in 2023, including **Seamus Patenaude** and **Nathan Clarke**, but they should be in good shape going forward. Their deep lineup is headlined by senior shortstop **Angel Santiago-Cruz**, who has committed to Richmond. As for the rotation, it's led by All-County Penn State commit **Sean Williams**, who features an electric arsenal that stymied batters en route to a 1.51 ERA in 2023.

The team features strong depth outside of those two as well. Catcher **Kody Phillips**, outfielder **Charles Hartman** and outfielder **Jacob Grice** are all expected to

have big seasons at the plate, and **Nathan Murphy** and **Dylan Grice** round out a formidable rotation behind Williams.

On the back of their strong performances, the Falcons are hoping to take home their first county championship since 2022 and first state championship since 2009. If they manage to accomplish this feat, it would be the first state championship of Eric Milton's tenure, and the seventh county championship since he took over the team in 2013.

Broadneck

Matt Skrenchuk is several years into a lengthy tenure as the head coach of the Bruins baseball team. Yet the 2023 season was one of his best. In 2023, the Bruins went 17-4 overall, going 14-2 in regional play and winning the school's first-ever county championship in a 1-0 thriller against North County.

While the excitement around their triumph was soured by their early playoff

exit against South River, it was undoubtedly one of the most successful seasons in Bruins history, and people around the team think that they have what it takes to repeat it.

"We lost a few good leaders from last year's 2023 class, but we had several underclassmen gain varsity experience," Skrenchuk said. "We return all of our position players outside of **Sean Murphy**, so we are very excited about the experience our offense and defense has coming into 2024."

The rotation will certainly feel the absence of Murphy, who is playing collegiately at Catholic University, but junior pitcher **Kobe Owen** should be able to step in admirably, mitigating the loss of the team's ace. The lineup projects to be even more potent than 2023's, with senior **Devin McGowan**, junior **Noah Forman** and Middle Tennessee commit **Calvin Cook** expected to lead the way for Broadneck on offense.

"My goals are to get back to the county championship, win it again, make a

deeper run in the playoffs and bring home a state championship," said senior **Nate Schilling**, the team's starting center fielder. "We have pretty much the same lineup, and I think this team has really good chemistry."

Severn School

Of the four teams on this list, Severn had the worst 2023 season by a decent margin. They were the only team to finish with a losing record last year, going 6-14 over the course of the season, and 6-10 in conference play. Though their 2023 campaign wasn't the best, head coach **Zak Starr** sees plenty of reasons to be optimistic going into 2024.

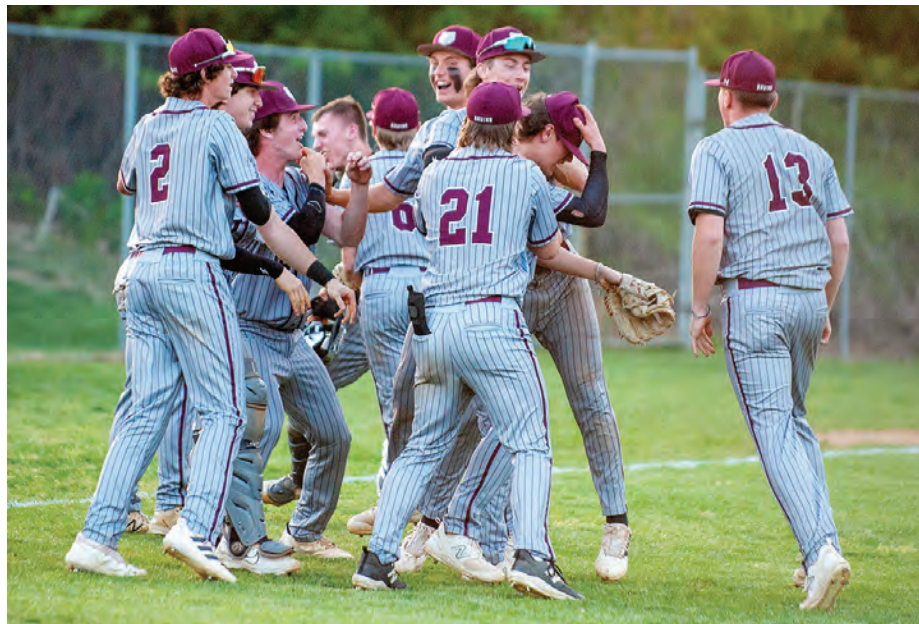
"With an influx of talent, our first goal is to build on our culture and have a competitive, cohesive team," Starr stated. "Second, we are aiming for the MIAA B Conference championship. This team has been putting in the work during the offseason, and our two goals will go hand in hand."

Archbishop Spalding

When it comes to high schools in Maryland, Archbishop Spalding has quickly developed a strong reputation among college recruiters. Just look at head coach **Joe Palumbo's** track record. The proof is in the pudding.

Going into next season, Spalding is set to lose **Parker Thomas**, their ace and East Carolina recruit, and Severna Park's own **Cody Sharman**, another top starter who has since moved on to pitch at Seton Hall. When losing talent like that from a 2023 team that won the MIAA A Conference championship, most programs might have a grim outlook for the following season. Palumbo doesn't view it that way.

"The goal for our team is the same each season, which is to win the MIAA A Conference championship," he stated. "While experience might be lacking, it will provide some great opportunities for some talented returning players to step (up) and contribute to our 2024 success."



In 2023, the Bruins went 17-4 overall and won the school's first-ever county championship in a 1-0 thriller against North County.

2024 Softball Preview

By **Kevin Murnane**

Championship softball teams always attribute "being strong up the middle" to being competitive in every game and achieving winning seasons.

Being strong up the middle translates into having a strong catcher with the ability to throw out baserunners, a powerful pitcher, a slick-fielding shortstop and second baseman, and a speedy center fielder.

Broadneck, Severna Park and Archbishop Spalding high school teams have these qualities, which they hope will lead them to a deep run in their respective postseason tournaments.

Severna Park

The Falcons had a 9-9 record last year, but softball head coach **Bailey Benedick's** goal is to bring Severna Park back to the glory days of when she played for the Falcons.

"I graduated from Severna Park in 2015 and played under **Meredith McAlister**," Benedick said. "We're trying to rebuild Severna Park to consistently compete for county and regional championships."

To aid in those goals, Benedick has added two former teammates to restore

the Falcons' past success. **Robin Buxton** is Benedick's assistant coach and **Hailey Shipley** is the junior varsity coach.

Benedick has eight returning players including pitcher **Christina Ballagh**, catcher **Sally Trent** and center fielder **Addison Bianco**.

"Trent has committed to play at the College of Charleston and Bianco had the highest batting average on the team last year and is a great defensive outfielder with her speed," Benedick said.

The future is bright at the Robinson Road school as the Falcons also have a huge freshman class coming in this year.

Benedick expects the powerful teams in the county this year to be Broadneck, Crofton and Northeast. The coach also looks forward to playing in the Glen Burnie High School Easter tournament against Calvert, Spalding and Queen Anne's high schools.

Broadneck

The Bruins lost in the 4A state semifinals last year, but first-year head softball coach **Stephanie Millard** is excited to get back to the state playoffs this year.

"We have the bulk of our players

coming back this year plus a really good incoming freshman class as well," Millard said.

The Bruins will be led by seniors **Hailey Adamson**, **Mara Gilkey** and **Samantha Waters**, but Millard was exuberant about having 36 players try out and 17 players return from last year's varsity and junior varsity teams.

"We have the core of the team back and we only lost one starter," Millard said. "Plus, the returning players didn't like losing that last game against Dulaney in the state semifinals, so they are driven to go farther this year."

Millard was the coach of Broadneck's junior varsity team for the last two years and those teams lost only one game in each of those seasons.

The Bruins will battle a tough county schedule but now are in a new region (4A East Region II) and will probably face perennial powerhouse Leonardtown in the regionals.

"Leonardtown is probably our obstacle for our run for the state title," Millard said.

The Bruins also face Dulaney during the regular season.

"That game is already starred on the calendar," Millard said.

Archbishop Spalding

The Cavaliers won the Interscholastic Athletic Association of Maryland (IAAM) A Conference title last year and finished with an 11-2 record.

Unbelievably, the Cavaliers are returning their entire team.

"We have so much talent and one of our strengths is having so many players who can play multiple positions," said head softball coach **Delaney Bell**, who is also a 2008 graduate of Spalding.

Led by an outstanding battery of All-Conference pitcher **Makenna Dean** and catcher **Danielle Kallas**, as well as shortstop **Jayda Betts**, the Cavaliers used stellar pitching and defense to win their fourth consecutive league championship last spring.

However, according to Bell, it was Spalding's high-powered offense that catapulted them through the final stretch of the season and league tournament.

"They really attacked the ball," Bell said. "They all wanted to hit. It's a really fun team to coach."

Spalding should be ranked in the top five softball teams to begin this year, and if the Cavaliers win the crown, it would be the fifth consecutive championship for the Severn school.

2024 Lacrosse Preview

Boys

Doug Schwartz
Student Intern

With Severna Park and Broadneck looking to continue their dominant streaks with experienced rosters and Severn and Spalding piecing together young and competitive rosters, the 2024 boys lacrosse season promises to be entertaining.

Severna Park

The Falcons are coming off an excellent 2023 campaign where they went 16-4 in the regular season before cruising through the playoffs to a Maryland Class 3A state championship against Mount Hebron High School. The victory marked Severna Park's seventh consecutive championship win.

Over the offseason, Severna Park lost all of their starting defenders to graduation and will be turning to senior leaders, like **Jonathan Mazzola** and **Upton Young**, to pick up the slack. Seniors **John Burkhardt**, **Nolan Grizzle** and **Tucker Moran** will take charge of the midfield unit, but expect significant contributions from sophomores **Duke Sealey** and **William Mazcko** as well. Sophomore **Davis Bates** will take faceoffs. In goal, Severna Park has two strong options in senior **Calvin Winship** and junior **Hastings Fava**.

On the other side of the ball, the Falcons will have a veteran offense this year, with most of last season's starters returning. Attackmen **Jack Fish** and **Timmy Sullivan** join Burkhardt as efficient scorers who are looking to keep the offense high-powered and aggressive.

Fish, Burkhardt and Grizzle are also expected to step into leadership roles this season for the young roster. For Fish, it's all about setting expectations to do the



Attackman **Jack Fish** is part of Severna Park's high-powered offense.

little things right.

"In our offseason workouts, if a player has his foot over the line, that rep doesn't count," Fish said.

Setting a culture of accountability and responsibility has been a key point of emphasis for the Falcons, as they believe it translates into a winning mentality.

Severna Park will have a relatively new coaching staff this season. First-year head coach **Bob Zichelli** will be joined by SPHS alumni **Randy Waugh** and **Merrick Wood**. Waugh and Wood will run the offense and defense, respectively. Although it will be his first season as head coach for Severna Park, Zichelli is no stranger to the school; all seven of his children played lacrosse at Severna Park. The only returning coach this year is **Jack Thomas**, who will help run the offense.

Broadneck

Broadneck finished the 2023 season with a spotless 20-0 record and a Maryland Class 4A state championship. Head coach **Jeffrey McGuire** said the team is looking to build on their success last season through strong team bonds and changes to their game plan.

Although the team lost some key scorers on offense and their starting goalie, McGuire is confident in his players. It is an upperclassman-heavy squad, with 18 seniors playing for the Bruins this season. Notable returners include **Eli Harris**, **Braden McCassie**, **Tyler Hicks**, **Jed Pelicanno**, **Graham Hartman**, **Tanner Boone** and **Albie Palsa**. New starting goalie **Matthew Tetterer** is set to take over and bring a competitive edge to the team. McGuire believes the experience of the senior class will play a crucial role in continuing their dominating streak of wins.

In terms of their schedule for the year, McGuire said his team looks forward to continuing their rivalry with Severna Park. Additionally, the Bruins will play some tough teams in Madison, Virginia, and Yorktown, Virginia, to better prepare themselves for league play.

"We live by the (term) 'edge,' making sure we are doing more than just the two hours of practice a day and gaining an advantage over our opponents in other ways," McGuire said.

Severn

Despite a hot 8-0 start last season, Severn finished 12-6, narrowly missing out on the MIAA A-Conference playoffs. This season, the Admirals have a balanced mix of underclassmen and upperclassmen and are looking to get over the playoff hump.

After losing top goal scorers **Jacob Todd** and **Trey Dring** in the offseason, the Admirals want to take a more balanced scoring approach this year.

"Everyone is everywhere," said head coach **Joe Christie**. "This year, the atti-

tude is that kids are going to step up and that they want the opportunity (to score)."

Captains **Jackson Barroll** and **Andrew Beard**, seniors **Carter Johnson** and **Chase Hallam**, junior **Tanner Huber** and sophomore **Sam Long** are all expected to contribute heavily to the offense this year. Additionally, the Admirals will get a boost from faceoff specialist **Reid Gills**, a four-year varsity starter who missed time with an injury last season.

On the defensive side, the Admirals return captain **Aidan Schenck**, senior **Bo Fowler**, and junior **Casey Gattie**, while captain **Jack Read** will man the goal.

Severn will play stiff competition in preparation for the MIAA A-Conference, including St. Albans from D.C., St. Anne's-Belfield from Virginia, Landon (a top 10 team in the Washington Catholic Athletic Conference), and two top Texas schools in Highland Park and the Episcopal School of Dallas.

"I think how we've scheduled this year is important in setting us up for that [playoff] run and making us better prepared for what we will have to face," Christie said.

Archbishop Spalding

After a 6-12 season (4-8 in conference) where they missed the MIAA A-Conference playoffs, Spalding is looking to capitalize on the experience their young team gained last year to make a playoff push. Although the last season didn't go the way Spalding wanted, late season wins against Severn and Mount Saint Joseph have provided Spalding with momentum.

The Cavaliers lost valuable players in **Ben Ruiz** and **TJ Poknis**, but first-year head coach **Evan Hockel** expects senior captains **Jameson Coffman**, **Ben Duffy** and **Connor Wilbur** to spearhead the team at midfield.

"Spalding is tied for first in the country for junior players committed to varsity with 12 Division I commits," Hockel said.

Girls

By Zach Sparks

zach@severnaparkvoice.com

Two defending champions and two private school squads are among the teams vying for girls lacrosse championships this year.

Severna Park

After losing a heartbreaking state title game, 11-10 to Marriotts Ridge in 2022, the Falcons rebounded in **Annie Houghton's** first year as the varsity head coach in 2023. The girls finished a stellar season by beating Towson 12-8 to win the Class 3A championship.

The 2023 Falcons were led offensively by **Alyssa Chung**, who scored a staggering 75 goals to set a school record. She also had 16 assists, 12 caused turnovers and 64 draw controls. While she will return for Severna Park this year, the team will miss the play of **Charlotte Diez**, who set the school record for assists.

Severna Park graduated five starters in addition to Diez, but Houghton feels her team is in a good position to defend their title.

"When you graduate players, and every team goes through this, it is hard when you lose those players," she said. "We have given (incoming players more op-

portunities) in games, situationally and in practices, so everyone feels comfortable with the depth of our bench."

Attacker **Sara Kreis**, midfielder **Maria Bragg** and goalie **Allison Schiavone** are all talented players who helped the Falcons win their title last year. So was **Bella Van Gieson**, who Houghton said "should be an impact player this year."

Houghton plans to rotate some starters including **Erin Hussey** and **Francesca Dunoyer** in the midfield. The coach also expects big things from **Lizzy Thompson** and defender **Avery Saviano**.

"Defensively, Avery is definitely a big contributor," Houghton said. "She is super fast and reads the ball fast, doubling and sliding."

Kate Griner and **Kate Evans** will aid the Falcons' attack.

As for the regular season schedule, Severna Park will play teams with plenty of recent success. Those schools include South River, Archbishop Spalding, Dulaney, Marriotts Ridge, Mount de Sales, Glenelg and, of course, Broadneck.

Houghton is not fazed by the pressure of defending a championship, and she looks forward to seeing fans cheer on the Falcons again this year.

"We don't take for granted how awesome it is to be part of a community that supports lacrosse," she said.

Broadneck

Under head coach **Katy Kelley**, the Bruins have been nothing short of dominant over the last three years, seizing three consecutive state titles in Class 4A, the most recent coming in a 9-8 win over Dulaney at Stevenson University last May. But the team will face a new challenge this year, as most of the team's elite core has graduated.

Midfielders **Lexi Dupcak**, **Lilly Kelley** and **Mary Moore** all expect to log playing time for college teams this spring.

The Bruins will lean on seniors **Olivia Orso** and **Lily Trout** to lead their attack, while Megan Shields returns in cage. Kelley said her team will be tough and aggressive again this year.

"Lily Trout's athleticism and leadership — alongside younger players filled with skill, grit and purpose in their play — will help the midfield continue right where it left off," Kelley said. "Olivia Orso will lead the attacking end with her focused and strong offensive play. She is a player who will grow and develop the younger talent around her. **Susanna Moore** will anchor an athletic and competitive defense filled with new faces (and) an end filled with speed, heart and confidence."

Kelley sees plenty of opportunities for the seasoned players and newcomers to make their mark.

"Each year the Broadneck lacrosse team strives to build off of prior leadership, sound fundamentals and a culture built around selfless team play," she said. "This is our intention for the 2024 season."

Archbishop Spalding

Tara Shea's Archbishop Spalding team went 12-5 last season and lost in the IAAM quarterfinals, 7-6, to Glenelg Country School. Although they graduated midfielder **Ally Keith** and goalkeeper **Colleen Berardino**, among other contributors, the team is bringing back a formidable core. That group includes former All-County midfielders **Gabrielle Greene** and **Lily Mullen**, along with seniors **Maddie Wrenn** (defense/midfielder) and **Claire McGuire** (defense/midfielder), and junior midfielder **Maeve Cavanaugh**.

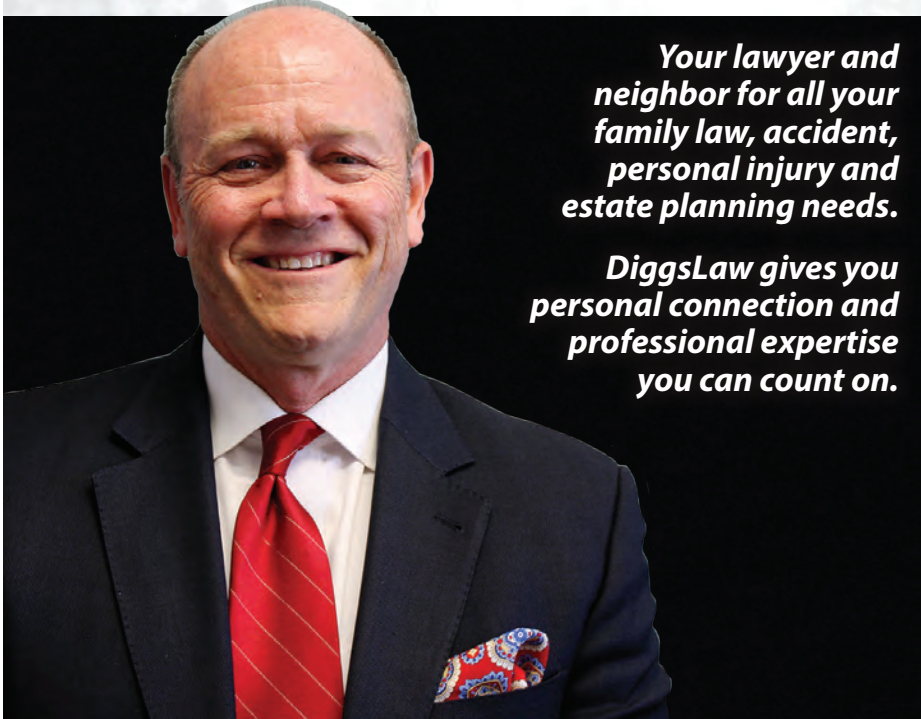
Severn School

Severn School opened the season with a 12-0 shutout over Park School on March 7. For the 2024 season, **Kathy Rudkin** has returned as head coach to lead a squad that finished 5-11 in 2023. The Admirals hope to string together a winning season with the help of seniors **Isabelle Leech** (attack), **Giselle Torain** (midfielder) and **Dylan Ulehla** (defender), junior **Bronwyn Bolton** (midfielder), and other key players.



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Broadneck Football Coach Wins Inaugural Award

Coming off a season in which the Broadneck High School football team made the state championship game for the first time since 2003, head coach **Rob Harris** earned the inaugural Alan Pastrana Memorial Coach of the Year Award from the Touchdown Club of Annapolis in February.

"I was very honored and excited to be the first-ever recipient of the Alan Pastrana Coach of the Year Award," Harris said. "Having a chance to get to know him over the years, it is special. He was a great man and always wanted what was best for the kids. He helped start the HeadFirst concussion program."

An Annapolis High School athlete, Pastrana was drafted by the Denver Broncos as a quarterback in 1969. In high school, he was a three-time county champion in wrestling and was co-captain and starting quarterback of the Annapolis football team that went undefeated. Also an All-County lacrosse player, he continued that stellar play as an All-American

defenseman for the University of Maryland men's lacrosse team. Concussions played a large role in ending his professional football career. He died in 2021.

During a ceremony on February 15, the Touchdown Club celebrated Harris' leadership during Broadneck's 10-3 season, which was the coach's 14th with the team. One of his favorite moments was playing the 4A state championship at Navy-Marine Corps Stadium in Annapolis, despite it being a 21-0 loss to Dr. Henry A. Wise Jr. High School.

"We had a special season this year, one that showed our kids' ability to handle adversity, how to put the team first and believe in each other no matter what the circumstances," Harris said. "This was one of the most unselfish teams I have ever had. Having this team get to Navy stadium was such a thrilling ride and one that we didn't want to finish. Having the whole community behind us and what felt like the biggest crowd the state championship game has had at Navy was so thrilling."



Photo by Dennis McGinley

Rob Harris has led Broadneck to the playoffs in nine straight years, including this year as a state finalist in the Class 4A game at Navy-Marine Corps Stadium in Annapolis.

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BHS Students Work Overtime On Spring Musical, "9 To 5"



Photos by Judy Tacyn
Sarah Swain, Emma Miller and Kay Seyfferth prepared to turn Consolidated Companies into a women-led juggernaut.



By Judy Tacyn

It's been more than 40 years since the comedy movie "9 To 5" was released in 1980, but thanks to the stage adaptation in 2009, the hardworking women of Consolidated Companies continue to delight audiences as they fight misogyny in the workplace.

Three lead women — originally played by Jane Fonda, Lily Tomlin and Dolly Parton — all come from different backgrounds but when they join forces to bring down the toxic men in charge, hilarity and justice ensue.

This spring, students from Broadneck High School will take on this audience favorite for three days, April 11—13. Choral director and production co-director Charnice Frazier said "9 To 5" was chosen because she wanted to showcase the many talented females in the ensemble.

"I knew I had some very strong female-identifying students that I really wanted to showcase," Frazier said. "I came across '9 To 5' and I knew that it was fun and would push the students in

a different direction by playing working adults," she added, referring to last year's "Freaky Friday" production where the students played adults playing children. "I knew the roles would challenge and empower them and be fun at the same time."

Poor weather and school closings delayed auditions by two weeks in January, but Frazier said the students have risen to the challenge by working long hours, five days a week, to perfect their roles.

About 60 students onstage and behind the scenes make up this production. The set is completely student-designed. Frazier promises great singing, dancing, costume changes and a bit of a plot-to-kill.

The three leads are Kay Seyfferth, a junior who plays Violet, a widow with four children; Emma Miller, a junior who

» Continued on page 38

Jones Elementary School Supplements Fundraiser With Philanthropy



Jones students Connor Logue and Brandt Marshall pushed a shopping cart full of donated shoes. Safeway in Arnold provided the shopping cart. Jones families donated 875 pairs of shoes for the West Annapolis Pop-up Pantry.

By Lauren Cowin

Jones Elementary School's annual fun run served two purposes this year: school fundraiser and community service.

In addition to raising more than \$20,000 for the PTA to use for school enhancements, Jones families donated 875 pairs of socks and 487 pairs of shoes for the West Annapolis Pop-up Pantry.

The level of effort and excitement generated by the school's yearly fun run, called the Boosterthon Fox Trot, inspired Jones parent Leeann Logue, who attended her first Fox Trot last

year. She suggested the addition of a philanthropic layer.

"We have so much energy around raising money for our school and doing good for our school, but could we also do something that impacts the community as a whole and really help the students see the bigger picture?" wondered Logue, who was added as co-chair of the Fox Trot.

The idea was met with enthusiasm, and in addition to the \$20,000 PTA fundraising goal, the Jones community set out to collect 222 pairs of

» Continued on page 40

College Of Journalism Goes "Behind The Blueprint"

The Blueprint for Maryland's Future was a sweeping piece of legislation passed in 2021 to re-establish Maryland as one of the nation's best states for education.

As part of a project called "Behind the Blueprint," the Local News Network at the University of Maryland's Philip Merrill College of Journalism is sharing a series of stories related to Maryland educational reform and its hefty cost.

The Blueprint for Maryland's Future was a sweeping piece of legislation passed in 2021 to re-establish Maryland as one of the nation's best states for education. The blueprint is increasing education funding by \$3.8 billion each year over the next 10 years, but advocates say it will enrich student experiences and accelerate student outcomes.

The Local News Network plans to release several stories, but here is an

abbreviated summary of its findings regarding Anne Arundel County, compiled by journalism student Alex Marek.

State Funding Per Pupil

The state's per-pupil funding for Anne Arundel County Public Schools increased 43.2% between Fiscal Year 2019 and Fiscal Year 2024. That's the second-largest increase among all 24 Maryland public school districts.

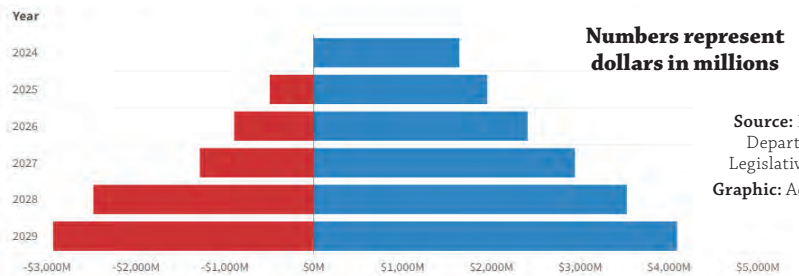
Per-pupil funding is based on a formula that utilizes the district's total enrollment and the characteristics of its students. It's too soon to know what the per-pupil funding level will be in the later years of the blueprint.

The district's initial Blueprint

» Continued on page 38

Blueprint Costs and State Deficit

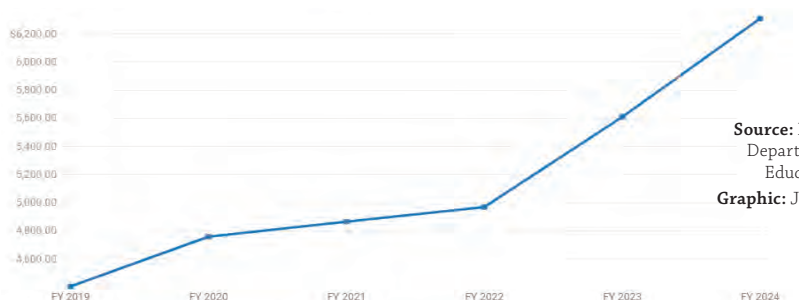
The Blueprint for Maryland is estimated to cost millions from the state's coffers in coming years. At the same time, the Department of Legislative Services anticipates growing deficits in the structural budget.



Source: Maryland Department of Legislative Services
Graphic: Adam Marton

State Funding per Pupil

The state's per-pupil funding for Anne Arundel County Public Schools increased 43.2% between fiscal 2019 and fiscal 2024. That's the second largest increase among all 24 Maryland public school districts.



Source: Maryland Department of Education
Graphic: Jenna Bloom

Per-pupil funding is based on a formula that utilizes the district's total enrollment and the characteristics of its students. It's too soon to know what the per-pupil funding level will be in the later years of the blueprint.



ARNOLD ELEMENTARY SCHOOL



Each month, the Severna Park Voice poses a question to a local fifth-grade class. This month, students from Mrs. Persels' class at Arnold Elementary School answered the question:

What is the luckiest thing that has ever happened to you?

The luckiest thing that has ever happened to me is when I moved to my new house. I met my two best friends, Anneke and Eleanor. They are both the nicest people I have ever met and I am honored to be their friend.

Abigail W.

The luckiest thing that ever happened to me is when my mom moved to her new house, there were lots of kids in the new neighborhood. I made so many new friends.

Ari V.

The luckiest thing that ever happened to me is that I adopted my dog twice! We got her as a puppy, but it didn't work out. Two years later we decided to try again, and we ended up with our original dog. I love her and know we were meant to be her forever family.

Avery W.

The luckiest thing that has ever happened to me is making such good friends that live so close to me. Normally I make friends at school, but they don't live in my neighborhood. So, it's really lucky that they live close to me.

Brady E.

The luckiest thing that happened to me was moving to Japan. I got to go to many different places and had many experiences that would not be possible if I hadn't lived there.

Brecken L.

The luckiest thing that has ever happened to me is being born, because there could have been a possibility that I couldn't have been born and could have been something else.

Christopher F.

The luckiest thing that has ever happened to me is the day I got my guinea pigs. Their names are Lulu and Peanut Butter. I'm so lucky to have them because they are cute, and they are my guinea pigs.

Desmond M.

The luckiest thing that has ever happened to me is having the best family! They are always there when I need them, they are kind, and always help me when I need them.

Ella F.

The luckiest thing that has ever happened to me is getting a solo in ballet at my dance school.

Ella O.

The luckiest thing that has ever happened to me was the surprise when we got our dog. It was during COVID, and my brother and I wanted a dog to keep us busy. He is a loving dog but a bit stubborn too.

Elyse B.

The luckiest thing that has ever happened to me was when I went on a trip to Florida! My family and I took a cruise to the Bahamas, and it was so fun.

Ethan C.

The luckiest thing that has ever happened to me is having the best parents in the world! They always help me if I need help with my homework. Also, they just always support me. Finally, they're just so loving and sweet and I wouldn't be the same without them.

Grayson P.

The luckiest thing for me is having three brothers. They are my best friends, and I am happy to have them in my life. We love to play video games together.

Harrison F.

I would say the luckiest thing that has happened to me is when I was born. The doctors were worried because I am a triplet, and it was going to be a complicated birth for me and my brothers. I'm all good, so I'm lucky.

John P-F.

The luckiest thing that ever happened to me was when I didn't get hit by a car while riding my bike. I was just learning to ride my bike and I lost control. A car was headed right for me, but I was able to get out of the way in time.

Jonah S.

The luckiest thing that ever happened to me is when I got my dog seven years ago.

Leland M.

If I had to pick one thing, it would be that I am lucky to be born

healthy. I arrived two months early and everyone was worried. I'm also lucky that my grandma took care of me and kept me healthy.

Lucy B.

I have never been luckier than when I went fossil hunting in Michigan a few years ago. I found a few fossils that are possibly from a rare birdlike dinosaur called an Archaeopteryx.

Molly M.

The luckiest thing that has ever happened to me is being blessed with the best parents in the world! They are always willing to do things for me and always help me when I need it.

Olivia G.

The luckiest thing that has ever happened to me is being born. I believe this because if you weren't born, you wouldn't have a life. If you don't have a life, you won't be anything or have anything.

Paul Z.

The luckiest thing that has ever happened to me is being born. If I was never born, I would not be alive and there is actually a small chance of being born.

Piper R.

The luckiest thing that has ever happened to me was when I released baby turtles at the beach. This was lucky because when we were walking down the beach, there just happened to be baby turtles being released.

Riley B.

The luckiest thing that ever happened to me was moving to Hawaii so my dad could get better. I feel so lucky that my dad got better, and I got closer to God in Hawaii.

Ruby B.

The luckiest thing that ever happened to me was when I got to go to the Caribbean with my cousins over spring break. We were so lucky because we got to go swimming in a coral reef and go down a water slide that was about 10 feet tall!

Sam H.

I felt lucky when I got a pet cat. I had been wanting a cat for so long.

Zion H.



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BHS Students Work Overtime On "9 To 5"

» Continued from page 37

plays Judy, a young woman forced into the workforce after a divorce; and Sarah Swain, a senior who portrays Doralee, a sexy and sassy secretary.

Seyfferth enjoys her fun, take-charge character. Having acted since fifth grade, Seyfferth called "9 To 5" a fun production with "lots of girl power!"

"Judy is a mess! She's a ball of nerves, and doesn't really know what she's doing," said Miller, her portrayer. "But she has a very strong character arc, and by the end of the show she's confident, powerful and feels good in her own skin."

Swain likes Doralee because the character is different from her own personality, which has challenged her to find herself in the character, too.

"If you love some Dolly Parton and seeing three women take back their power and step into their own, you will love this show," Frazier said. "Audiences can expect a fun show where they will laugh, maybe cry, but really just have a great time."

"9 To 5" will run April 11—13 for four shows. Tickets are available starting March 11 at www.showtix4u.com/event-details/82289.

College Of Journalism Goes "Behind The Blueprint"

» Continued from page 37

Implementation Plan is available online, as is feedback from the state Accountability and Implementation Board — which oversees the blueprint.

Strengths

- The district has a good plan to expand full-day pre-K to 3- and 4-year-olds, including for students learning English and those with disabilities.
- Anne Arundel has a monitoring team that reports annually on workforce diversity and supports professional development; the district uses fair rubrics and questioning practices to reduce implicit bias in interviews.
- Anne Arundel County has one of the largest numbers of National Board Certified teachers in the nation due to its recruiting and staff support efforts.
- The district integrates career counseling into

the school curriculum for all middle and high school students.

- The district redesigned its general education curriculum and included special education teachers in developing curriculum resources for all teachers.
- Anne Arundel is on track to report the district's budget at the school level, as the blueprint requires.

Needs Improvement

- The district does not currently offer private providers many opportunities to participate in joint professional development activities, but says it plans to do so in the future.
- Nationally Board Certified teachers are not being best utilized in schools and should be given more teacher leadership roles and responsibilities.
- Anne Arundel County does not yet have comprehensive literacy or math plans, but they are being developed.
- Reading and math coaches are not typically in the classroom teaching students during the day and should be present to support teachers.



Ledo PIZZA.



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New Scholarship Available To Jones Elementary Alums

Applications Due April 1

Jones Elementary School is offering a one-time, \$1,000 college scholarship to a former Fox. Any graduating senior who completed fifth grade at Jones Elementary, has a 3.0 or higher GPA and plans to attend a two- or four-year secondary program is eligible for the scholarship.

Applicants are required to provide identification, proof of their time at Jones, a sealed high school transcript, two letters of recommendation and a 500- to 1,000-word essay.

Students are taught the “Jones Fox Way” with a focus on respect, responsibility and relationships during their time at the school. Application essays should

explain how the student continued to exemplify those traits in their time in middle and high school.

The scholarship is the result of unspent funds discovered in the PTA budget, and the current executive committee hopes this initiative is here to stay, said Becci Horrell, PTA vice president.

“We thought this would be a good legacy for us to start for Jones for years to come,” Horrell said. “I think that what we try to instill in the kids at Jones with the Fox Way and the three R’s is something people should live life by in general, and I think that those three aspects of life really help Severna Park be a great community.”

Applications are due by April 1. For more information, visit www.jonespta.com.

AAUW Accepting Scholarship Applications

The American Association of University Women (AAUW) of Anne Arundel County gives out more than \$10,000 each year in scholarships to women continuing their education in two- or four-year colleges or trade schools as well as those who might not be currently in school but are ready

to go back to improve their skills and education. Applications are now available and due by March 22. Interviews will take place in April. The application can be downloaded at annearundelcounty-md.aauw.net/scholarships. The completed applications are then emailed to wtwofaaauw@gmail.com.

Jones Elementary Supplements Fundraiser With Philanthropy



(L-R) Event co-chair April Umile, Principal Jim Whisman, event co-chair Leeann Logue and PTA President Megan LaBelle celebrated a successful Fox Trot and donation drive.

» Continued from page 37 shoes and socks — tangible, needed items that also fit in with the theme of running.

The target number represented one pair of shoes and socks from each family at the school, a goal that was not only met, but far surpassed.

After an assembly to launch the fundraiser and donation drive, students had a week to collect leading up to the Fox Trot on February 28, during which the students ran 35 laps

around the gym.

A handful of students from each grade were selected by their teachers to assist Logue and event co-chair April Umile in going around the school to collect the day’s donation haul.

“We want our kids to understand that they’re part of a larger community, and that we help each other,” Logue said. “We are so happy with the response from the Jones community, and appreciate everyone who donated, volunteered or helped with this drive.”



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Educator Of The Month

Roxanne Angerer
Severna Park High School



By Noel Castillo
Student Intern

Roxanne Angerer has been teaching for about seven years, starting at Severna Park High School as a long-term substitute teacher. Not knowing she wanted an education degree and originally earning a degree in meteorology, Angerer was a self-proclaimed “wannabe weather girl.”

She currently teaches Algebra I and Stat Analysis.

“My teaching style is really a testament to all the other people who helped me come from a long-term sub to the confident teacher I am now,” she said. “I think back to when I first started, some of the things I would do then, I laugh at. But all the faculty here was patient, they helped, they taught, they gave advice, and so I really am a product of the environment — that’s the kids, the adults, the building, the culture — so that is how I came into who I am.”

Most of the upperclassmen she has now, Angerer has taught before. Principal Lindsay Abruzzo recognized this personable connection Angerer has with her students.

“Mrs. Angerer literally can do anything,” Abruzzo said. “She’s taught the first-time high school babies all the way up to seniors. She’s an amazing teacher. She’s such a great asset for Severna Park High School.”

Angerer was Severna Park High School’s Teacher of the Year nominee. Although she was not one of the five finalists, she will be honored alongside 64 other educators during the 38th annual Excellence in Education Awards event at the HALL at Live! venue in Hanover on May 3.

“I think I just really connect with

“Mrs. Angerer literally can do anything. She’s taught the first-time high school babies all the way up to seniors. She’s an amazing teacher. She’s such a great asset for Severna Park High School..”

— LINDSAY ABRUZZO
PRINCIPAL, SEVERNA PARK HIGH SCHOOL

the kids, and I kind of see my students holistically and I see them and learn about them, and they feel they can talk to me easily,” Angerer said.

Angerer said it is important to be a good observer and listener not just as a teacher or a student but also as a person. During the Teacher of the Year nominating process, she reflected on how these skills can help avoid confusion from a lack of communication. She also thought about her overall growth as a teacher.

“You’re always changing; you can’t be fully confident in being a teacher,” Angerer said. “You have to be constantly changing because the kids are constantly changing, what they have to do when they leave is constantly changing, so you have to prepare them for that beyond math.”

SPHS’ teacher superlatives are another way for teachers to show appreciation toward one another. An important quality to have as a teacher is adaptability in order to maintain a fun and engaging learning environment, and Angerer’s peers validated her skill with a superlative nomination. She often is named “Most likely to give out pencils.”

“I always say I’m teaching you how to problem-solve and be a good person,” she said. “Math is just the tool we use — looking at everything that’s given in the problem, reading it, interpreting it in a different way, persevering through those longer problems, trying things that might not have a solution, being OK with trying things and trying it again.”

Angerer’s final advice for teachers seeking to one day be the Teacher of the Year: “I feel like writing and being involved in what you’re doing, and nose to the grindstone, pushing through is so important for wherever you go whether it’s college (or) whether it’s a job,” she said. “... Once you’re a confident person, it doesn’t matter if you’re learning math, English, business or technology. Those come secondary when you’re a confident learner and confident person because you know how to form anything to what you need.”

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A Look Inside The Broadneck Film Festival

By Lily Saunders
Student Intern

Broadneck High School's 18th annual film festival was held on February 29 and showcased films of various genres from middle and high school students around Anne Arundel County. This year's event was the biggest so far and was a collaboration between Broadneck's signature program, which is focused on environmental literacy, and the film program, creating a perfect combination for a variety of features.

In addition to the screening of student films, an environmental action fair was held, allowing several environmentally based organizations to share their campaigns. Broadneck's improv team also participated in the event by serving as entertainment during the festival's intermission. This year's festival was sponsored by the Parole Rotary Club.

The event was broken up into two main categories: the environmental-based films and regular film submissions. The environmental literacy program at Broadneck drives a lot of film submissions, so its own category was created. Overall, the night was full of interesting and well-curated films, but only a couple of films from both categories could take home a win.

The environmental category had three awards — Best Documentary, Best Advocacy and Best Overall Film — which were all won by Broadneck students. Best Documentary was awarded to "Poplar Island - An Educational Adventure" by Scarlett Grasso, Best Advocacy was given to "Affordable Sustainability" by Jaime Bates, and Best Overall Film went to "CCA Living Reef Action Campaign" by Grace Gartell.



BHS staff members Stacy Roth and Donald Stimely coordinated the Broadneck Film Festival.

In the category of regular film submissions, four awards were distributed, including Technical Merit, Artistic Merit, Honorable Mention and Overall Best Film. Technical Merit was won by the film "Gone" by Archbishop Spalding students Nathan Winn and Chad Grant, and Artistic Merit went to Broadneck senior Olivia Mawhinney, who is a three-time winner at the Broadneck Film Festival. Honorable Mention was given to "Mise en Stupid" by CAT South student Nathan Divito, and Overall Best Film was won by Broadneck junior Judah Goldstein for his film "Find My." Goldstein is another veteran winner at the event and is also heavily involved in different film programs at Broadneck.

Regardless of who won an award, every film was creative in its own way. Broadneck junior Anna Schneider submitted a film that she wrote, directed and produced, with no prior experience. Her film, "High Stakes," was inspired by playing a game in her health class in school, a game that she thought would be funny to capture in

slow motion. Schneider's entry stood out because of her choice to film it in black and white and have it be a silent feature, which she chose to do because it "made [her film] look more like film noir."

Besides submitting a film, Scheider recalled her favorite memory of the event being "to see everyone's films and getting to meet other students who also submitted films." She has plans to create a film for next year's festival, with an in-depth plot.

The Broadneck Film Festival would have been nowhere near as successful as it was without its two main coordinators, Broadneck film program teacher Donald Stimely and environmental literacy signature site coordinator Stacy Roth. These Broadneck staff members combined their two teaching areas to create the Broadneck Film Festival. Previously, the festivals were separated, but when Roth took over her position at Broadneck, she proposed the idea of combining the event to gain traction from different audiences. When asked about her favorite part about planning the festival, Roth said, "I love seeing all the films when they first come in and to see each kid's style shine through."

Roth recalled that her favorite memory from the past film festival was "working the front door with Mr. Stime-ly; it is always so entertaining!" She also included how much she enjoys how the event is totally student-run, including student emcees and hosts for the show.

Stimely shared that his favorite memory every year is "seeing the crowd react to each of the films and giving every film an audience to experience it." He specifically pointed out how difficult it is even for accomplished filmmakers to find audiences for their work, so he was thrilled to provide that for so many aspiring filmmakers.

The Broadneck Film Festival was an amazing event in the Broadneck community and beyond, Roth expressed. "[The] film festival is a really cool and unique collaboration and an opportunity to bring a lot of people together," Roth said.

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Advanced Nursing Program At AACC Propels Students Into Local Workforce



Students in Anne Arundel Community College's registered nursing program practiced their skills on lifelike mannequins in the school's simulation center, which resembles a real hospital.

By Meredith Winter

You don't have to hold a bachelor's degree to work in a hospital. That's part of Elizabeth Appel's ongoing message to the community. "People don't realize that you can become a registered nurse at a community college; they think you have to go to a four-year (college)," said Appel, who has served as the dean of the School of Health Sciences at Anne Arundel Community College

(AACC) since 2016.

The school's health sciences program encompasses 15 areas of study ranging from radiologic technology to massage therapy to paramedic training. Over 200 students graduate each year with an Associate of Science degree from AACC's popular 70-credit registered nursing (RN) program.

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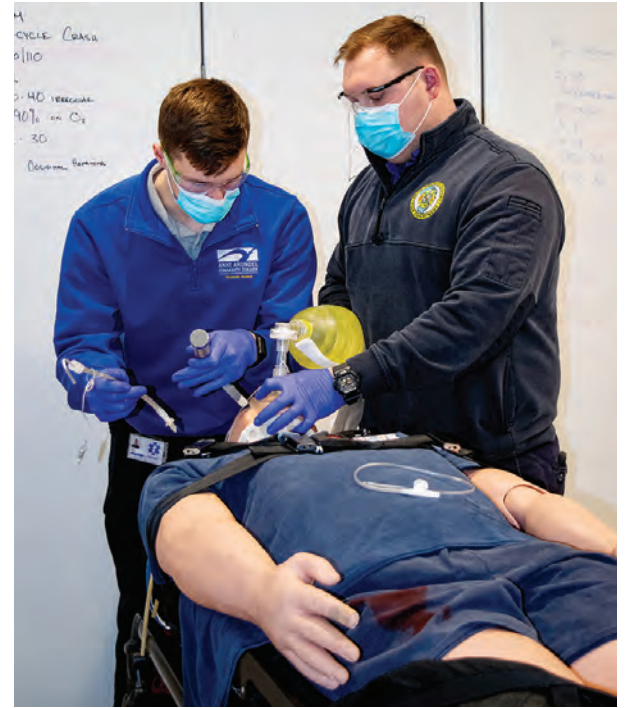


Photo by Meredith Winter

Paramedic students Riley Whitmer (left) and Evan Gunther practiced intubation on a mannequin as part of their studies at AACC.

degree in nursing by Nursing Schools Almanac, AACC's RN program is known for its state-of-the-art equipment used to prepare students for one of the country's fastest-growing career fields.

The school's Health and Life Sciences Building, which opened in 2021, houses a simulation center designed to mirror a real hospital. Beyond the center's nurse charge station and medication dispensary are numerous hospital rooms outfitted with the same type of beds and equipment found at local hospitals. In those rooms, faculty conduct simulated learning experiences for students

» Continued on page 48

Five Reasons Why You Need A Primary Care Provider

Raveena Edwards, M.D.

University of Maryland Baltimore Washington Medical Group – Primary Care



While you can receive some of the same types of basic care from walk-in clinics or urgent care centers, primary care providers — which include doctors, nurse practitioners and physician assistants — offer a unique value that can have a huge impact on your health. Find out some of the best reasons that you should consider getting (or keeping) a primary care provider.

1 Take a Preventative Approach

Many people go to their primary care provider when a health problem

Research from numerous studies has found that the number of Americans who have a primary care provider is shrinking. There are many reasons for this, but deciding not to see a primary care provider isn't a decision to take lightly.

arises and they need help. However, in addition to treating health problems as they arise, primary care providers offer preventive services such as flu shots, cancer screenings, and counseling on losing weight healthily and smoking.

2 Better-Manage Chronic Diseases

Chronic health conditions, otherwise known as a long-lasting or persistent health problem, can be challenging to manage alone. Primary care providers can help monitor your condition and provide valuable information on how to keep symptoms at bay. If you have a chronic condition like diabetes, arthritis, chronic obstructive pulmonary disease (COPD) or congestive heart failure (CHF), it's especially important to schedule regular primary care visits.

3 Build a Trusting Relationship

Most people don't love talking to strangers about their personal matters, especially their health care needs and concerns. Primary care providers are the starting point for many patients seeking health care, and because of this, they serve as advocates for your health care needs. This allows you to develop a closer relationship with

» Continued on page 48

Colon Cancer – Prevention Is The Key!

David Jencks, M.D.

Anne Arundel Gastroenterology Associates



Colorectal cancer is the third most common cause of cancer worldwide, according to the World Health Organization. In Maryland, colon cancer is the second-leading cause of cancer-related deaths. Several modifiable factors have been shown to increase the risk of colon cancer. These factors include the consumption of processed meats, limited vegetable and fruit intake, obesity, physical inactivity, excessive alcohol consumption (more than one drink per day for females and more than two per day for males) and smoking. Risk factors outside of a person's control include being male, advancing age, race, inflammatory bowel disease, and a family history of colon cancer and/or colon polyps.

Along with a healthy lifestyle and diet, the most effective way to prevent terminal illness from colon cancer is early

detection and treatment of precancerous and cancerous lesions. The U.S. Preventative Services Task Force recommends colorectal cancer screening from ages 45 to 75 years old for those at average risk (no underlying bowel disease, family history of colon polyps/cancer, etc.). The American Society of Clinical Oncology categorizes screening methods as those that detect polyps and cancer (colonoscopy, flexible sigmoidoscopy, barium enemas, virtual colonography) and those that primarily detect cancer (stool samples looking for blood and/or polyp DNA).

The goal of a colonoscopy is to detect and remove polyps (growths of tissue) before they can grow and turn cancerous. Colonoscopies have been shown to result in removal of polyps in up to 35% of cases on average, with a predominance in men to women of 41% and 31% respectively. A large, randomized trial in April 2023 found that colonoscopies were the most effective method studied, with a 73% mortality reduction. The reduction in mortality was best seen in those patients who had their screening at the earliest recommended age and were adherent with the recommended time intervals between screening.

» Continued on page 48



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Plant-Based Doesn't Always Mean Healthy

Submitted by
Luminis Health

Are you thinking of eating a more plant-based diet in the year ahead? You're not alone. There is a lot of buzz about choosing to go meatless a few times a week, or even considering adopting a wholly plant-based diet. That's because plant-based diets are, in general, healthier than diets heavy on meat and dairy products. People who eat plant-based diets have lower risks of cancer, heart disease and diabetes. They're also less likely to be obese.

But "plant-based" doesn't always mean healthy. Vegan foods can sometimes be worse than the meat alternatives. Here's how to reap the rewards and avoid the pitfalls of a plant-based diet.

Watch out for sodium in imitation meats

Many plant-based burgers (which come frozen or fresh) aren't always healthier than beef or chicken burgers. In some cases, they're just as high in saturated fats and higher in sodium than meat-based burgers. For example, a four-ounce patty of one popular plant-based burger contains 380 milligrams of sodium. By comparison, some frozen four-ounce beef burgers contain 75 milligrams of sodium. Likewise, plant-based deli meat imitations can be just as salty as actual deli meat.

Diets high in sodium increase your risk of high blood pressure, heart disease and stroke. Instead of replacing meat with fake meat substitutes, aim to get your protein from beans, lentils and tofu. If you're switching to plant-based foods solely for health reasons, you're better off eating lean, unprocessed meat than a salty imitation.

Not all foods labeled "plant-based" are "natural"

You might be tempted to try plant-based or vegetarian meals from the frozen aisle, such as pizzas, samosas, veggie nuggets, veggie loaf and more. The problem? Frozen and processed vegan foods can be high in additives and preservatives. In fact, some plant-based meals can have more additives and thickeners to mimic the texture of meat.

One 2022 study found men who eat diets heavy in highly processed foods have a 30% higher risk of getting colorectal cancer. Another recent study found that people who ate diets heavy in processed foods are more likely to die of cardiovascular diseases.

It's not clear exactly why processed foods are so bad for your health. One theory is that chemical ingredients added to foods to improve the shelf life, taste or texture of food could be more difficult for the body to break down. Plus, heavily processed foods are higher in sugar, salt and fat than less processed foods.

The secret to a healthy plant-based

diet is to avoid foods with long lists of ingredients, especially ingredients you don't recognize. Rather than buying already prepared meals, prepare plant-based foods at home with simple ingredients — like fresh or frozen vegetables, canned or dried beans, and whole grains.

You can miss key nutrients

Meat has nutrients that can be hard, but not impossible, to find in plants including iron, zinc and vitamin B12. Likewise, milk and yogurt are full of calcium and fortified with vitamin D. If you're switching entirely to a plant-based diet, it's a good idea to consult a dietician or nutritionist. They can help ensure you're getting these important vitamins and minerals, whether through food or supplements. They can also make sure you're getting enough protein through soy, beans and other plant-based foods.

Whenever you're making a big change to your diet, it's a good idea to get expert advice. After all, changing what you eat is hard work. It helps to have someone in your corner.

Bottom line: Plant-based diets are healthier if you stick to the same tried-and-true advice as conventional diets.

Can you improve your health by incorporating more plant-based meals into your life? Absolutely, but you'll need to apply the same rules that apply to healthy, conventional diets. That means planning a diet rich in a variety of fruits and vegetables, not just picking up "plant-based" burgers and assuming they're good for you. It also means choosing whole grains and starches, such as brown rice or pasta, whole grain bread and sweet potatoes. Remember, too, that fried and highly processed foods should be "once in a while" foods, even if they have a "plant-based" label on them.

Hospice Of The Chesapeake Names Rebecca Miller Its New President And CEO

The board of directors of Hospice of the Chesapeake has named Rebecca Miller president and chief executive officer of the not-for-profit organization.

"We believe Becky Miller's visionary leadership skills combined with 25-plus years' experience in the hospice industry, including beginning her career as a hospice volunteer, make her a natural fit for this new role," said Nancy Smit, chairman of the board of directors. "Becky has served with distinction as our interim CEO since December 2023 and during this time has proven her readiness to assume the helm of Hospice of the Chesapeake."

Miller's journey with the organization began in October 2021 when she assumed the role of chief clinical officer and was then promoted to chief operating officer in December 2022.

During her tenure as chief operating officer, Miller led the clinical leadership team with an emphasis on the delivery of high-quality patient care experiences. As chief executive officer, Miller will focus beyond the present, guiding the organization toward the future of health care. She is committed to establishing sustainable programs that respond to the needs of the seriously ill population while also amplifying the regional health care footprint through the introduction of new initiatives, diversification strategies and innovative solutions.

"I am honored to continue to serve Hospice of the Chesapeake in this new role and contribute to shaping the future of health care for residents of our region," Miller said. "I look forward to the opportunity to strengthen current partnerships and create new alliances that will benefit our patients, their families



Rebecca Miller

and the communities we serve."

Prior to joining Hospice of the Chesapeake, she served as chief operating officer at Rainbow Hospice and Palliative Care in Illinois and at Hope Health in Rhode Island. She most recently served as the Illinois director of hospice operations with Advocate Aurora Health Care. Miller is a licensed clinical social worker by profession and earned both her bachelor's degree and Master of Social Work degree from the University of Illinois Chicago.

Hospice of the Chesapeake has experienced tremendous growth over the last few years with the expansion of care services from Anne Arundel and Prince George's counties into Calvert and Charles counties through acquisition. In 2023, the team cared for more than 3,900 hospice patients and over 2,200 supportive/palliative care patients across all four counties with a primary focus of creating meaningful experiences for those living with serious complex illness.

UM BWMC Hosts COVID-19 Memorial Mural Workshops



University of Maryland Baltimore Washington Medical Center has partnered with Art With a Heart (AWAH) to create a community-made mural for the medical center's atrium to permanently recognize the resilience of team members and how UM BWMC cared for the community during the COVID-19 pandemic. AWAH is facilitating a series of workshops in the atrium or cafeteria at UM BWMC to guide participants through the mosaic experience, working with ceramic and glass elements that will be incorporated into the final mural. A kickoff event was held February 21.

Advanced Nursing Program At AACC Propels Students Into Workforce

» Continued on page PB

to develop the skills necessary to respond to real life-threatening situations.

Students practice primarily on technologically advanced mannequins, though at times humans act as simulated patients as well. Appel said AACC uses hundreds of mannequins for various programs, some of which are incredibly lifelike. A \$120,000 African American male mannequin they acquired through a grant is able to sweat, bleed and urinate. His pulse points work, his pupils change with light, and instructors can speak and cough through him. His skin even looks and feels real. The school's birthing mom mannequin deliv-

ers twins and can simulate a breech birth.

The simulation center also has exam rooms like those found in doctor offices where students can learn to check blood pressure and administer vaccines. More mannequins are found in two energized rooms where students take real X-rays, and in the school's surgical tech suite, which resembles an operating room.

Popular among the health sciences degrees, AACC's paramedic program educates firefighters from Anne Arundel and Prince George's counties, as well as civilians. Students use mannequins to learn to render aid in critical situations in a variety of settings ranging from

bathrooms to bars, and students become familiar with responding to emergencies in the school's two fully equipped simulation ambulances.

The School of Health Sciences comprises 85 faculty and staff, including 29 nursing faculty. Denise Lyons, academic chair of nursing, highlighted that many of the faculty graduated from the school's nursing program — including herself in 1991.

She explained that in addition to their robust simulated experiences, registered nursing students gain valuable clinical experience through different rotations in the field. During their first three semesters, students learn to provide care for geriatric, medical/surgical, obstetric and pediatric patients.

Appel shared that AACC's nursing students are often offered employment before they graduate. "What we hear from our providers — Baltimore Washington Medical Center, which is now the University of Maryland system, and Anne Arundel Medical Center, which is

now Luminis — they want our graduates because they are the best-prepared that they get," Appel said, noting that AACC is continuously looking for innovative ways to partner with the two hospitals and meet their workforce needs.

Appel also praised AACC's nursing students for having excellent pass rates for their license exam. "We're always in the top three of national exam pass rates," Appel said. "When they graduate, they have to sit for their license exam before they can be practicing as a nurse, and we have very high rates for completion and success for passing."

In contrast to many four-year schools, AACC's nursing program is more affordable at a cost of about \$20,000. AACC offers scholarship opportunities as well.

"The word is out there that this is the place to get your education to become a registered nurse," Appel said.

To learn more about AACC's registered nursing program, or any area of study, go to www.aacc.edu.

Why You Need A Primary Care Provider

» Continued from page 44

your provider, helping you feel comfortable being your own health care advocate and holding honest conversations about your health. Seeing your primary care provider consistently also ensures that you have a professional at your side to help you make informed decisions.

4 Catch Health Issues Early

Through routine screenings, monitoring your health history and asking the right questions, primary care providers can help to catch health issues at

the earliest stage before they worsen.

Research has shown that people who regularly visit a primary care doctor go to the hospital and visit an emergency room less than those who don't have a primary care provider.

5 Create a Full Health History

Visiting a primary care provider regularly will help you build a comprehensive record of your health history. Your primary care provider will also help you track your family health history and identify how it could potentially impact you. All of these factors can help you take preventive steps against certain conditions and help your provider identify health issues earlier.

To schedule an appointment with a primary care provider at UM BWMC, call 410-553-2900 or visit www.umbwmc.org/primary.

Colon Cancer

» Continued from page 44

The development and impact of colon cancer can be greatly reduced with colorectal cancer screening. For optimal health, it is essential that you meet with your gastroenterologist or primary provider to discuss when you should start screening and which method is right for you!

Anne Arundel Gastroenterology Associates (AAGA) has been a pillar of the local

health care community for over four decades, diagnosing and treating all symptoms and diseases associated with the GI tract (esophagus, stomach, small bowel, colon), pancreas, liver and gallbladder.

AAGA includes 10 physicians and five midlevel providers who are all taking in new patients and are excited about caring for the community. Its main office is located in Annapolis, and AAGA has satellite offices located in Greenbelt, Odenton, Bowie, Pasadena and Kent Island. Visit www.aagastro.com or schedule an appointment by calling 410-224-2116.

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SPHS Alum Performs With Yale Whiffenpoofs In Anne Arundel



Severna Park High School alum Clay Jamieson (second from right) participated in one of Yale University's most celebrated traditions when he performed in Severna Park, Annapolis and Baltimore with the Yale Whiffenpoofs a cappella group in March.

By Judy Tacyn

The world's oldest and best-known collegiate a cappella group, the Yale Whiffenpoofs, performed publicly in Anne Arundel County in early March, and for the second time in a half dozen years, privately at Severna Park High School (SPHS), thanks to a Falcons

alum. Clay Jamieson, a 2018 SPHS graduate and a Yale University student, is part of the 2023-2024 Whiffenpoofs, and was excited to perform before Severna Park students.

Every year, up to 14 Yale students entering their junior year are selected to be in the Whiffenpoofs after an intense weekend of auditioning.

Founded in 1909, the "Whiffs" began as a senior quartet that met for weekly concerts at a Yale tavern. Today, the group has become one of Yale's most celebrated traditions, with more than a century of musical excellence.

The group takes a one-year leave of absence from their
» Continued on page 50

"Dune" Sequel Continues To Pile Up Intrigue

By Audrey Ruppert

Editor's note:
This review contains spoilers.

While the first installment of "Dune" was visually breathtaking, finally giving justice to the vast and colorful world that Frank Herbert imagined more than half a century prior, many viewers found "Dune: Part One" (2021) to be a bit slow on the uptake — it struggled with exposition, taking too long to explain key concepts while also not covering nearly enough ground. "Dune: Part Two" does not have the same problem. Action packed, it remains as visually appealing as the first installment, but it is much easier to follow and is far more engaging.

As with the previous film, director Denis Villeneuve faced the unenviable challenge of adapting a book's extremely rich universe (and one packed with a lot of inner dialogue that is difficult to convey visually) to the silver screen. Book fans will always quibble with movie adaptations no matter how well they

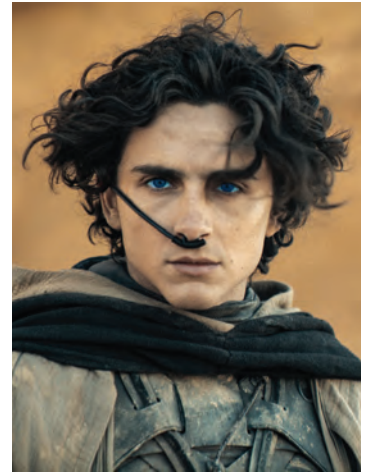


Photo courtesy of Warner Bros. Pictures

Timothée Chalamet returns as Paul Atreides in action-packed "Dune: Part Two."

are done, but generally I tend to judge a director's skill in this endeavor by how well they retain the spirit of the original — are the characters, motivations and themes broadly accurate?

The plot and events can vary widely but the adaptation can still be quite good — the first five seasons of "Game of Thrones" are the quintessen-
» Continued on page 52

Dining Out Around The Park

Della Notte Brings Savory Italian Classics To Cape St. Claire

By Meredith Winter

Just a short drive from Severna Park, nestled in the Cape St. Claire shopping center, a new restaurant is serving Italian classics in an inviting atmosphere. Della Notte Restaurant & Wine Bar opened in the fall of 2023 in the space formerly occupied by Riverbay Roadhouse.

My husband, Scott, and I love exploring local restaurants — and are equally unenthusiastic about cooking — so we were especially eager to try Della Notte after a couple of our friends gave it two thumbs up. We decided to check it out on a Friday date night in February.

The unassuming white exterior gave way to an expansive dining room separated from a large bar by a sea of high-top tables. The well-stocked bar featured four large-screen TVs airing various sports highlights. Black and white walls served as a backdrop to large art featuring scenes from Italy throughout the restaurant.

We were seated next to a floor-to-ceiling stone fireplace. The tables around us filled up quickly, and the place was packed by 6:00pm.

A friendly server soon greeted us and brought fresh bread served with a delightful small dish of olive oil, dried tomato, cheese, herbs and balsamic. I had previewed the menu earlier in the week and was set on trying calamari as our appetizer, but a friend who had dined there the previous evening

» Continued on page 55



Photos by Meredith Winter

Above: The steak rolls were generously stuffed with chopped ribeye and caramelized onions, and were an enjoyable appetizer selection. **Top Right:** The house-made Gnocchi al Forno with bolognese was love at first bite, as the doughy dumplings were soft and the sauce was a worthy accompaniment. **Right:** An Italian classic, the tiramisu was light and not overly sweet with layers of espresso-soaked sponge cake and mascarpone cream dusted with cocoa powder.



SPHS Alum Performs With Yale Whiffenpoofs In Anne Arundel

» Continued from page 49

studies during their junior year to perform around the globe. As is tradition, the group visits the hometown of every member. On March 7, Jamieson and the Whiffs visited Severna Park High School and performed for the music and choral students.

"The students are so excited to have the Whiffenpoofs come perform for them," said Sara Metcalfe, music teacher at Severna Park High School, prior to the concert. "This is a great opportunity to not only hear and work with a world-famous a cappella group, but to ask questions about their backgrounds and experiences at Yale and get inspired to apply for college. Maybe this will inspire one of them to become the next Whiffenpoof."

A four-year member of "Rock 'N' Roll Revival" while at SPHS, Jamieson

remembers when Solon Snider, SPHS class of 2013 and former Whiffenpoof, came to visit SPHS.

"I knew I wanted to attend Yale," Jamieson said, "so Solon's guidance was very important. I wasn't sure that I wanted to try out for the Whiffenpoofs, but when I did, Solon's advice and experience were invaluable."

Snider could not attend the performance at SPHS, but he plans to attend a Whiffenpoof performance this spring in the New Jersey area, where Snider is a faculty member at Princeton University.

"Performing in front of Severna Park High School students was very special," said Snider, whose performance occurred during the first year after the new school opened. "Students are going to see a fun and dynamic performance."

Liam Richardson, a Whiff from

Phoenix who also serves as the group's business manager this year, is soaking in Jamieson's childhood memories of Severna Park. The entire group stayed at Jamieson's home in Olde Severna Park.

"You get a very real sense of someone from learning about and experiencing the physical place they grew up," Richardson said.

Metcalfe said the visit and performance at Severna Park High School was "such a great opportunity" for the chorus students.

"Music is such an important part in their life in high school," Metcalfe said. "When students go off to college, they often stop performing because they don't realize that there are musical opportunities for them there and that they don't have to be a music performance major to take part in them."

The odds of two Maryland public

school vocalists being accepted into Yale and then landing a coveted spot on the Whiffenpoof roster just might be as rare as a lightning strike, but Richardson wondered if a "Severna Park lineage" has been initiated.

"I'm really excited to bring my Yale world to my Severna Park world," Jamieson said days before his homecoming. "It's pretty exciting to think that maybe there will be a future Whiffenpoof in the audience. That would be awesome!"

The Yale Whiffenpoofs performed before a sold-out audience on March 7 at St. Anne's Episcopal Church in Annapolis. Other Maryland performances included March 8 at First Unitarian Church in Baltimore, and Bradley Hills Presbyterian Church in Bethesda on March 10. To learn more about the group, visit www.whiffenpoofs.com.

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Chesapeake Arts Center Unveils New Ceramics Studio

Chesapeake Arts Center (CAC) is opening its third ceramics studio, marking a significant expansion of its ceramics program. Made possible through the generosity of the Maryland State Arts Council (MSAC), the new studio features nine wheels and is designed as a dual classroom capable of accommodating both handbuilding and wheel techniques, thanks to its innovative layout and spacious tables.

A ribbon-cutting event was held on February 29, officially opening the new ceramics studio. On hand to cut the ribbon was Steven Skerritt-Davis, director of the Maryland State Arts Council; Chad Buterbaugh, MSAC deputy director; Chesapeake Arts Center board members (Kelly Koorey, Lynn Battaglia, Edward Carey and Louis Nesbitt); ceramics chair Cami Asher; handbuilding instructor Nadia Lezcano; and Donna Anderson, executive director of CAC.

With the addition of this new studio, CAC now boasts three ceramics studios, equipped with 21 wheels, including one handicap-accessible wheel. Complementing the wheel facilities are seven experienced instructors who guide students through their ceramic journeys.

CAC's ceramics program features the largest-capacity gas firing kiln in Maryland, alongside three round electric kilns, one small electric kiln, and a small glass firing kiln. Additionally, the center houses in-house glaze and clay mixing capabilities with a 250-pound Soldner mixer, and a Peter Pugger pugmill.

The ceramics program at CAC caters

to a diverse range of participants, offering after-school classes, single-day workshops, open studios, and specialty classes suitable for all skill levels and age groups. Ceramicists can fine-tune their skills under the guidance of professional artists while beginners, both children and adults, can explore the medium in a supportive atmosphere.

For those looking to explore the world of ceramics or refine their skills, CAC provides a welcoming environment for artistic growth and exploration.

For more information about the ceramics program and upcoming classes, visit www.chesapeakearts.org/ceramics.



A ribbon-cutting event was held at the Chesapeake Arts Center on February 29, officially opening the new ceramics studio.

AACC To Present "Little Shop Of Horrors"



AACC Theatre will present "Little Shop of Horrors" from April 12-21 in the Robert E. Kauffman Theatre, Pascal Center for the Performing Arts, at Anne Arundel Community College.

According to Music Theatre International, the plot is this: "The meek floral assistant Seymour Krelborn stumbles across a new breed of plant he names 'Audrey II' - after his coworker crush. This foul-mouthed, R&B-singing carnivore promises unending fame and fortune to the down-and-out Krelborn as long as he keeps feeding it blood. Over time, though, Seymour discovers Audrey

II's out-of-this-world origins and intent toward global domination!"

The show is based on the book and lyrics by Howard Ashman, music by Alan Menken, the film by Roger Corman and screenplay by Charles Griffith. The college show is directed by Madeline Austin.

Tickets are \$20 for general admission; \$10 for AACC staff, faculty, seniors and active military; and \$5 for students with valid ID. To purchase tickets online, go to www.eventbrite.com/cc/aacc-performances-2606819. Tickets may also be purchased through boxoffice@aacc.edu or by calling 410-777-2457.



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A Conversation With Musician Joshua Radin

Artist To Perform At Rams
Head On Stage April 3

By Zach Sparks

zach@severnaparkvoice.com

Joshua Radin has shared stages with Ed Sheeran, Sara Bareilles, Ingrid Michaelson, Sheryl Crow, Tori Amos and other respected musicians, but he is performing solo during a tour that will bring him to Reams Head On Stage in Annapolis on April 3.

The Severna Park Voice caught up with Radin to ask about his new album and U.S. tour. This conversation was condensed for print. Read the full version at www.severnaparkvoice.com.

SPV: Your two EPs “though the world will tell me so” were inspired by your decision to sell your home and possessions and travel to Eu-

rope following the pandemic. You’ve called it a travel diary, but from that description, it’s not just your perspective but also the musicians you have played with and people you have met along the way?

JR: That’s pretty much correct. I didn’t move to Europe, but I have been a complete nomad for two years, just with a suitcase and a guitar, so it’s a practice of minimalism really and I’ve just been all about experiences over things.

SPV: Overall, many of your lyrics are upbeat and soothing throughout, but there is also a juxtaposition because there is this commentary on the world’s expectations. What were your thoughts when writing the new songs?

JR: I grew up in Cleveland and I remember as a young kid in school, I was a good student, but I was one of those kids probably annoyingly asking every teacher “why”

constantly because there are always these systems and rules. When it comes to society, people are like, “This is how you should eat. This is how you should sleep. This is how you should love. This is how you should live. This is how you should travel.” I never really understood how you could clump us all in as if we are the same. So later in life, when I told my friends and family I was going to sell my house and live like a kid who just got out of high school and is taking a gap year before college, so many of my friends and family thought I was a bit crazy. But now they’re starting to see how much happier I am living this way.

SPV: It sounds like you really enjoy the journey and not just the destination. And that’s interesting with your career, too, because originally you were doing some screenwriting and art and you did not always know you would be a musician?

JR: Yeah, I was curious about music. I never thought when I bought a guitar at 30 and taught myself to play that I would be a professional musician. It was really a meditative device. If I was writing a screenplay and couldn’t think of what a character might say next, I might pull out the guitar and learn a new chord or something like that and it would release me from that bind I put myself in mentally and I was open to something else.

SPV: Your upcoming show is at Rams Head, one of those small intimate venues that you like to perform at, and you have described your shows as similar to being in a living room and telling a story. For fans who are new and unfamiliar with your music, what can they expect?

JR: That’s pretty much what the deal is when it comes to me. The next album I’m doing is going to be more full band and I’ll probably bring out a band on the road, but this is going to be super acoustic and intimate. I’ll tell stories, take requests, play a ton of old songs, maybe test out some new ones, but that’s what they can expect. I try to keep it as intimate as humanly possible.

SPV: You have had some cool career highlights, like performing at Ellen DeGeneres’ wedding, playing with Ed Sheeran and some other things. Is there anything in your career that you have not done, to this point, that you would really enjoy?

JR: A million things. Where do I start? I’ve never been a big cowriter and I just started doing that recently, and it’s something I’ve been curious about and I’ve tried to be more open. I loved it. I just wrote a bunch of songs with people in Nashville. Now that I am thinking in that way, I would really love to cowrite some songs with some of my heroes. I know Paul Simon does not do that sort of thing, or Bob Dylan or Neil Young or Paul McCartney. I am not saying I imagine that is going to happen, but if you’re asking me to give you an ideal dream, that’s the first thing that comes to mind.

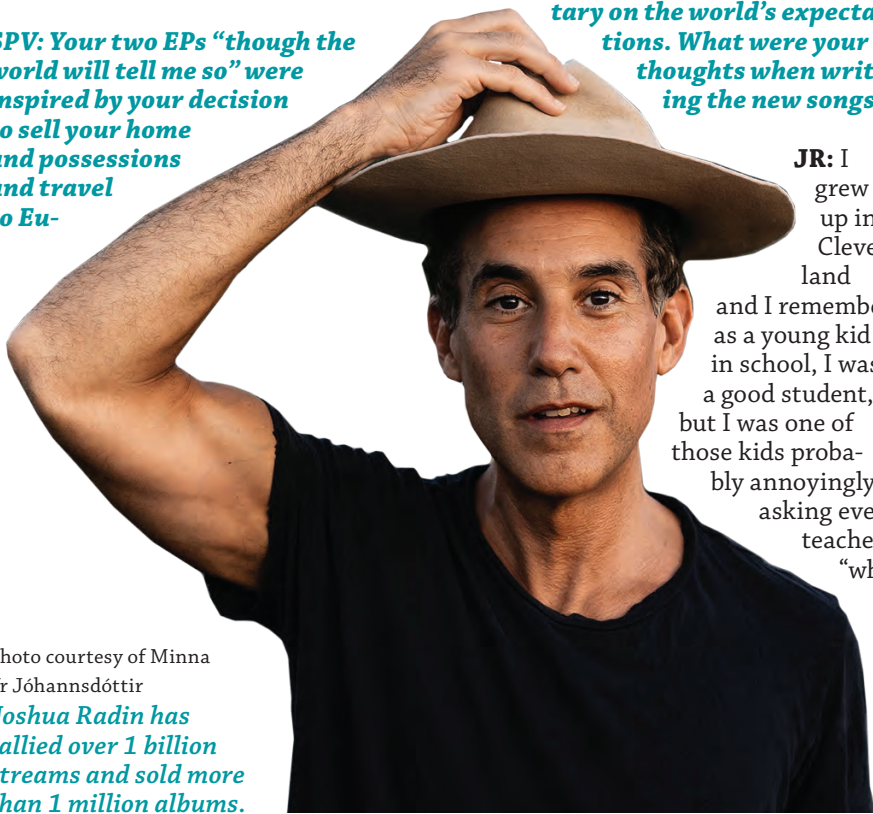
SPV: You never know. I heard the most recent Billy Joel song came to fruition after someone shared an idea with him and that was his first song in almost 20 years.

JR: Exactly. You never know.

To learn more about the show or purchase tickets, visit www.ramsheadonstage.com/events/detail/517672.

Photo courtesy of Minna
Yr Jóhannsdóttir

Joshua Radin has tallied over 1 billion streams and sold more than 1 million albums.



“Dune” Sequel Piles Up Intrigue

» Continued from page 49

tial example, with many key plot points and timelines altered, but the soul of the original was largely retained. I’d give Villeneuve a grade of B with the second “Dune.” He gets a lot right, and some of the changes (of which there are many) make sense thematically, but I think he could have done better.

He’s had to slim down the book significantly and I’m sympathetic. Unfortunate casualties of this condensation are the stories of Dr. Yueh and Thufir Hawat — critical characters whose narratives are minimized or written out altogether. If Villeneuve had done a better job of exposition in the first film, especially in regard to Mentats — humans who are trained to think like computers and advise political figures in important matters — this might have been more possible, but Mentats are basically unexplained and denoted with little more than face paint in the first film. Another disappointment is the simplification of the Fremen, who are obviously coded in the original to be descended from ancient Arabic, Islamic peoples from Earth — this nuance isn’t captured well in “Dune: Part Two.”

I’m also unsure whether the film really captures the balance between

the logical and the psychedelic that underlie Paul’s powers, which is one of the cornerstone concepts of the entire story. In the book, it does feel at times as if Paul’s abilities are intuitive or supernatural, but the context is important. Paul is trained in the Bene Gesserit way and is trained as Mentat as well. His mother and other Bene Gesserit Reverend Mothers have access to the memories of all their female ancestors, but Paul can access all the memories of his ancestors, male and female. As a result, he has seen thousands of past realities, and the enhancement of spice combined with his ability to think logically like a computer allows him to see thousands of potential realities dependent on probability — he has so much data, he can model the future decently well.

That being said, the film does get a lot right, the Bene Gesserit in particular. Unlike most stories with prophecies, “Dune” is cynical — the prophecies were likely implanted by Bene Gesserit for alternative motives thousands of years prior. They are always plotting, controlling, using subtle manipulation tactics and selective breeding to further their aims and leverage soft power. The film also captures Paul’s inner turmoil



Photo courtesy of Warner Bros. Pictures

Rebecca Ferguson portrays Lady Jessica, Paul’s mother, in “Dune: Part Two.”

quite well — “Dune” doesn’t follow the typical “hero’s journey” narrative. Paul knows that his fate has been shaped by others attempting to control him and the Fremen, plotted over centuries by the Bene Gesserit. He doesn’t think he is supernaturally ordained by prophecy and feels conflicted about becoming a white savior or messiah to people who deserve a leader from amongst their own ranks.

Regardless of whether you’ve read the book or not, the second installment is well worth watching for the visuals and action alone. I recommend

seeing it in IMAX. There are strong performances from Austin Butler and Florence Pugh, and honestly Timothée Chalamet did a better job than I thought he would. I initially felt that he lacked the depth required to play a character as complex as Paul Atreides.

“Dune: Part Two” is a particularly strong adaptation for non-book readers as the world is engaging and can only entice more people to read Herbert’s source material, which has long deserved to hold the same reverence in public consciousness as other space opera franchises.

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A Taxing Proposition

By Ben Schwalb
Humor columnist

Every year around this time, the Internal Revenue Service gets our spring off to a joyful start by extorting a portion of our income so that Uncle Sam will have enough money to fund programs that don't work and build roads to homes that we can't afford.

Now, before you get all down on the IRS, let us not forget that they give us a tax credit of \$2,000 for each child, which they believe will offset a year's worth of child expenses, which just goes to show that IRS employees don't have children.

If you go to the IRS website, you'll find plenty of simple, easy-to-use forms that make paying taxes a cheerful experience.

Why, just look at this partial list of easily understandable forms:

Form 706GS(D-1) – Notification of Distribution from a Generation-Skipping Trust

Form 976 – Claim for Deficiency Dividends Deductions by a Personal Holding Company, Regulated Investment Company, or Real Estate Investment Trust

Form 8817 – Allocation of Patronage and Nonpatronage Income and Deductions

Form 8865 (Schedule K-1) – Partner's Share of Income, Credits, Deductions, etc.

Form 3621-A – Computation of Net Operating Loss Deduction for Intervening Years Modifications

This got me thinking: is tax filing required? I consulted tax lawyer Manny Mustaykz, a member of the Association of Lawyers Who Place Large Ads in Phone Books, and he told me that filing a tax return is not necessary, as long as you don't mind going to jail.

Sources say that the best form of tax write-off is a mortgage. This is why my friends were less than enthusiastic when I paid off my house. "Without a mortgage, you have no tax write-off," they told me, in the same tone of voice they would use to tell a 4-year-old not to poop in the yard.

The idea that you will save money by paying a mortgage is ridiculous, and I will illustrate with an example. If you're not good at math, don't worry — I am writing this slowly so everyone will be able to understand.

A mortgage consists of principal (the part that goes toward paying for the house) and interest (a fee that mortgage bankers charge and which they richly deserve because they are such nice, caring people). You can deduct the interest (but not the principal) from your adjusted gross income by listing it in IRS form

Schedule A. However — and this is where it gets tricky, so please pay attention — the amount you get back is only a fraction of the interest. What fraction? The percentage of income that you pay in federal and state taxes.

Let's say you pay 22% in federal income tax and 7% in state income tax (for a total of 29%), and your mortgage interest last year was \$20,000. Your tax savings would be 29% of \$20,000, which is \$5,800. Net loss: \$14,200. But none of my friends seem to be able to grasp this, so I can only conclude that they have the IQ of toe cheese.

Oh, and you get that deduction only if you itemize! If you use the standard deduction (which most of us do), you don't get to write off any of your mortgage interest! Now, if any of you still think that paying a mortgage has tax advantages, please email me and I will send you the number of my shrink.

OK, I'm not saying that I'm smarter than you. I openly admit to being clueless about a few things, such as tact, dating, fashion, manners, discretion, couth ... OK, it's more than a few things. So I'll cut you some slack for being unable to do basic math. I only wish people would cut me the same slack when I tell my date that our waitress is cute.

Film Festival Set For April 4-7



For over a decade, the Annapolis Film Festival has not only been a showcase of cinema but also a catalyst for change, a mirror that reflects the world and our shared humanity. Over 12 years, the festival has nurtured a sense of belonging, inspiring artists to create, audiences to connect, and storytellers to amplify their voices. That

mission will continue during this year's festivities at numerous locations around Annapolis from April 4-7.

More than 70 films will be featured this year. For Annapolis, it's a time when the streets come alive with the magic of cinema, drawing in visitors from near and far. The activity boosts local businesses, celebrates Maryland culture, and showcases Anne Arundel County as a thriving hub of creativity and diversity.

The Annapolis Film Festival isn't merely about the films on the screen; it's about the conversations in the lobby, the friendships forged in line, and the tears and laughter that resonate through the darkened theaters. It's a place where the art of storytelling transcends boundaries, allowing people to see the world through the eyes of others. It fosters empathy, sparks dialogue, and empowers everyone to make a difference.

This year's slate of films was set to be announced in early March. To learn more, visit www.annapolis-filmfestival.com.

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Joanne Shaw Taylor Talks Upcoming Concert At Rams Head

**Blues Singer, Guitarist
To Perform April 12**

By Zach Sparks

zach@severnaparkvoice.com

British blues singer-songwriter and guitarist Joanne Shaw Taylor is touring the U.S. in advance of her new album, "Heavy Soul," which will be released June 7 via Joe Bonamassa's Journeyman Records. In the meantime, she is releasing songs from the album individually and coming to Rams Head On Stage in Annapolis on April 12.

Discovered by Dave Stewart of the Eurythmics when she was 16 years old, Taylor has earned praise from Jimmy Cliff, Stevie Wonder, Annie Lennox and other musicians.

The Severna Park Voice caught up with Taylor in late February before her U.S. tour started. This conversation was condensed for print. Read the full version at www.severnaparkvoice.com.

SPV: The album "Nobody's Fool" was a bit of a departure, a little more pop and rock driven than some of your previous blues albums. What inspired that evolution to branch into those genres but return to your blues roots on the "Heavy Soul" album?

JST: It was just for myself really because I had done the blues album, which was 10 or 11 traditional blues covers and then we did a live version of that, so they were the two most traditional blues albums I had done. So when it came to writing "Nobody's Fool" and doing an original album, I just felt like doing something completely different to be honest, and also, just having fun with it, you know? I just wanted to focus on writing the catchiest choruses I could and



Joanne Shaw Taylor is coming to Rams Head On Stage in Annapolis on April 12.

not worry too much about it fitting into a certain genre because, again, I had just done two very traditional blues albums. So it was really kind of a fun one for me.

SPV: You have also talked about each album being this snapshot of where you were in a given year, so when you were writing "Heavy Soul," it sounds like that snapshot was of you being a mature woman, comfortable in her own skin?

JST: Yeah, it was just kind of interesting to come to that revelation really of all the things I wrote about when I was 22, and maybe it was more about relationships and realizing 20 years later you have a different view-

point on those relationships because you have changed a lot as a person and I'm sure you appreciate being nearly 40 is different to being 20. So same person but different. So it was fun to readdress a lot of those same emotions and how they've changed.

SPV: Do you have a favorite track on the new album?

JST: Probably "Wild Love." I really enjoyed that one. It's also different. It's a lot funkier, so it's a fun one to play live. I love the written part. We had a lot of fun shooting the video.

SPV: You have had some special collaborators like Dave Stewart and Joe Bonamassa, so beyond

that, are there big-picture goals you want to achieve or collaborations you want to have with other musicians?

JST: I think I would like to start writing for other musicians. I've always predominantly wrote for myself. I think that will be an interesting challenge for myself at this point. Because I sit down and write a song specifically for me, something I have gone through, something I want to sing about, so I think it will be an interesting challenge to see if I can write for someone else about what they are going through and what they want to say, sort of use their voice I suppose. I think that would be an interesting step forward for me.

SPV: Rams Head is an intimate venue, which suits your style well. What can longtime fans of yours and some people who aren't as familiar with your music expect in April?

JST: Well, a good mix of blues, rock and soul. Lots of guitar playing. A few stories in between. I like to connect with the audience and let them know what the songs are about because I think it maybe helps them sometimes. So many times, you hear a song and think it's about one thing and it's about something completely different. So yeah, just a good time and good live music.

SPV: Is there anything else you would like people to know?

JST: The new singles are out there that they can see online and just really looking forward to the U.S. tour and playing songs for the fans.

To learn more about the show or purchase tickets, visit www.ramsheadonstage.com/events/detail/520858.

Della Notte Brings Savory Italian Classics To Cape St. Claire

» Continued from page 49

gave the steak rolls (\$13.99) a glowing review and we needed no further persuasion. Her recommendation proved to be on point. The large, fried steak rolls were generously stuffed with chopped ribeye and caramelized onions, and they were served with truffle aioli and spicy ketchup. Other appetizers available included meatballs, buffalo wings, oysters and more.

Selecting our main courses required a little more deliberation, as the menu had plenty to offer. For those seeking something lighter, salads, soup and sandwiches are offered on both the lunch and dinner menus. Della Notte also features several pasta dishes including eggplant parmigiana and lasagna, and land and sea selections ranging from shrimp scampi and crab cakes to veal and chicken marsala.

I've been chasing after good gnocchi since my brother introduced me to the dish at an upscale restaurant in Charleston, South Carolina, roughly 15 years ago, so I was excited to discover

that Della Notte had three house-made gnocchi options on the menu. Though the Gnocchi al Pesto had my attention, I opted for the Gnocchi al Forno (\$19.99) and chose the bolognese sauce over the rosé. It was finished with ricotta cheese and fresh basil, topped with a blend of parmesan and mozzarella.

Scott gravitated toward the "From the Sea" section of the menu and settled on Fettuccine Mediterraneo (\$29.99) after learning Della Notte had just run out of lobster ravioli for the night. Our knowledgeable server was able to answer questions about specific menu items, which helped us make our decisions.

Shortly after we polished off the steak rolls and bread, we were served our entrees in generous portions. The gnocchi was love at first bite, as the soft dough dumplings were perfectly cooked and the bolognese was a worthy accompaniment. Scott also enjoyed his fettuccine, for which he had selected an alfredo sauce. Though the lump crab meat piled atop the pasta was ample, the three large shrimp and two scallops

in his dish left him craving more.

Our server was very attentive, refilling our drinks often and inquiring about how our food came out. We didn't hesitate when she offered us a dessert menu, but we did have difficulty deciding on a treat to share from among the eight enticing options listed. It seemed the sensible thing to do was to each select a dessert and share them both, so we passed over the tempting crème brûlée, chocolate lava cake and cannoli and settled on one of our favorites, tiramisu (\$7.99), and the skyscraper cake (\$13.99).

Both were large and nicely plated, not to mention tasty. An Italian classic, Della Notte's tiramisu featured sponge cake soaked in espresso, layered with mascarpone cream and dusted with cocoa powder. It did not disappoint, but it was pleasantly light and not overly sweet. The skyscraper cake featured New York-style cheesecake layered with chocolate cake and fudge frosting. We agreed the cheesecake was the star of this dessert, as its chocolate encase-

ment was good but very rich.

Overall, we enjoyed the food and service at Della Notte and were glad to have tried the new local Italian establishment. Della Notte would be a good option not only for date night but also for work luncheons, family dinners and other occasions both casual and celebratory.

Della Notte Restaurant & Wine Bar is open seven days a week for lunch and dinner. The restaurant also offers online ordering for takeout. To learn more or browse a full menu, go to www.dellanotterestaurant.com.

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Chamber Update

Liz League
CEO
GSPACC



Please give a warm welcome to our newest members and enjoy reading about all the small businesses that make our community the best place to live! Find them in our

directory at www.gspacc.com.

Vital Sign Home Care (new bronze member) – Vital Sign Home Care provides supportive in-home care services specializing in Alzheimer's and dementia care, hospice care, post-surgery and rehab care, ALS and Parkinson's, respite care, fall prevention, stroke care and veterans' home care.

(www.vitalsignhomecare.com)

Edward Jones – Michael Weller – Marine Corps veteran Michael Weller brings teamwork and perseverance to his position as a financial advisor. Anchored in trust and integrity, his approach at Edward Jones prioritizes personalized client service.

(www.edwardjones.com/michael-weller)

Peake Speech Therapy and Consulting – Michael Molinaro is dedicated to offering families and professionals transformative, evidence-based intervention of the highest quality. His focus areas are autism spectrum disorders, executive function, fluency, social communication and sound disorders, and literacy.

(www.peakespeechtherapy.com)

Calla Brown Management Services LLC – Kiesett's Home Selling Team represents the region's finest properties with exceptional skill using the most innovative technologies currently available.

(www.callabrownrealty.com)

La Posta Pizzeria & Italian Kitchen (Rejoined) – La Posta Pizzeria & Italian Kitchen is the result of the experienced restaurateurs Charlie Priola and wife, Susie Priola. The restaurant offers wood-fired Neapolitan pizza and an open kitchen with a simple but complete and delicious menu.

(www.lapostapizzeria.com)

Punk & Boone Bridal – Cofounder Logan "Punk" Boone walked down the aisle in 2022 and decided it was fate that she open a bridal salon. Punk & Boone Bridal has curated the top designers in the business for its dresses and accessories. This business will open soon in Park Plaza.

(www.punkandboonebridal.com)

Haas and Sons Electric Inc. (new silver member) – Owner Chris Haas started his company to provide fantastic service with electricians who arrive on time in their fully stocked trucks and are always prepared. Whether you are a home or business, you will receive cost-effective, safe and professional electrical services in Anne Arundel, Howard and Montgomery counties, and Haas and Sons Electric guarantees its work for five years.

(www.haasandsons.com)

120 Wellness & Herb House – Located in Millersville, its mission is to help people heal and recover naturally through

noninvasive treatments, nutrition, detoxification and supplementation. Services include but are not limited to massage, muscle testing, natural physical, IV therapy, reflexology, Reiki, Kinergetics, reset, touch for health, cranial sacral therapy, Shekinah healing and prophetic counseling.

(www.120wellness.com)

The Langert Commercial Group – National commercial real estate advisor and attorney Evan Langert is the managing director of The Langert Commercial Group, a full-service commercial real estate advisory firm brokered by Douglas Realty LLC.

(www.thelangertgroup.com)

History Alive Inc. – Mary Ann Jung is an award-winning actress and Smithsonian scholar who has appeared on CNN, the "Today" show, "Good Morning America" and in newspapers around the world as famous women from history. She has been a lead actress and director of renaissance history and Shakespearean language at the Maryland Renaissance Festival for over 30 years. Characters include Queen Elizabeth, Julia Child, Clara Barton, Amelia Earhart and many more!

(www.historyaliveshows.com)

The FaceBar Aesthetic Medicine – As Pasadena's first med spa, the FaceBar has a team of talented and experienced professionals who combine advances in medical technology with their expertise and passion for medical aesthetics to exceed all expectations.

(www.facebaram.com)

Pasadena Wine and Spirits LLC – Located at the cusp of Severna Park and Pasadena, this wonderful store has everything you need in adult libations. This newly renovated store carries a huge variety of wines, beers and spirits from all around the world. It also has a walk-in cigar humidor.

(www.pasadena-ws.com)

Drip On By The Bay Mobile IV Therapy – Enjoy rehydration, optimal health, rejuvenation, revitalization and reinvigoration that can dramatically enhance your overall wellbeing, all in the comfort of your home or office.

(www.driponbythebay.com)

Your Pool Swim School/Crossing Currents – Your Pool Swim School (YPSS) began in 2020 as the mobile division of Crossing Currents Aquatics - a trusted provider of aquatic programming since 2013 in Annapolis. YPSS is excited to enter its fourth season providing the gold standard of learn-to-swim programs with its dedicated American Red Cross water safety instructors!

(www.yourpoolswimschool.com)

U Relax DMV Movers LLC (new bronze member) – With over 11 years of expertise in the Virginia, Maryland and Washington, D.C. areas and beyond, U Relax Moving is committed to providing top-standard, efficient and affordable office moving services. The company provides transparent pricing, expert movers, state-of-the-art equipment and customer service that you will not get from a national company.

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Using AI To Level Up Your Financial Literacy

Jason LaBarge
Financial Advisor
and President
LaBarge Financial



Alexa, what's the temperature right now? Hey Siri, set a timer for 10 minutes.

Many of us enjoy the conveniences that AI-powered assistants provide us when helping with

everyday tasks. We love that Alexa and Siri can set a timer for us so we don't burn our dinner or tell us what the temperature is so we know whether we need to put on a coat before we step outside. But newer developments, such as OpenAI and its tools like ChatGPT, have created growing concerns about how artificial intelligence will impact data security, confidentiality, intellectual property and compliance, not to mention reports suggesting AI could contribute to more layoffs in 2024.

When you start talking about the possibility of AI replacing human workers, that's when people become downright scared. That's when AI becomes more than just a handy tool for creating calendar reminders or setting alarms. It becomes a new wave of technology with the potential to change the fabric of our society.

While a lot is still unknown about AI, especially with newer tools like

OpenAI's ChatGPT, the reality is that AI is here to stay and will only become more prevalent in our lives. Don't let that scare you, though. AI is a powerful tool that can have a positive impact on our lives. One way it may be able to help us is with our finances.

Use AI as a Tool for Free Financial Education

Think of AI-powered tools like ChatGPT as Finance 101 or "Personal Finance for Dummies." You can use it to your advantage by educating yourself and discovering strategies for ways you can potentially improve your own financial situation. You can start by simply asking questions about taxes, health insurance or tips for proper budgeting. Tackling the basics first can help you gain more control over your current financial situation.

Then you can take your education to the next level by diving into more complex topics that can support your long-term financial goals. Want to retire someday? To do so, you have to plan for and start taking steps toward that goal decades in advance. Do you want to know something troubling? More than half of Americans feel behind with their retirement savings. Even more disheartening is the fact that one in five Americans don't think they'll ever be able to retire. A huge part of this problem is that people

» Continued on page 58

Brett McCone Appointed Senior Vice President Of Finance At UM BWMC

The University of Maryland Baltimore Washington Medical Center (UM BWMC), a member organization of the University of Maryland Medical System (UMMS), has appointed Brett McCone as the senior vice president of finance. McCone will oversee the organization's financial operations, drive innovative strategies, and nurture growth and financial sustainability. He will also work closely with UMMS leadership to ensure UM BWMC's continued growth initiatives align with the system's larger strategic priorities.

McCone brings a wide array of experiences in health care financial management, health policy and advocacy to UM BWMC. He has extensive experience serving as a hospital field expert on reimbursement, financial and capital planning, service line analytics, cost assessments, and legislative and regulatory matters.

"We are thrilled to have Brett McCone join our leadership team," said Kathy McCollum, president and CEO of UM BWMC. "His strategic approach to financial performance will play a pivotal role in expanding our care services across



Brett McCone

the region and supporting our greater mission and vision. He is a proven leader who shows great respect for the people of Anne Arundel County and the state of Maryland, and I am confident that his strong track

record of creativity and compassion will serve UM BWMC and our community well."

McCone comes to UM BWMC from the Maryland Hospital Association (MHA), where he served for nearly a decade, most recently as the senior vice president of health care payment. In this role, McCone led MHA's work on health care payment matters and advocated for MHA's member hospitals. Prior to joining MHA, McCone was a managing director in KPMG LLP's Healthcare Advisory Services practice, where he led major consulting engagements with some of the largest health care providers in the mid-Atlantic.

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Time For Financial Spring Cleaning?

Brian Conrad
Financial Advisor
Edward Jones



environment, as well.

Here are some suggestions for doing just that:

Improve your vision. Once the days are warmer and longer, you may want to get outside and clean all the winter grime and smudges from your windows, allowing you to see the world more clearly. And you may want to bring more focus to your financial vision by asking some key questions: “Is my investment strategy still appropriate for my needs, goals and family situation? If not, what changes should I make? And am I prepared for changes in my life, such as health challenges or a need to retire earlier than planned?” The answers to these and other questions can help you clarify where you are, in terms of your financial picture, and where you want to go.

Declutter. As you look around your home, you may find things such as expired health care products, old prescriptions, ancient cleaning solutions, and so on, in addition to duplicate household items (how many blenders do you really need?) and non-working equipment — printers, laptops, etc. Most people find that eliminating this clutter gives them a good feeling — and more livable space. As an investor, you can also find clutter in the form of redundant investments — for example, you might own several nearly identical mutual funds. You might be better off selling some of these funds and using the proceeds to find new investments that can help you further diversify your portfolio. As you may know, diversification is a key to investment success, but keep in mind that it can't prevent all losses.

Plant seeds of opportunity. Whether they're planting camellias and crocuses or carrots and cilantro, gardeners are

Spring is almost here, which means it's time for some spring cleaning. This year, in addition to tidying your home and surroundings, you might want to consider sprucing up your financial

busy in the spring, hoping their efforts result in lovely flowers and tasty foods. And when you invest, you, too, need to plant seeds of opportunity in the form of investments that you hope will grow enough to enable you to make progress toward your goals. So, you may want to review your portfolio to ensure it's providing this growth potential, given your individual risk tolerance.

Reduce dangers. You may not think about it that much, but your home and surroundings can contain potential hazards. You might have ill-fitting caps on cleaning products with toxic chemicals, or sharp cutting instruments protruding from shelves in your garage, or heavy, cracked tree branches hovering close to your roof. Spending some time on a spring-cleaning sweep can get rid of these dangers — and devoting time to considering the possible threats to your financial security, and those of your family, can pay off, too.

For starters, review your life insurance to determine if you've got enough. Your employer may offer some coverage as an employee benefit, but it might not be sufficient, so you may need private coverage. And the same is true for disability insurance, because if something were to happen to you, and you couldn't work for a while, you'd still want to protect your family's lifestyle.

Spring is a great time for brightening your physical space — and your financial one, too.

Brian Conrad is a 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.

This article was written by Edward Jones for use by your local Edward Jones financial advisor.

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Brian Conrad Receives Certified Exit Planning Advisor Designation

Financial advisor Brian Conrad of the financial services firm Edward Jones in Severna Park has received the Certified Exit Planning Advisor, or CEP, designation through the Exit Planning Institute.

This designation provides specific education on how to help business owners have a successful exit by discussing business readiness, strengthening personal financial strategies and aligning them to personal goals. The course of CEP study expands a financial advisor's knowledge base in the following business-focused areas: exit planning considerations for business owners, the importance of business valuation, personal financial management, and estate and charitable intent strategies.

Conrad's office is located at 479 Jumpers Hole Road, Suite 202, in Severna Park. Conrad and branch office administrators Nicci DeAngelo and Melissa Hale can be reached at 410-544-8970. For more information, visit www.edwardjones.com/brian-conrad.

McCone Appointed At UM BWMC

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“I am excited to join the UM BWMC team and leverage my previous experience with financial and capital planning to help the organization further expand its academic medicine footprint,” McCone said. “As a longtime resident of Anne Arundel County, I've witnessed UM BWMC's commitment to the health and well-being of the community. I'm eager to help drive fiscally responsible innovations that will help UM BWMC continue to meet the long-term care needs of the people it serves.”

McCone received his bachelor's degree from Johns Hopkins University, and he received a Master of Health Science degree in health finance and management from Johns Hopkins Bloomberg School of Public Health. A longtime member of the Health Care Financial Management Association, he is the regional executive for 2023-2024 and was previously president of the Maryland chapter. McCone serves as the committee secretary for Boy Scout Troop 450 in Severna Park and is an active member at Severna Park United Methodist Church.

Chamber Update

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(www.urelaxmoving.com)

GoXaaS.com Incorporated – Founder Nic Garner invites you to welcome the Dream Project into your retail location, offering a unique opportunity to pair local products with your clientele and be featured in a documentary about Maryland's small-business owners. This game-changing model provides local product deliveries, financial perks and a mini-documentary on your brand, enhancing your business and community impact — all while driving customer traffic.
(goxaas.com)

Anne Arundel County Food Bank – Founded in 1986 to distribute food to community partners throughout Anne Arundel County, AACFB continues its commitment to providing free food and basic necessities to under-resourced residents, working alongside county and state governments to address food insecurity throughout Anne Arundel County. AACFB's 76 network partners operate food pantries, baby and senior pantries, and onsite feeding centers at 115 distribution points across the county.
(www.aafdbank.org)

We held two ribbon-cutting celebrations this month. The first was the launch of Employ and Relate's “HR in a Box” affordable human resources services presented by owner Tameaka Shelton. We also gathered for the rebranding of DodgeArrows Annapolis Games and Events and celebration of its one-year anniversary with owner Louben Repke.

Our Wellness Business Connections group held its monthly meeting at **StretchZone in Severna Park**. We were treated to stretches using StretchZone's proprietary system, and everyone agreed that they felt relaxed and pain-free as a result.

Our Successful Women in Business “First Cup Club” enjoyed a delicious breakfast and great networking at **The Lash Lounge in Annapolis**. The owners are opening their second location in Crofton, and we look forward to a ribbon-cutting event.

Mark your calendars for our spring Shop Local Fun Festival on May 4 from 11:00am–3:00pm at Park Plaza!

For more information about the chamber and our events, please visit www.gspacc.com.

Using AI To Level Up Your Financial Literacy

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simply don't understand what goes into retirement planning. That's why education is crucial.

You could start by typing a question into ChatGPT like, “What are some crucial components of a healthy retirement plan?” You'll receive a comprehensive list within seconds. It'll give you a thorough overview of savings, investments, debt management, health care planning, tax efficiency and more. And if there's something in the list you want to know more about, you can ask ChatGPT about any of those specific areas. If you're like most people, all you know is that every year you have to file taxes. The concept of tax efficiency is probably foreign, but a quick ChatGPT

search can give you a wealth of information at your fingertips.

If you open up your mind to a little exploration, you may be amazed at how much you can learn about finance with AI. You can instantly tap into any area you want, whether it's understanding the stock market, Roth conversions or 401(k)s. And it doesn't have to take up a ton of your time. A few minutes every day or a half hour twice a week will move the needle.

Then, once you've got some basic knowledge under your belt, take the next step by reaching out to a financial advisor who can help you design a holistic financial plan. Remember, while it may be a great tool for getting started, AI should not be the

end-all, be-all place for obtaining sound financial advice. Only a human can create a plan tailored to your unique situation and with your financial goals in mind.

Risk Disclosure: Investing involves risk including the potential loss of principal. No investment strategy can guarantee a profit or protect against loss in periods of declining values. Past performance does not guarantee future results. This material is for information purposes only and is not intended as an offer or solicitation with respect to the purchase or sale of any security.

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