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SEPTEMBER 2020

Garry's Grill, Vic Vegas Partner For Charity Event



By Elizabeth Spearman

Celebrity Chef Vic Moea, known as Vic Vegas, has always had a lot on his plate, whether he was vying for the title of Food Network Star or "Chopped" champion. His newest endeavor will bring him to Garry's Grill on September 26th.

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Opening A Business During A Pandemic

SP Kitchen & Bath, Covid Safety Among New Businesses



By Zach Sparks

zach@severnaparkvoice.com

Clayton and Jennifer Chavis had spent more than 20 years as kitchen and bath designers, working up to January 2020 when they felt ready to leave their jobs to start Severna Park Kitchen & Bath in the Park Plaza shopping center.

"A couple of weeks later, it was lockdown," Jennifer said. "We still had a lot of hurdles, but we really just hit the ground running."

The first-time business owners initiated Zoom calls with potential clients. Clayton delivered samples to homeowners. Together they did anything possible to spread the word about Severna Park Kitchen & Bath, which was without a showroom.

"If someone is spending \$30,000, they want to see our stuff," Clayton said.

They relied on referrals and were fortunate to have relationships with contactors, designers, architects and builders from their time at the J.F. Johnson Lumber Company. Still, it was tough to open. Everything from securing vendors to buying office chairs became a challenge.

"The inspections, our fire mar-

shal, everything was pushed back several weeks," Jennifer said.

Clayton and Jennifer credit their faith and confidence for keeping them optimistic. They also had help from business partner Pat Gilmore and from Chartwell resident Kristy Wallace, who is a designer for the company.

Severna Park Kitchen & Bath and its showroom are now open by appointment only. Clayton and Jennifer are taking their slogan — Dream. Design. Deliver — and helping homeowners make their vision a reality, just as they did for their business.

"We're a conduit to their dream, and it's a journey for every client, finding the right fit for their budget," Clayton said. "We're not Home Depot. If they're looking for the cheapest price, they will find it. But most people are willing to pay a local place to do a quality job, because they won't find that at a big-box store."

The Chavis family isn't alone among first-time Anne Arundel County business owners. Candace Pruett, a business consultant with the Small Business Development Center, has seen three types of people starting businesses during the pandemic: those who are seeking self-employment because they are concerned about their job or because they see a new opportunity, those who are looking for a side

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Clayton and Jennifer Chavis started Severna Park Kitchen & Bath to help homeowners make their vision a reality.



Sherry Leikin (left) and Sue Wright formed Covid Safety, wanting to see schools and businesses operating again.

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Margueritte Mills
Volunteer
Of The Month

Richard Brooks Creates Drive-Thru Food Distribution System

By Haley Weisgerber

From the time he was 20 years old, Severna Park resident Richard Brooks has felt that he is spiritually called to serve others.

Brooks is originally from Ohio, where he was a member of the Church of the Brethren and spent a few years volunteering with the Brethren Volunteer Service, a full-time volunteer program that sends men and women on one- to two-year assignments across the nation and some locations across the world.

Brooks was first assigned to a town devastated by a tornado in Mississippi, and then to New Windsor, Maryland, in Carroll County.

"Getting into that organization brought me into Maryland, and I stayed when I finished up my term," said Brooks.

Brooks worked at a pump company in Taneytown for 39 years until he retired. Afterward, Brooks and his wife wanted to settle down in a town that was close to a bike trail. The Baltimore & Annapolis Trail drew them to Severna Park.

Brooks' proximity to the trail came in handy when his riding drew his attention to an area in need.

"My wife and I joined Friends of Anne Arundel County Trails and we adopted a flowerbed in Glen Burnie," said Brooks. "We fixed the flowerbed up the first year and we spent a lot of time going up there. We noticed that there were some folks sleeping on benches or carrying everything they owned. We just kind of thought it would be a good area to give away some food."

Brooks and his wife set up a food distri-



bution box in their flowerbed for people in need. Once a week, the couple would purchase enough food for a few people and leave it in the distribution box. Though it is mostly anonymous, Brooks has met a few people who have told him that this small gesture has impacted them in a big way.

When members of their church, Unity by the Bay in Annapolis, heard about their efforts, they began to donate food and even take over distribution when Brooks and his wife are away.

"The people at Unity have really helped us to expand it," said Brooks. "We now do it every second day."

Unity by the Bay is one of 12 churches that support My Brother's Pantry, a food relief organization that serves the Broadneck peninsula.

"They had not yet signed up with My Brother's Pantry at that time, but they had asked me to be the outreach coordinator, and one thing we looked at was helping people in need of food," said Brooks. "Unity of the Bay is on the edge of the Broadneck

peninsula, so it was really suitable for Unity to help with My Brother's Pantry."

Each month, one of the churches and their team of volunteers takes over distributing and organizing food donations. In April, at the beginning of the COVID-19 pandemic in Maryland, Brooks and Unity by the Bay were in charge.

"April was a very interesting month," said Brooks. "We were dealing with a lot of change because of the health conditions and COVID."

The pantry, which is located adjacent to College Parkway Baptist Church, did not have the appropriate space for social distancing. Brooks' first step was to cut the regular team of about 10 volunteers to two. He also created a contact-free drive-thru system for distribution day and a safe delivery system.

"Before the distribution, Rich and his wife eliminated the normal working party and packed all grocery bags for 137 households and 346 individuals," said My Brother's Pantry volunteer Ken Yargus. "Rich then called every client who missed their food distribution, made appointments and opened the pantry repeatedly to serve them. Rich also served 16 emergency clients and delivered food and masks to several who lacked transportation."

Brooks' favorite thing about volunteering with My Brother's Pantry is meeting the clients and hearing their stories.

"I feel like I get a gift, just by working there, from the clients," said Brooks.

To contact My Brother's Pantry, visit www.mybrotherspantry.org or call 410-757-5190.

Chartwell's To Launch Little Free Library

The Chartwell community's first "Little Free Library" will launch with a public ribbon-cutting ceremony on Saturday, September 12, from 1:00pm to 3:00pm at 503 Heavitree Lane in Severna Park (near the corner of St. Ives Drive). Severna Park resident Susan Mahaffee and her 6-year-old son, Peter, will host the event and have invited county council members and fire department officials to attend.

The celebration will include an Anne Arundel County fire truck, story-time with giveaways, a Kona Ice truck, and kids goodie bags.

Little Free Libraries are a global phenomenon. The small, front-yard book exchanges number 36,000 around the world in 70 countries — from Iceland to Tasmania to Pakistan. Now, a new Little Free Library at 503 Heavitree Lane will join the movement to

share books, bring people together and create communities of readers.

"Reading has always been a passion of mine," Mahaffee said. "When I was a little girl, I played 'library' with my younger sister where I would catalog books and ask her to check them out. I used the money I earned from my report card to buy additional books that kept my little library blossoming. To this day, I often give books as gifts to family and friends and believe that now, more than ever, kids should be exposed to the experience of learning to use their imagination that only books can create."

Each year, nearly 10 million books are shared in Little Free Libraries. To learn more, visit www.littlefreelibrary.org and the Chartwell Little Free Library Charter #94074 page on Facebook.

Food Pantry Reopens

The Society of St. Vincent de Paul food pantry has reopened at St. John the Evangelist Roman Catholic Church in Severna Park after a brief hiatus due to the coronavirus pandemic. The organization serves food and provides limited financial help with utilities (cut-off notice required) and eviction (if the person has been to court and has a notice signed by a judge). Pantry hours are Tuesdays and Fridays from 10:00am to noon, by appointment only. If you or someone you know needs assistance with food or finances, call 443-261-0109 or email svpa@stjohnsp.org.

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Severna Park Residents Support Special Cause In CRAB Regatta

By Alyson Kay

The Annapolis area's Triple Crown of charitable boat racing kicked off with the 13th annual CRAB Cup August 15, attracting several Severna Park residents to compete and fundraise for Chesapeake Region Accessible Boating (CRAB). The other two races are the Leukemia Cup on September 5 and the Hospice Cup on September 19.

CRAB provides accessible sailing opportunities to people with disabilities, injured veterans and at-risk youth.

Despite the pandemic, CRAB gained new sponsors and raised more money this year than it has in the history of the race, up 50% from last year's race. Eighty-nine boats competed in the event.

This year, a fleet of six of CRAB's adaptive boats participated in the event, each captained by a person with a disability. Half of the CRAB skippers were veterans.

Built more for stability and safety than speed, the 22-foot CRAB boats usually end up in the back of the pack. But this year's course and weather conditions provided an ideal environment for them to shine. Five of the six CRAB boats finished in the top 10. The winning boat, CRAB 6, was captained by stroke survivor and retired Navy Rear Admiral Tim McGee. Along with a crew of fellow all-American dinghy sailors who graduated from the U.S. Naval Academy, McGee sailed into a narrow victory against the Quintet, captained by Severna Park resident Mike



Photo courtesy of Will Keyworth/SpinSheet Magazine

Patrick Hylant's Pegasus boat overtook Don Snelgrove's Himmel at the 2020 CRAB Cup.

Miller, the first time in the history of the race that a CRAB boat has won the cup.

The light current and steady eight-to-10 knot winds that helped the CRAB boats also benefitted the relatively slow Quintet. Miller, a member of the Chesapeake Racer Cruiser Association, has raced in every CRAB race since its inception.

Although he is not going for the Triple Crown this year due to relatively small fundraising, Miller still intends to sail in all three charity races and enjoys competing against the dozens of boats that participate, especially the new and casual racers attracted by the relatively short, simple courses.

"It's fun to see other people getting out and enjoying racing who don't usually do that," Miller said.

Dan Flagler, CRAB's fleet director, has been racing his boat, the Flagfest, since 2007. For the past three years, he's raced in all three Triple Crown races. The CRAB Cup is special to him because of the race includes people with disabilities.

"It's total inclusion in the event," Flagler said.

Patrick Hylant, captain of the Pegasus, intends to go for the Triple Crown this year, his first time competing in the whole series. For him, the ability to compete as a team with friends is what draws him to

the races.

"We can just go out, sail against each other," Hylant said. "It's light. Fun. Informal."

Don Snelgrove, a member of the Round Bay Sailing Association, has been racing since 2002 and has participated in most CRAB Cup races since 2012. The social aspect of racing is important to him.

"I've had a chance to meet some really good folks that have become, in some cases, my best friends," Snelgrove said.

The after-party was canceled and the raffle was made virtual, a difficult decision that CRAB executive director Paul "Bo" Bollinger said was best for the safety of the participants.

"We didn't want to put our guests in that position," Bollinger said.

One challenge for the participants this year was figuring out how to fundraise while being unable to meet with people in-person.

"We were heavily reliant on social media this year," Hylant said.

Normally, Bollinger doesn't get to see most of the race because he's busy preparing for the after-party. This year, he was able to motor out into the harbor in his boat with CRAB president Brad LaTour and CRAB title sponsor Rick Volker to see the race for the first time on the water.

"When you see 89 boats doing that and the big boats flying their spinnakers, it's really a beautiful sight and exciting," Bollinger said.

COVID-19 And The Maryland Courts: Part 4

David Diggs
The Law Office of
David V. Diggs



This is my fourth update on how the COVID-19 pandemic is affecting Maryland courts, with a particular emphasis on our Anne Arundel County courts. As I write this on August 31, we are well into our fifth month of social distancing, sheltering in place and wondering when it all might end. Is that a light at the end of the tunnel or an on-rushing train, as Maryland tepidly reopens?

The Center for Systems Science and Engineering at Johns Hopkins University is reporting more than 24.8 million confirmed cases of COVID-19 globally, with 838,704 deaths. The U.S. has the largest number of known cases at over 6 million

cases and 184,353 deaths. So far, more than 3.1 million Americans have recovered from the virus. Check the data out for yourself at www.coronavirus.jhu.edu/map.html. The data is updated daily at 8:00pm.

In Maryland, we have had 107,294 cases, 3,746 deaths and 6,124 persons recovered. See www.coronavirus.maryland.gov. With 8,264 cases and 236 deaths, Anne Arundel County trails only Baltimore, Montgomery and Prince George's counties, along with Baltimore City. Our children are getting ready to start a new school year with online learning, at least for now. It's anyone's guess whether they will go onto school grounds anytime soon.

From mid-March through June, all state courts were restricted to emergency operations and largely closed to the public and lawyers. Most matters have been postponed and will be rescheduled. Essential personnel, which include administrative judges, court administrators and administrative heads, have been required to report to work. Administrative judges

are determining what cases may be heard with "remote electronic participation" or "can be rescheduled after the emergency period has ended" or "can be resolved without a hearing. Jury trials are suspended until at least October 5. How those 12 (for criminal cases) or six (for civil case) jurors will be properly distanced remains to be seen.

Since June, the courts have been slowly easing restrictions. As of August 31, Phase IV of the Maryland Judiciary's reopening plan took effect, and all matters are being heard except for jury trials. Parties, witnesses and attorneys seeking admission to our courthouses are subject to temperature checks and health screening. Masks must be worn at all times.

In the past six week or so, I have been to court on some emergency matters. It is a challenge to question witnesses through a mask, and I've actually had to catch my breath at times. It's also difficult to read to an opposing party, counsel and judges through them. Facial expressions tell us

much about the speakers' veracity.

At the Law Office of David V. Diggs LLC, we are still seeing few clients in person. We're spending a lot of time on the phone and we have eagerly adapted to some new technology, including Zoom conferences. We have even conducted depositions via Zoom. We are still able to come to the office because we are fortunate to be among the essential businesses "that support the judicial system." Certain members of our staff are teleworking, as they are able.

If you or a loved one have questions about the legal ramifications posed by the COVID-19 health crisis, you should consult with an attorney you can trust and who will assist you in making informed decisions.

David Diggs is your neighbor and legal counsel. If you need further information regarding this subject, contact The Law Office of David V. Diggs LLC at 410-244-1171 or david@diggsllaw.com. The law office is located at 8684 Veterans Highway, Suite 204, in Millersville.



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SP Native Plans To Build Health Clinic In South Africa

By Haley Weisgerber

In 2017, Severna Park native Liv Romano traveled to Zimbabwe to support elephant conservation. Within six months, she was back in Africa, this time in South Africa to volunteer in community health. That year, she fell in love with Africa, and knew that she would return one day to make a larger difference.

Now, Romano is moving to South Africa to establish a public health clinic and to fight human immunodeficiency virus and acquired immunodeficiency syndrome (HIV/AIDS.)

During the COVID-19 pandemic, Romano began to take her dream to move to Africa more seriously, and made the decision to get a master's degree in public health from Temple University and start her journey to become an epidemiologist that focuses on HIV/AIDS.

"I am one of those people that thrives in chaos, and COVID is no exception," Romano said. "COVID has helped me affirm that I wanted to be an infectious disease epidemiologist, and without it I wouldn't have made

this major career choice."

Romano's organization will be called LIV+, pronounced "live positive."

"I have bipolar 1 disorder and Liv+ was an idea born from my first manic episode in 2018," Romano said. "I was interning at the International Rescue Committee in my last semester at Towson University and I had to come up with a project idea for my internship. I came up with my community health and development organization, LIV+."

Romano said she was not in the condition to proceed with LIV+ at the time, but now she is ready to make it a reality. The clinic will have a background in mental health, and she hopes to also combat mental health stereotypes surrounding bipolar disorder.

Romano chose to open her clinic in KwaZulu-Natal, South Africa, a province feeling the effects of two pandemics. KwaZulu-Natal is the epicenter of the HIV/AIDS crisis and a hotspot for COVID-19. The two viruses are a dangerous mixture, as people diagnosed with HIV have compromised immune systems.

Romano said that education is a privilege, and she is lucky enough to have access to higher education. She recalled an instance where she had to explain germs and how they spread on surfaces to a nurse on her first

volunteer trip to KwaZulu-Natal. She intends to use her education to better the health care system in South Africa.

"I just think that there is a lot that I can teach to the South African community, but I know I'm going to learn way more than I could teach anyone," Romano said. "I hope I come back and I know that I am a better person because of my experience abroad."

To make connections before her clinic is built, Romano has applied to work with Doctors Without Borders, which is already established in South Africa.

She is currently working with a company called Container Homes Za to build the clinic, as well as a tiny home. Both will be made from a repurposed shipping container, which is sustainable and allows Romano to expand easily.

"There's a lot of room for expansion, which is what I want to do," Romano said. "I want to grow as an epidemiologist in South Africa and be a vital part of the community, because I have fallen in love with this community."

The clinic will act as a health education center while Romano establishes herself. Eventually, she would like to begin testing, administering vaccines and doing blood work.

"It's going to be a public health clinic for

anyone," Romano said. "We are going to start in education and community outreach. We will host HIV education seminars, child birthing classes, parenting classes, safe sex classes, and I have some teacher friends who want to help teach English."

Romano hopes that her clinic will make an international impact and that volunteers will come from all over the world to make a difference.

South Africa is currently on lockdown due to COVID-19. Romano expected to move before 2021, but she has decided to wait another year and continue to develop her plan and go to graduate school. In the meantime, she is working as a COVID-19 contact tracer and enjoys the work she is doing.

Romano plans to return to the United States after a few years in Africa. She hopes to run for public office and be the first person in her family to receive a Ph.D.

"I really want to leave an impact," she said. "I want to leave something for this world that I can be proud of and my family can be proud of. That is very important to me."

Romano has established a GoFundMe page where she will raise money for her clinic and provide updates on the clinic and her move.



Liv Romano

Warfield & Darrah, P.C.

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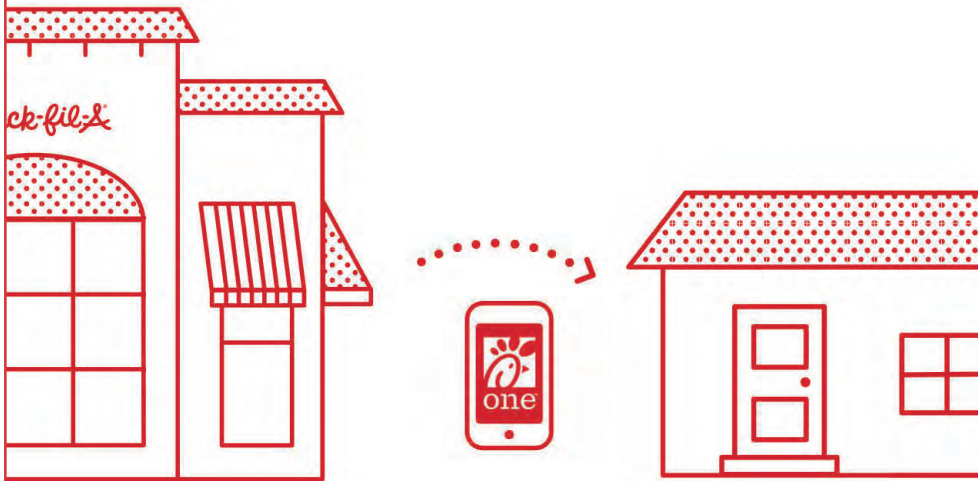
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Introducing The Drive-By Gala

By Sarah Elder
Executive Director,

Severna Park Community Center

I was recently invited to a drive-by baby shower. With all the drive-by activities happening during this unusual time we're living through, what a wonderful way to create a "virtual" yet in-person event to celebrate the birth of a youngster who will forever be tied to this incredible year.

Drive-by graduations. Drive-by parades of teachers to visit in-person, yet virtually, with their students. A way to connect, even if the hugs aren't readily available. A way to virtually remain a part of the lives of those you care about. It's one of the inventions of this unprecedented year that reflects the unbreakable spirit of people, even in the face of great obstacles.

And in this year of facing obstacles, the Severna Park Community Center has seen months of closure, cancellations, costly repairs and a slow struggle to find our way back to this new "normal." Struggles like repairing a pool during a time when available funds were stretched to their very limit. Struggles, just like everyone is facing now.

And so we wondered, how could we host an in-person gala this fall, our biggest fundraiser of the year, and ensure that everyone was still safe, in a time of COVID? Our annual event, normally hosted for more than 200, would need to wait until spring.

But with the center closed for so many months, this fundraiser was needed more than ever. Therefore, following on the lead of many drive-by events across our region and around the world, SPCC has launched what we believe is the first-ever drive-by gala event, scheduled for Saturday, October 24.

Because at the end of the day, we need those funds to operate. But even more, we really need to connect once again with our many friends in the region. Event guests will come in their cars and stop just briefly to be met at SPCC's entrance with a gala-in-a-box, delivered by masked special guest presenters, dressed to impress in full gala attire.

And because a gala fundraiser should be fun — live music, decorations, paparazzi and much more will greet guests as they arrive. More than a fundraiser, this event will provide us with a way to connect, from 6 feet, with those who haven't been able to make it back yet. We can't wait to see you! Even if it's just for a drive-by.

Severna Park Natives Reel In White Marlin Open Victory

By Haley Weisgerber

Two Severna Park natives won big during the White Marlin Open this August in Ocean City.

Brothers Mike Hatcher and Steve Wagner grew up fishing and crabbing on the Magothy and Severna rivers in Severna Park. The Chesapeake Bay and the Atlantic Ocean have been a huge part of their lives ever since.

Wagner has lived in Severna Park for over 30 years. He got his boater's license at 10, has had his captain's license for about 11 years and owned his first boat at 14.

Now, Hatcher co-owns PYY Marine in Pasadena, and Wagner is the manager and captains the PYY Fishing team.

The team is made up of Janine Samuel, Evan Winterbottom, Steve Salanik, Allen Stanton, Steve Channell, Roy Dove, Tom Faulkner, Brandon Cassady, Mick Young and Logan Wagner.

"In all of these tournaments, there is always a captain and an angler that get the recognition, but tournament fishing is a team sport," Wagner said. "Everyone on the boat has a duty and if they fail on their part, we fail. Everyone has a part in this."

Although the group has competed in many tournaments, the White Marlin Open is considered the world's largest fishing tournament because teams compete against the best fishermen in the world for record payouts.

"The White Marlin Open is the Super Bowl of fishing tournaments," Wagner said.

For the first time in 47 years, the White Marlin Open was extended due to the COVID-19 pandemic and Hurricane Isaias. Rather than competing three set days, the fishing teams were allowed to select three fishing days from August 3 through August 9.

"With this tournament, there were challenges right from the beginning," Wagner said. "Obviously, COVID was number one. The challenge of coordinating a tournament of this size during COVID was a big change. And then, on top of that, we added the hurricane in the mix. The hurricane came through on Tuesday, so that messed up fishing in the beginning of the week."

The hurricane brought rough seas, rain and fog through Saturday. Wagner and the PYY team fished Thursday and Saturday in rough conditions but remained positive that Sunday, the last day of the tournament, would bring them luck.

"The first two words that come to mind about this team is passion and dedication," Wagner said. "They will be there rain or shine. A huge part of fishing is having the right attitude, which leads to confidence."

On Sunday, the last day of the tourna-



Photo courtesy of Larry Budd

The PYY Fishing team posed with the 36-pound fish that won them the Small Boat Dolphin category at the 2020 White Marlin Open in Ocean City.

ment, the fog had cleared and the water was calm.

"It ended up being the perfect day for offshore fishing," Wagner said.

When they left the dock that morning, the team members knew that their best chance of winning was in the Small Boat Dolphin or Small Boat White Marlin categories. The weight to beat in the dolphin category was 28 pounds.

The team had just lost a white marlin when Wagner spotted the dolphin fish, which is commonly known as a mahi-mahi, from the tower on the boat. Immediately, the team knew the fish weighed more than 28 pounds.

The pressure was on for Stanton, the angler who reeled in the fish. A \$100,000 prize was on the line.

"Believe it or not, the fish did everything you want it to do," Wagner said. "The stars aligned. It wasn't a very dramatic fight. It just cooperated. But there were huge amounts of excitement. I can promise you that."

There was an hour and a half boat ride back to the scale for the team, which estimated that the fish weighed over 30 pounds.

"Any fisherman, especially anyone who does any kind of offshore, going to the scale at the White Marlin Open is what a fisherman dreams about," Wagner said. "If you see a fisherman daydreaming, they are probably daydreaming about the scale."

The dolphin fish weighed 36 pounds

and the prize money was estimated to be \$103,000.

The PYY team was the first to weigh in that morning. They watched as their catch overtook first place, and they anxiously awaited the rest of the boats. Though many teams came within a few pounds, PYY remained on top of the leaderboard for the rest of the day.

This win is not only a great accomplishment for the team but also for PYY Marine. The crew fished from a 2019 Cape Horn, a boat that can be bought at PYY. This proves that PYY Marine's products can perform in major tournaments.

Hatcher said the PYY team's dedication stems from his brother's own passion.

"If Steve didn't have the passion for waterfront or fishing lifestyle, he wouldn't have been able to put together a team of passionate people," Hatcher said.

Both brothers emphasized that this team is also supported by the community, including their marketing partners.

"The Fishing team would like to thank PYY Marine, the Allen Stanton Group and Tom Latta from Direct Mortgage Loans for all of their support," Wagner said. "Without them, this team would not be where it is today."

Next year, when the team returns to the White Marlin Open, they will have the determination and passion that it takes to be successful.

"This is the goal. We want to get to the scale every year," Wagner said. "There are still bigger fish to get on the scale."



MILITARY SPOTLIGHT

By Zach Sparks

It could take a lifetime for some travelers to see Albania, Turkey, Italy, Belgium, Sweden and Finland. For Erik Schuh, it took eight months.

A captain in the U.S. Air Force, Erik was assigned to the North Atlantic Treaty Organization (NATO) Kosovo Force (KFOR) headquarters at Camp Film City in the capital of Pristina, Kosovo.

Kosovo is a self-declared independent country in the Balkans region of Europe. NATO has been leading a peace-support operation in Kosovo since June 1999 in support of wider international efforts to build peace and stability in the area.

The headquarters oversees the operations of two NATO battle groups in Kosovo. Erik's branch is J5, specializing in strategic plans and policy. He worked directly for a German colonel and daily with officers from numerous NATO and European countries including Greece, Turkey, Germany, Austria, Finland, Sweden and many others.

The J5 branch was responsible for future NATO multinational troop manning at the two battle groups. "I would ask questions like, 'How many units do you have? How many troops do you want for next year?'" Erik said when asked to explain his duties.

"The whole reason you join the military is that you want to give back," he added. "Going on deployment is the fulfillment of your training, although there is a big difference between Iraq and Kosovo."

Erik returned to the U.S. in June 2020 to attend the Air Force's Squadron Officer School from July to August. He then joined RAND Corporation in Santa Monica, California, as part of an Air Force career broadening assignment called Education With Industry. There, he will participate in "think tank" operations forecasting long-term U.S. strategic policy.



Erik Schuh

The opportunity to travel the world has appealed to Erik since his youth. His father, Ron Schuh, was a retired Air Force lieutenant colonel fighter pilot who flew combat during the Vietnam War. During Erik's middle and high school years, the Schuh family sponsored Naval Academy midshipmen.

A 2011 Severna Park High School graduate, Erik had appointments to both the Air Force Academy and West Point along with Navy and Air Force ROTC scholarships to Penn State, George Washington and the University of Maryland. The choice was his to make.

"There was a push in an indirect way," Erik said of his father's influence. "Many of his friends owned airplanes. They would give me rides. The flights over the mountains of Utah were especially exciting. Growing up after my father had

retired from the Air Force, I didn't truly understand his life in the military, so by choosing the Air Force Academy, it has created a stronger bond between us."

Prior to Erik's assignment with NATO, he earned two master's degrees and spent two and a half years with the Air Force's F-35 Joint Strike Fighter Operational Test and Evaluation Detachment at Edwards Air Force Base in California. At Edwards, he was involved in testing the weapons on the multinational fighter. The job involved numerous trips to remote desert weapon ranges with Navy SEALs to evaluate the accuracy of F-35 guided bomb drops.

Those experiences reinforced Erik's decision to join the military and embrace the opportunity to serve his country.

Now he's exceling as a captain. He is stationed in Santa Monica, California, for 10 months with RAND Corp. After his five-year commitment, Erik will get an assignment that he can accept or turn down.

Read the rest of this story online at www.severnaparkvoice.com.

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Community Celebrates Former Arnold Elementary Educator's 80th Birthday

By Haley Weisgerber

The community celebrated local trailblazer and former educator Alverta Darden's 80th birthday with a Hoyle Lane drive-thru party on August 30.

About 50 cars drove by, filled with former students, members of her church, people from her sorority and other organizations, and even a live band.

It took the entire family to convince Alverta, who thought the family was coming over for Sunday dinner, to go outside.

"It was not easy, because I'm not a person that you tell what to do," Alverta said. "I'm very determined."

Eventually, she went outside and was overwhelmed by all the people driving by.

"It's the first time since I've lived here, in over 50 years, that anything has ever happened like that," Alverta said.

The band led the parade past Alverta's home. Guests waved and dropped off gifts as they drove by. Alverta described the parade as "beautiful."

"It is something that she has never experienced and something that gives her the accolades and gratitude while she's still living," said Alverta's younger brother, John Darden.

Alverta grew up on a farm off Gilbert Road in Arnold during segregation, and she was not allowed to attend the old Arnold Elementary, which is now the Arnold Senior Center. Years later, Alverta decided that she wanted to be an educator.

"She sets goals and she went for it," said Margurite Askew-Kirkland, Alverta's younger sister. "Growing up on a farm with limited funds, she worked and put herself through school with whatever our parents were able to provide. She has been successful because she is an achiever."

Alverta received her teaching certificate from Bowie State University, and was assigned to Arnold Elementary, which has since moved to its current location on East Joyce Lane. Alverta was the first Black teacher at the school. She stayed at Arnold Elementary for 37 years. Although many people will say she was tough, she made a huge impact on the lives



Photos by Maddy Fangio

About 50 cars drove by Alverta Darden's house on August 30 during an 80th birthday surprise party.

of her students.

"She was very firm as a teacher," said Chris Cain, who had Alverta as her third-grade teacher. "She didn't take any mess. It taught me that there were consequences for your actions."

Cain said she has carried that lesson with her throughout her adult life.

She works on several scholarship committees, including the Tribute to Women of Color organization that was founded by her sister in 1993. The organization awards over 30 scholarships a year to students in Anne Arundel County. Kirkland said Alverta has even helped scholarship recipients purchase textbooks or meet needs with her own money.

Alverta went above and beyond what was expected of her as an educator and as a member of the community for the sake of the children.

"She took children under her wings, ones who were motherless and fatherless," John said. "I think that's something you can't overlook."

At her church, Mt. Tabor United Methodist Church in Crownsville, Alverta has always been involved in some capacity, serving as an usher and helping out with the youth.

"She is a member of my church, so I have known her since I was a little girl," said Angela Hawkins.

When Hawkins went away to school, Alverta would send her notes with scripture, advice and stories to keep her up to date on the community.

"Even at my first job, which was away, she would still keep up with me," Hawkins said. "When I moved to California, she would send a note every now and then. She was just always present and positive for the young people."

Alverta offered the same support to her family.

"I look up to her as a younger sister and seeing all of the things that she has accomplished in her life," Kirkland said. "She has held this family together for so many years, no matter what adversities we've faced. She is the go-to person for encouragement."

In her 80 years, Alverta has left her mark on so many people's lives and there is no doubt that she will continue to inspire the community.

"I am so grateful that she is still here," Cain said. "I thank God for another year and that she is here to touch another person's life."

Difficult Conversations With Your Aging Parents

Winsome Brown
Lean on Dee Senior
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But still, it's easy to drag your feet and try to dance around topics like moving to a senior care facility, giving up driving the car, eating better and staying safe. There's always the balance of health and safety, weighed against Mom's or Dad's dignity, independence and happiness. Today, we look at some ideas around starting and holding these sensitive conversations with

As our parents age, it becomes apparent that some role reversal is at play. We now feel the duty of care to look after our folks and may have to take over a caregiver role. Having difficult conversations is a part of life, we know.

your parents.

Respect The Process

By process, we mean that most conversations, especially those around major topics, will be a series of talks, and not just one single talk. Your best strategy is not to get attached to the outcome, especially in the first discussion. Understand that some ideas may take a while to convince your parents to see your point of view. Sometimes they may see your point of view but disagree with it. It may take several tries and some compromises before the issue is resolved, or until the two of you agree to revisit it later.

Timing Is Everything

Think about presenting the topic at the right time and place, if possible. If your loved one is suffering from memory problems or dementia, earlier in the day may be best to hold a conversation. Don't be rushed; take your time and make your point. You can't afford to lose your patience!

Listen More Than You Talk

Do you know the old saying about having two ears and one mouth? It's true. When talking to your folks about senior choices and decisions, they need to be heard. Respect their point of view if you want yours to be considered. Show empathy and realize that this is difficult for them too. Listening to someone builds up their self-esteem and increases their trust in you. Don't miss the opportunity to improve the relationship while having this conversation.

Speak in a calm tone, and don't use forceful language. You have a better chance to be heard when you follow this advice!

Call For Reinforcements — Ask For Help From Your Siblings!

Involving other family members in the discussion can be useful, but you must be careful and considerate. Avoid creating an atmosphere where it's easy for your parents to feel like you are ganging up on them. Having some help does prevent a

"me against you" scenario. Sometimes, it's necessary to hear the same message from another messenger for it to sink in.

Be Prepared To Offer Options

Do your homework and bring options to the conversation. Instead of saying "you can't live at home anymore," present options to your parents. Maybe they can have help to look after them, in either a companion or caregiver capacity. If driving is the issue, talk about driving at night, and go for the compromise.

Remember these tips as you start a difficult conversation. Go slow, relax and be patient. You probably won't get it in one meeting!

Call For Help

Lean on Dee Senior Care Advocates can help you with some of the difficulties of caring for your senior family members. Visit www.leanondee.com and learn more about how they help seniors and their families with decisions and navigating the senior care system.



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Pop-Up Pantry Meets Needs During COVID Crisis

By Shelley Mahoney

Five months ago, Kathy Metzger, a student instruction support specialist at Tyler Heights Elementary School in Annapolis, never dreamed that she would be running a food and supplies pantry for thousands of people in her community.

The pop-up pantry, however, has served more than 20,000 individuals (including 5,000 families) during the last few months, and the effort continues to grow. Many local organizations and businesses have joined forces to meet an enormous amount of needs in the community.

"During the first couple of weeks of [COVID-19], the school took a survey to ask close to 300 families in our area what their biggest needs were," said Metzger. "The answers were overwhelmingly the same: food, diapers, cleaning supplies and toiletries. Many others said they needed school supplies."

As a teacher with more than two decades of experience under her belt, Metzger knew that children would not be able to learn — even at home — if their basic needs were not met. She partnered with Severna Park native Janice Keating to brainstorm possible solutions to this problem, and they formed the idea of the pop-up pantry. The two

reached out to Monica Alvarado, the owner of Bread and Butter Kitchen in Eastport and founder of Feed Anne Arundel. Alvarado agreed to order food for the pantry using funds provided by Metzger's home church, Downtown Hope, and other contributors.

Meanwhile, Sara Daniels-Larson, the program manager of the Tyler Heights School Community Program, began collecting community data and working with the Anne Arundel County Food Bank.

Volunteers set up supplies, ready to distribute items as needed on a Saturday morning in the parking lot of Tyler Heights Elementary School.

They were surprised by the turnout.

"Two-hundred families came the first week," said Metzger. "We ended up running out of food."

It became evident that the pantry would need more help. Downtown Hope donated the congregation's entire Easter tithe (more than \$30,000) to help the pantry reach more needs. Love Anne Arundel County, a coal-



The pop-up pantry at Tyler Heights Elementary has served more than 20,000 individuals during the last few months, and the effort continues to grow.

the needs of the homeless in Anne Arundel County, donates more than 300 packs of diapers each week. Kari Bennoit, a volunteer with the pantry, has collected more than 120,000 diapers and organizes high school students to help unload the truck after food bank runs. Others give puzzles, educational books, games and bubbles for children who are sequestered at home.

"There are so many little things that most of us take for granted that mean so much to these families," Metzger said. She noted that she was a Severna Park resident for over 33 years and "never dreamed that there was such a need just down the road."

As the pantry has grown, it has become evident how many people through Anne Arundel County are in dire need of help. More locations have "popped up" around the county as well.

Metzger said that families stand in line for hours before each event in hopes of getting necessities.

"We are always looking for more people, more churches, more organizations who can be a part of this," she said. "There is a huge benefit to the volunteers as well. It gives hope to all of us — the people giving and the people receiving."

"I get up every morning with such a sense of purpose," she added.

tion of like-minded churches functioning throughout Anne Arundel County, joined the effort. The Anne Arundel Food Bank participated as well.

In addition to giving food and money, local individuals, churches and businesses have donated hygiene supplies and children's items. Giving Back Linda's Legacy, a nonprofit organization dedicated to meeting



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Garry's Grill, Vic Vegas Partner

» Continued from page 1

26 for a fundraiser to support the University of Maryland Baltimore Washington Medical Center (UM BWMC) and provide meals for families in need.

Garry's Grill owner Eddie Conway heard through the grapevine that UM BWMC had provided meals for 150 to 200 families since the start of the pandemic. He wanted a way to help the hospital and also the community.

When Walter Anderson approached Conway about teaming up with his friend, Vegas, who is best known for his show "Bar Rescue" on the Food Network, the plan was set in motion.

"It started off with talks of doing a meet-and-greet at Garry's with chef [Vegas] and it kind of snowballed from there," Anderson said.

After exchanging information, the trio started organizing the fundraiser.

Conway described both him and Vegas as "go big or go home type of people" and he wanted it to show through this event.

The event will raise funds for the hospital and also provide five meals for each family who signs up.

"I want to help out UM BWMC ... and want people to know in tough times there are always opportunities to rise above," Conway said.

Both Anderson and Vegas came up with the menu together.

"We wanted to pay tribute to the different places Chef has been featured," Anderson said.

Five places will be featured for each menu item. For Vegas, there is going to be prime rib. For California, there will be a mix of greens and quinoa, avocado and tuna salad. For Memphis, there is going to be pulled pork with rolls and coleslaw. For Staten Island, there will be a meatball hero, and to represent Maryland, a crab dish will be served.

In addition to a themed menu, there will be a live auction, a DJ and the debut of the Garry's Grill food truck. The truck will serve a few appetizers from Garry's Grill. Feature drinks will be made with Deep Eddy vodka, which is also sponsoring the food truck.

The food truck will swap its menu each week. The goal of the truck is to travel to different beaches, youth sports sites (when sports return) and big businesses.

This is just one of four food trucks that will be associated with Garry's Grill over time.

Both Conway and Anderson described each other as the most giving person they have worked with. They also have plenty of gratitude for Vic Vegas.

"Working with Vegas is working with someone like me," Conway said. "It's a great experience."

After Anderson

asked Nicole Baker from WJZ-TV to cover the event and the station also agreed to sponsor it, more sponsors came forward. Among those sponsors are UM BWMC, Anderson Minuteman Press in Glen Burnie and Tommy Gatz Entertainment.

To ensure everyone's safety and ensure social distancing rules are followed, the fundraiser will take place outside on a fully enclosed patio with an open roof.

"It depends on the guidelines set, and everyone's safety is our main priority," Conway said.

The event will host 150 people and will most likely be split into three time slots, holding 50 people each. Tickets will be sold soon at Garry's Grill.

The restaurant will also host a blood drive on September 11 from 8:00am to 2:00pm, and 48 people can sign up.

For more information about both upcoming events, find updates on the "Garry's Grill & Catering" Facebook page.

Conway has been the owner of Garry's Grill for 12 years. He said he is "not cooking just to cook but cooking for families and bringing the community together."

“I want to help out UM BWMC ... and want people to know in tough times there are always opportunities to rise above.”

— EDDIE CONWAY
OWNER, GARRY'S GRILL

Opening A New Business

» Continued from page 1

hustle while keeping their full-time job, and those who found a commercial retail space that has become available because of COVID-19.

Sherry Leikin and Sue Wright fall into the first category. They were in a rare position of opening their business because of COVID, not in spite of it. Having known each other for close to 15 years dating back to their time with the Folger McKinsey Elementary PTO, Leikin and Wright had a shared interest in seeing schools and businesses reopen, so they started Covid Safety.

Wright's husband is a systems engineer who sells technology to schools, so she and Leikin were able to use his contacts, and interview manufacturers to determine which safety products were the best value for customers. They also placed an emphasis on products made in the United States.

Their products include a mask and temperature detector, portable ultraviolet light sanitizers, and air purifiers.

"One of our big sellers is our ultraviolet air purifiers," Leikin said. "If you're at a school or a retail establishment, it's like a tablet that would sense if you're wearing a mask, and it takes your temperature. A lot of doctors offices right now will have you wait in your car, and this is more instant."

Leikin and Wright had already been working at home, so it wasn't hard to adapt.

"The products are direct-shipped from the manufacturer, so we don't have to be tied up with inventory," Leikin said. "We are a woman-owned company and we're able to offer low prices because we have low overhead."

Even after schools and businesses reopen, the business owners still foresee a need for what they offer.

"Having your air purified and your spaces sanitized, we're still going to be using these best practices," Wright said. "We're excited about cleaning products that don't require chemicals."

Severna Park resident Lee Norwood bought an established business, Annapolis College Consulting, and was mentored for a year before taking over on January 1, 2020.

"It was an ideal time because our greatest gift we give to families is direction during a very stressful time," Norwood said. "We have our finger on the pulse of the dynamic college application process and really help lower stress. It's a big time in these teens' lives, and a big expense. Finding the right fit academically, geographically, socially, financially is paramount."

Norwood faced one major hurdle: converting a personal and individualized business to an online format. The Annapolis College Consulting team rebuilt their website to offer more resources online.

"And then working to differentiate these kids in a town when jobs, camps and internships were canceled and grades became pass/fail has been interesting," she said. "With

schools closed and online, the school counselors and teachers had a monumental task shifting their roles — we are able to be an adjunct to them. We work with them and add a level of personalization — much like a personal trainer at a fitness facility."

With the Small Business Development Center, Pruett also provides a level of personalization for business owners. She counsels them on the management, marketing and money for their business. The money aspect is focused on financing options and budgeting their cash-flow projection.

"We're really talking to you. It's a dialogue, it's a conversation," Pruett said. "It's asking the right questions to get the business owners to think differently about their businesses. For example, when someone comes to me and wants to start a business, I'm asking, 'What industry? Why is it a good time right now to start this business?' And you dive into the five why's to really understand why, but ultimately once they tell us what they want to do, what they want to start, we give them some guidance."

Pruett talks to them about building what she calls a BAIL (banker, accountant, insurance agent, and lawyer) team. Lastly, she encourages anyone starting a business soon to consider how their competitors have fared during the pandemic.

"It's really important for them to go and look beyond and see how their industry is doing as a whole because there are some industries that are really thriving right now," Pruett said. "Everyone is doing home improvement. Construction companies are doing well. So you're looking at different industry sectors and seeing how they're impacted by COVID, and as someone looking at starting one, how is their business different and unique?"

Whether they started a small business in a new building or virtually during the pandemic, first-time business owners are happy with their decision so far.

"We're in every day, we planned every inch of space in here," Jennifer said of Severna Park Kitchen & Bath. "It was very stressful, but it was worth it."

Learn More About The New Businesses

Severna Park Kitchen & Bath

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Common Causes Of Leaky Chimneys

Chuck Roydhouse
Clean Sweep of
Anne Arundel
County



When it comes to your home and your chimney, few things are more damaging than water. So if you have noticed signs of a leaking chimney — water or rust in your fireplace, woodstove or thimble, sagging ceilings or stained wallboard adjacent to your chimney, or crumbling pieces of chimney tile in your firebox — you will want to find the cause of the leak fast, before the damage has time to spread. When it comes to a leaky chimney, a handful of causes are usually to blame.

Missing, Damaged Or Displaced Chimney Cap

The most important element in keeping water out of your chimney is the chimney cap. Placed at the top of your flue, the chimney cap shields water from flowing freely down your chimney. If your chimney cap is damaged or missing, water can find its way down into your chimney, where

it can damage your chimney liner, wood stove and furnace, and rust your damper, fire grate and fireplace doors.

Cracked Chimney Crown

Your chimney crown also plays a vital role in keeping water from dripping into your chimney. Made from cement, the chimney crown seals the layers of your chimney at the top, from the chimney flue to the exterior walls of the chimney. Like any masonry component, the chimney crown can crack over time, allowing water into the chimney structure. Many chimney crowns are improperly constructed as well. To divert water effectively, chimney crowns should slope down and away from the flue and should overhang the edges of the exterior chimney walls.

Deteriorated Chimney Masonry

Masonry materials inevitably absorb water. Every time it rains, snows or sleets, the exterior bricks and mortar of your chimney soak in water. Then, when temperatures drop, that water freezes and expands, causing the bricks and mortar to crack and crumble. If your chimney's exterior masonry has cracked, it can allow more water to make its way into your chimney, causing damage to the chimney and your home.

Damaged Flashing

Flashing forms a tight seal around the base of the chimney, where it meets your roof line. The metal flashing can pull away from the chimney base, crack at the edges or corrode due to age. Failing flashing is one of the leading causes of chimney leaks, and it can allow a devastating amount of water into your home's structure.

Leaks that are left unchecked can cause major damage to your home. Chimney technicians can inspect your chimney to find the source of the leak and recommend the best course of action for repairs to keep your chimney and your home dry. They can apply a waterproofing solution to your chimney that will help keep damaging moisture from seeping into your chimney's masonry and causing water and structural damage.

If you notice your chimney has some or all of these issues, it is better to address these even before you see water leaks in order to protect your home and chimney from further damage.

Clean Sweep of Anne Arundel County Chimney Repair and Maintenance has been serving the community for over 42 years. To learn more about how you can keep your chimney healthy, visit www.cleansweepaa.com or call 410-571-4244.

Goshen Parish Brings Food To Communities



Goshen Parish, a ministry of The Redeemed Christian Church of God in Arnold, gathered in the Robinwood community in Annapolis to serve meals to neighborhood residents on August 23. After Robinwood, Goshen Parish stopped at a nearby neighborhood to serve more meals. The McDonald's in Arnold Station sold the approximately 200 meals to Goshen Parish at a discount.

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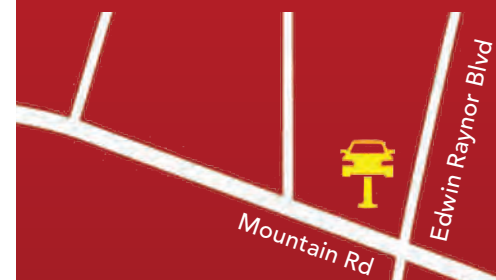
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Voter Information For The 2020 Presidential General Election

Ed Reilly
Senator
District 33



The presidential general election will be held Tuesday, November 3, and there have been many questions pertaining to this election in the midst of restrictions brought on by

COVID-19. The following is information pertaining to voter registration, mail-in ballots, early voting, voting locations and voting on election day.

Basic Voting Information

Anne Arundel County is expecting an 85% turnout for the presidential general election. This would equate to approximately 337,500 people in our county who will go to the polls to vote.

In Anne Arundel County, only 25 schools and three other locations will be open for voting this year due to COVID-19.

Voter Registration Information

You may still register to vote in the

presidential general election at the polls on November 3, but if you want to register to vote using the Maryland Online Voter Registration System (OLVR) you must do so on or before October 13. For more information on registering to vote, go to www.voter-services.elections.maryland.gov.

If you prefer to register to vote in person, you may complete a voter registration application at the following locations:

- Your local board of elections
- The state board of elections
- Your local department of health office
- The Maryland Department of Human Services local offices
- The Maryland Motor Vehicle Administration (MVA) offices
- Your local agency on aging office
- The MTA paratransit certification office
- All public institutions of higher education
- Recruitment offices of the U.S. armed forces
- Marriage license offices
- Offices for students with disabilities at all Maryland colleges and universities

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It's Not Too Late: Let's Make Our Census Work For Us

Heather Bagnall
Delegate
District 33



Every 10 years, we are asked to complete our civic duty and respond to the census, but until I was in office, I never thought about what an impressive, important and, quite frankly, genius endeavor the U.S. census is.

As an arts educator, I have a great interest in the story and the thought process of the U.S. census.

The census goes back thousands of years with iterations throughout history and across the world. At its core, the census is a procedure for enumerating, acquiring and recording information on a given population. In ancient Rome, the census was used to record adult men fit for military service. Over millennia, the census has evolved to become

a powerful tool for statistical analysis and international comparisons of the ever-evolving landscape of our world.

With the creation of our great nation, the story of the census gets truly inspiring. According to census.gov, "The founders of our fledgling nation had a bold and ambitious plan to empower the people over their new government. The plan was to count every person living in the newly created United States of America, and to use that count to determine representation in the Congress."

"Enshrining this invention in our Constitution marked a turning point in world history. Previously, censuses had been used mainly to tax or confiscate property or to conscript youth into military service. The genius of the founders was taking a tool of government and making it a tool of political empowerment for the governed over their government."

Rather than simply using the census as a tool to define our apportionment of

» Continued on page 22

Central Office Performance Audit

Dana Schallheim
AACPS Board
of Education
District 5



On August 12, the Board of Education heard a presentation from Gibson Consulting, the firm hired with funds allocated in the Fiscal Year 2020 budget. Findings of the audit will be highlighted in

this month's column. For thoughts on the reopening of schools during this challenging time, please see my last several columns.

As a fiscal conservative, efficient use of taxpayer dollars has been a top focus since I was a candidate. My main goal with both this and the transportation audit is to better utilize taxpayer money and redirect, as much as possible, our limited

resources to meet school needs at the school level.

Conducted over a seven-month period, the audit included an in-depth analysis of governance and the central office organizational structure of AACPS, as well as the financial management, human resources and information technology functions of the school system, and it can be found at www.aacps.org/2020performanceaudit.

Similar to the recent transportation audit, the performance audit illuminated several areas the board can improve upon.

Anyone who's witnessed or who has testified at a board meeting over the last two years knows that your wait to testify at a pre-COVID-19 board meeting could be hours long. Gibson recommended rethinking how the board handles public comment in a number of ways. Suggestions include reordering public comment

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4 Ways to Vote in Anne Arundel County

Pick the best one for you!

- ✓ Vote by Mail
- ✓ Vote at a Drop Box - 29 locations
- ✓ Vote Early - 7 locations
- ✓ Vote on Election Day - 28 locations



aacounty.org/vote

Voter Information For The 2020 Presidential General Election

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Mail-In Ballot Requests

(Absentee ballots are now being referred to as "mail-in ballots" by the State of Maryland.)

Governor Larry Hogan has requested that the Maryland State Board of Elections send a mail-in ballot (absentee ballot) request form to every eligible voter. State administrator Linda H. Lamone mailed these request forms on August 25 in Anne Arundel County. The applications may take up to 10 days to arrive in your mailbox via USPS. Ballots will be sent out in mid to late September.

You can request a mail-in ballot (absentee ballot) directly by going online to the Maryland State Board of Elections or using this address: voterservices.elections.maryland.gov/onlineemailrequest/instructionsstep1.

The deadline to request a mail-in ballot (absentee ballot) is October 20, 2020.

Drop Boxes

Beginning on October 1, there will be drop boxes at all 28 voting locations (see partial list below), as well

as the state board of elections office in Glen Burnie. You may return your mail-in ballot (absentee ballot) to one of these boxes until November 3. These boxes will be monitored by surveillance video 24 hours a day.

Mail-in ballots (absentee ballots) may also be returned via USPS.

Early Voting Information

Seven voting sites will be open for early voting starting on October 26 and will end on November 2, the day before the general election day. See the list below for the closest early voting sites, which are marked with an asterisk and italics. You may vote at any of the early voting sites. You may also register to vote at the early voting sites during early voting.

LOCAL VOTING LOCATIONS

Annapolis

- Annapolis High School
- Bates Middle School
- Broadneck High School
- **Pip Moyer Recreation Center*
- Rolling Knolls Elementary School

Arnold

- Magothy River Middle School

Millersville

- Old Mill High School
- Millersville Elementary School

Pasadena

- Chesapeake High School
- **Northeast High School*

Severna Park

- Earleigh Heights Volunteer Fire Hall
- **Severna Park High School*

Election Judges Needed

If you have interest in applying to

become an election judge, apply at www.elections.maryland.gov/get_involved/election_judges.html.

This is a tremendous amount of information for an important election. If you find any of it confusing, please call my office at 410-841-3568 and we will return your call. Or you can email me at edward.reilly@senate.state.md.us. It is my aim to give you a guide for this election and to help you decide the best way for you to cast your vote in the 2020 general election. This information will also be posted on the *Severna Park Voice* website with links for you to use to access these pages. You can get to the *Voice's* webpage by going to www.severnaparkvoice.com.

Central Office Performance Audit

» Continued from page 19

at the beginning of the meeting to avoid long, sometimes torturous wait times. Gibson also suggested limiting the number of speakers and limiting public comment to only items on the agenda.

The item that stood out the most regarding AACPS central office operations and was a recurring theme throughout the 150-page audit report is our overreliance on manual, paper-intensive processes. From purchasing to timesheets, our reliance on manual tasks was surprising, especially since there may be automated modules within existing software packages that could replace manual tasks. By streamlining these processes, staff can direct their attention elsewhere and perhaps eventually allow staff in some clerical positions to move into other areas within AACPS.

Presently, paper time sheets travel to several staff and then to the central office, a process that includes a minimum of 14 steps, multiple data entry points, and extra steps and paperwork when leave is requested or when errors occur in the process. Not only would we save paper by further automating the process, but staff could devote time to other tasks. Similar manual or paper-heavy functions exist in the purchasing, accounts payable and budget departments.

Currently, the budget process begins in the fall with a notice to staff about priorities for the upcoming budget cycle. In December of each year, Dr. George Arlotto presents his recommended budget to the Board of Education, and the process culminates in February with budget

amendments and final approval. While members of the board can offer their budget priorities at any time to Dr. Arlotto via our monthly one-on-one meetings, the board currently plays no formal role in the development of the budget until after it is presented to us every December.

Gibson recommends a more collaborative approach to budget development at the very start and throughout the annual cycle. As such, the board is considering ways we can work with the superintendent to inform budget priorities in the fall and stay informed of his recommendations throughout the process, not just from December to February.

Several recommendations were made regarding our organizational structure. Top among these, for me, is separating financial management from operational management to create an additional check and balance, similar to what is common in the private sector. Additional recommendations include separating payroll from HR and fully segregating accounts payable from purchasing duties.

Finally, Gibson recommends establishing more key performance indicators in a variety of departments. These include cost per accounts payable full-time employee (FTE), invoices paid electronically vs. manually, computer help desk staffing cost per ticket, number of devices per IT staff, and many others. The development of quantifiable performance indicators in every department will help us meet our goals and further align with our strategic plan.

As always, your voice matters. You can reach me at dschallheim@aacps.org.



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Let's Make Our Census Work For Us

» Continued from page 19

taxes owed to the nation, it is a tool to define what our apportionment of the nation is owed to the state, counties and municipalities. That's a level of prognostication on the part of our founding fathers lost to history.

The year 2020 marked a new innovation in its evolution with our first opportunity to complete the census online, a fortuitous advancement given the emergence of a pandemic that has had such a profound impact on our lives and our ability to move around.

Sadly, with so many crises converging in the short span of the first half of the year, the urgency of the census in our 24-hour news cycle has been lost, as well as the head-scratching decision by the Federal Census Bureau to move the end date back from October 31 to September 30, leaving us just one month to complete our reporting.

In 2010, Anne Arundel County alone had an undercount of 22% which translated to a loss of \$43 million in federal funds to support our essential public services such as schools, hospitals, law enforcement and road construction, over the span of 10 years. Make no mistake, the necessity of those services

does not disappear when we don't have the funds. We are left with only a few choices: raise local taxes, expand the tax base with new development, or cut services. Every resident not counted equates to \$18,000 of federal funds lost to our county over the next decade.

We have enumerators in the field, but they accounted for only 5% of reporting in 2010 because self-reporting is the most effective and efficient way of ensuring everyone is counted.

In a year when we have suffered so many historic losses, the census feels like it is easily lost in the maelstrom, but it couldn't be more important than in a year when we are looking at historic state and local revenue losses. Currently, Anne Arundel County's self-reporting rate is around 74% — meaning we are on target to lose more in federal funds over the next decade than the last, but we can turn this around. Everyone can do this; it's easy, important and safe, and you can complete the census online, by mail or by phone. Like our founding fathers intended, let's make our census work for us.

For more information or to complete the census online, go to www.my-2020census.gov or call 844-330-2020.

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What's Next For High School Sports?

By Bob Hough

This fall will be like none other in the past for the county's student-athletes.

In the wake of the ongoing coronavirus pandemic, fall sports will not take place at public schools across the state. That means no Friday night lights, no Saturday morning major cross country races or any other events that spark so much interest from parents and casual sports fans.

"The Maryland Public Secondary Schools Athletic Association (MPSSAA) in consultation with the Maryland state superintendent of schools, the Maryland Department of Health (MDH) and the Public School Superintendent Association of Maryland (PSSAM) has decided to postpone the 2020 high school fall and winter competition season during the first semester," the MPSSAA explained in a press release on August 3. "This decision comes in light of the recent announcements of local school systems to begin education virtually and provides each school system with options for the gradual increase of student engagement for the physical and social-emotional health of students."

As of now, coaches aren't permitted to work with their athletes during the school year. Although they were able to work with their players during the summer on rec or club teams, they were forced to observe the MPSSAA's 80% rule, which states any paid or volunteer coach at a member school may coach a non-school team provided the team has no direct affiliation with the school. That outside team's roster cannot exceed 80% of the returning players of what would constitute a starting lineup in that sport.

"As a coaching staff, we are not meeting or holding workouts with our players," Severna Park volleyball coach Tim Dunbar said. "There are probably some players who have self-organized and are working out

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Anne Arundel Reverses Course On Tackle Football

A day after Governor Larry Hogan announced the upcoming start of Stage 3 in the state's Roadmap to Recovery, the Anne Arundel County Department of Health and the Department of Recreation and Parks established guidelines for tackle youth football and competitive cheerleading stunts to resume.

On August 27, the county had announced a modified fall football season limited to flag football, based on the Maryland Sports Commission's Return to Play Committee Report guidelines. In the report, football is listed as a "high contact" sport, and recommended to proceed only at Stage 3, with local health officer approval. At that time, Maryland was in Stage 2 of the Maryland Strong: Roadmap to Recovery.

"I understand that sticking to the science and complying with CDC, state and county health recommendations is unpopular with many constituents," Pittman said following the initial decision. "The decisions we have to make in the pandemic are not easy. But if we can prevent the continued spread of the disease and get our numbers low enough to get our kids back to school, I am glad to take the heat."

A large crowd descended upon the Anne Arundel County Department of Health



Youth tackle football is now allowed this year following an initial decision by the Anne Arundel County Department of Health and the Department of Recreation and Parks to limit the sport to flag football only.

headquarters in Annapolis on August 31, chanting "let us play," to oppose Pittman's ban on tackle football.

On September 1, Hogan announced

Stage 3 of the Roadmap to Recovery, effective September 4 at 5:00pm. Considering this announcement, Pittman and

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Youth Dive Into A New Sport During Round Bay Volleyball Camp



Severna Park High School senior Annalou Marriner (far right) is among the student-athletes affected by COVID-related cancellations, but she isn't ready to give up on volleyball.

A resident of Round Bay, she started a neighborhood camp with the help of her sister, Charlotte, to teach kids the fundamentals of volleyball. For many of the players, it's their first introduction to the sport.

The camp runs on Thursdays for four weeks from September 10 to October 1.

"I live in this community and we do swim team and I'm a swim coach, so all the kids in the neighborhood I get close with," Annalou said. "So it's something fun to do in the fall, to still be outside and play volleyball even though it got postponed."

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What's Next For High School Sports?

» Continued from page 23

together, but not at the direction of the coaches. If any workouts are occurring, they would be voluntary, entirely player initiated, player organized, player run and not part of any tryout or evaluation process. So, to summarize, we (the volleyball coaches) are not doing anything except following the lead of the Office of Athletics, our [athletic director], and waiting patiently for further instructions before we proceed.”

Clayton Culp, Anne Arundel County coordinator of athletics, and the county's athletic directors are working toward an opportunity for in person and/or virtual athletic student engagement during the first semester for all three seasons. There is much to be decided and approved. This includes the MPSSAA season dates and parameters for the official MPSSAA seasons that will begin February 1, 2021.

“The county and the MPSSAA are being appropriately cautious. In any other year we would all prefer to be training and preparing for the season opener, but this is not any other year,” Dunbar said. “I'm sure it is disappointing for players right now - especially for the seniors who are in limbo about their final season - but they are a mature, resilient bunch. They will persevere and come out the other end of it

better people with a greater appreciation for participation, and isn't that one of the goals of high school athletics?”

WHAT'S NEXT?

According to the MPSSAA's Roadmap for the Return of Interscholastic Athletics, the MPSSAA, the MDH and the PSSAM will continue to collaborate on finalizing a hybrid two-semester plan focused on student engagement options in the first semester and modified competition seasons

for all sports during the second semester. Details of the hybrid two-semester plan will be available prior to the start of the 2020-2021 academic year. The two-semester hybrid plan will focus on providing all sports with a modified competition season during the second semester of the 2020-2021 academic year. Decisions on state championships or culminating events for the second semester have not been determined at this time as all options are being assessed.

Anne Arundel Reverses Course

» Continued from page 23

the director of Recreation and Parks, Rick Anthony, in consultation with county health officials, decided to allow the youth football season to resume with tackle.

“I was uncomfortable with the risk classifications in the state of Maryland's guidelines, and am pleased that our kids will now be allowed to play real tackle football,” Pittman said in a statement. “Football is a great sport that teaches important life lessons. I trust that our players and coaches will do the hard work of implementing the health department's safety practices that will limit the spread of the virus, keep the season open, and

allow us to achieve the new case rate standard required to get our kids back to their school classrooms. That's our next challenge.”

Football leagues that move forward with tackle football and competitive cheer teams that move forward with stunts should put additional safety measures in place to reduce distance and contact per CDC recommendations. The Department of Recreation and Parks will issue additional guidance on regulations and requirements for the fall youth football season. Information will be posted to the department's website at www.aacounty.org.

Attention SPHS Runners: Race With A Purpose

The fourth annual Stefanie Ashdown “Do Your Best” 5K fundraiser is just around the corner, on September 19, and the Stef Ripple nonprofit is recruiting Severna Park High School (SPHS) runners to participate in the cause. The nonprofit is named for Ashdown, a 1996 SPHS cross country runner, who later died of ovarian cancer. What better way to honor Ashdown's spirit than to have SPHS cross country runners participating in this year's 5K.

Because of the COVID-19 pandemic, this year's participants are running independently and submitting their times. Register online by going to www.runsignup.com/race/md/arnold/4thannualstefanieashdowndoyourbest5k. The fee is \$30 for the virtual 5K run or virtual 1-mile walk. A family/group discount of \$5 is available to groups of four or more. All registrants will receive a tech race shirt.

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STUDENT-ATHLETE OF THE MONTH

Michael Bowles

Severna Park
Baseball, Basketball

By **Zach Sparks**

zach@severnaparkvoice.com

Team sports are about more than physical battles. **Michael Bowles** relishes the mental aspect of sports and the challenge to play fundamentally sound as a team. "With baseball, it's not rushed," said Bowles, a high school junior who has played the sport in some form since he was 3 years old. "You can take your time and think things through. It's strategic."

Bowles played on Severna Park High School's junior varsity baseball team the last two years and on the 16U Severn Panthers baseball team this summer. With the Panthers, he compiled a 2.68 ERA while lead-

ing the team with 31.1 innings pitched. Also a threat with a bat in his hands, Bowles played outfield and led the team in batting average (.463) and had a .566 on-base percentage.

"I like pitching because it gives me a break from running and tracking the ball, but I like doing those things too," he said.

Bowles did more than put up stats, leading his teammates by example. He was one of three team captains along with **Jimmy Miller** and **Clay Weaver**.

"It's always fun to lead people," Bowles said. "In baseball you need focus, a lot of it. It's a waiting game between each pitch. Most people know that, but I try to make sure no one gets distracted."

That leadership did not go unnoticed among his coaches.

"Michael is a very good baseball player with lots of different



Photo by Colin Murphy

A dual threat, Michael Bowles led the 16U Severn Panthers in innings pitched and batting average this summer.

skills," said **Dave Ferris**, who coached the 16U Panthers with **Jim Christy** and **Joe Zimmerman**. "He is a leader amongst

his teammates and sets a great example of how to prepare and play the game."

Bowles prepares by throw-

ing bullpen sessions, hitting off of a tee at home, and by perfecting his bunting technique. As a basketball player, he is working to become a more efficient shooter.

"I'm just trying to improve my shot and my consistency," said Bowles, who plays guard. "I tend to be hot and cold."

Bowles also works hard as a student. During the third marking period of 2019-2020, he made the principal's honor roll at SPHS.

Bowles wants to play baseball or basketball in college. Before that, he would like to continue developing his skills. The upcoming high school fall and winter sports seasons have been postponed.

"I was really bummed," Bowles said after hearing the news. "But I'm optimistic that we will have a season."

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

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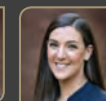
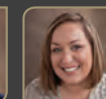
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SCHOOL & YOUTH

Neighborhoods Band Together For Virtual Learning

By Haley Weisgerber

As a father of five, Chris Childress was nervous when Anne Arundel County Public Schools announced that the school year would begin virtually this year.

After hearing concerns from many parents, former educators, current educators and community members, Childress founded the Community Network for Severna Park Schools, a resource for families that were impacted by virtual learning.

“At first, it was describing what we thought would be the issues and agreeing that we saw a lot of problems,” Childress said. “We realized that we had to be a part of the solution.”

The group was founded not to fill a gap in education but to alleviate stress from teachers, schools and parents as they navigate virtual learning this fall.

Primarily, the group connects parents to community members who have a skill to offer, whether it be tutoring or some type of enrichment. It also allows parents to engage their children in what Childress calls “pod learning.”

“The basic idea of the pod is a small group of children gathering together to do school together,” Childress said. “It’s small because you want to control children’s exposure to the virus.”



Neighborhoods around Severna Park are starting learning pods to provide kids with social interaction and enrichment opportunities.

Whether the pods meet once a week or every day, many parents are excited about their students engaging with other children.

All of the coordinating and website maintenance is volunteer-based. However, individuals who offer tutoring or any other service may ask for a fee. Childress said they will include any skill or service someone wants to offer, but it must be available to the whole community.

Though it was started in Olde Severna Park, the Community Network for Severna Park Schools quickly grew to include over 10 other neighborhoods.

Betsy Gunia and the West Severna Park Moms Club have been working to bring this initiative to their neighborhood.

“It’s myself and a bunch of other parents trying to figure out how best to improve the virtual learning experience while balancing that we can’t be in a big group,” Gunia said.

“The basic idea of the pod is a small group of children gathering together to do school together. It’s small because you want to control children’s exposure to the virus.”

— CHRIS CHILDRESS
FOUNDER, COMMUNITY NETWORK
FOR SEVERNA PARK SCHOOLS

West Severna Park is currently looking for neighbors who can offer enrichment activities for the students. Gunia said she hopes that neighbors with special skills such as basketball, kayaking, crabbing and fishing will come forward and teach the basics.

“It’s never going to be quite the same; we’ll have to wear masks,” Gunia said. “But the fact that we’re coming together as a community to improve our kid’s lives is really nice.”

Their efforts also include installing internet at the community beach so small groups of students can work from the benches.

» Continued on page 32

Back To School: St. Martin’s-In-The-Field Welcomes Students



Photos by Haley Weisgerber

St. Martin’s-in-the-Field Episcopal School returned for full-time, in-person learning on September 8. Head of School Jamey Hein and the director of academics, Kim Carson, were among the staff members who greeted students and guided them to their new classrooms.

Broadneck Teen Spreads A Message: Dear Students, You Are Not Alone

By Aidann Bacolodan
Broadneck High School Student

Anxiety and depression have been frequent conflicts for high school students. Look past the nationwide news and memorials miles away. Sitting around the corner is a principal bearing the heavy weight of sending thousands of emails to families, informing their children they have a friend who will no longer join them at school. Suddenly, concern for mental health spikes after the repercussions have taken their toll; it has already stripped Broadneck of two young scholars.

Will Kohn, 17, took his life in May, only eight months after the death of freshman Noah Anderson. Both students are remembered as kind and ambitious teenagers. Their unfortunate passing was the catalyst to the @happytogethermd Instagram project.

Mara Buto, a rising senior, attended the memorials of Noah and Will. It wasn't much later that she recognized she could no longer be a bystander. For a summer quarantine project, Mara organized the Happy Together MD Instagram account to spread awareness about the importance of addressing mental health. The social media undertaking had been created to distribute free, handmade yellow bracelets to represent solidarity in the community. Her vibrant accessories serve as a reminder of hope and friendship, made during a time where isolation and depression have overwhelmed many students at home.

"I've always wanted to talk about mental health and do my part to help others. I didn't know when was the right time or what was the right way to do it," she explained. "Will was when I figured I need to do something now. He had such an amazing personality. He was easily one of my favorite people."

Having dealt with her own mental health battles, Mara was



As a summer quarantine project, Mara Buto organized the Happy Together MD Instagram account to connect with people willing to wear free, handmade yellow bracelets as a way to represent solidarity in the community.

determined to break the stigma on depression, anxiety and suicide among teens. Depression had played a significant role in her life, as early as her middle school years. The support she gained from family and friends allowed her to push through the headspace she once endured.

"At one point or another I was in the same place as Noah and Will. That's why this project hits so close to home," Mara confessed. "I wanna help people get out of that state, so that hopefully none of us will have to go to another memo-

rial again."

The bracelets are meant to radiate a sign of unity throughout the Broadneck peninsula and further. Mara has received orders for over 1,000 bracelets, with demands from supporters nationwide. Mara's mother and friends Grace Slavin, Isa Garcia and Riley Finazzo assisted with the orders.

"People can wear them all the time," Mara said. "They're cute, they're fashionable. I figured it's something everyone could get behind."

A school flooded with bright yellow would convey the message of friendship and unification. In the hopes of spreading awareness around the severity of mental health among teenagers, the @happytogethermd project wishes to stimulate a conversation between struggling students and their loved ones.

"It's a topic everybody struggles with even if they're not open to admit it or talk about it," Mara said. "All of my friends have struggled with it, and I think it's important to show that it's not always just happy times."

Mara recommends the novel "Good Reasons for Bad Feelings" by Randolph M. Nesse for those who have trouble coping with negative emotions.

"It describes how people don't take mental health as seriously because there's no source, as in my arm is broken, my arm is the problem, let's fix my arm," Mara said. "If I'm depressed, there could be many different triggers or many different issues going on without a clear solution and that's why I think people still are struggling to get the help that they need."

"People still refuse to acknowledge the major impact it has on teenagers because the effects aren't visible."

To order one of her bracelets, contact the @happytogethermd Instagram page or her email at marajbuto@gmail.com.

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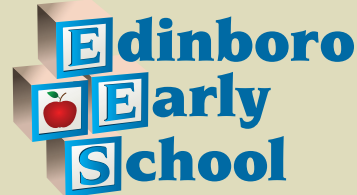
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Teens Launch Health Equity Nonprofit

By Jane Seiss

The Annapolis-based nonprofit Future of Human Health and Medicine (FHHMO) is growing. The group raises awareness and fights for health equity. It was preceded by Future Doctors Organization (FDO), a club for students interested in learning more about careers in medicine. FDO was launched by then Broadneck High School student Paxton Paganelli in 2012. Ryan Davis later started a Severna Park High School chapter.

Today, both FDO chapters fall under the umbrella of FHHMO. By educating students about careers in health care, FHHMO's aims to "enhance inclusivity and diversity in the advancement of human health and medicine." The group aims to empower students with training, mentorship, and career development so that health equity is one day possible.

FHHMO's initiatives include an ambassador program for students, a mini health and medicine symposium to be held in Annapolis, the Healers podcast, an Anne Arundel Health Care Worker Appreciation Campaign, and a Teen Mental Health Night program.

In January, FHHMO held its first Teen Mental Health Night at Severna Park High School. The event was a success. After COVID-19 hit, FHHMO provided a virtual edition of the initiative. A panel, featuring two licensed social workers, and a teen mental health advocate, discussed the challenges teens face.

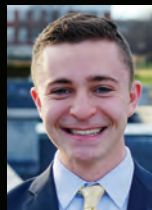
"It was a challenging but meaningful conversation," Davis said. The discussion is posted on YouTube.

"I've always been interested in human anatomy and physiology," Davis said of his involvement in FDO and FHHMO.

He was first drawn to medicine after learning about the heart in seventh grade. "I'm interested in primary care with a focus on health equity," said Davis, a rising senior at SPHS. "I'm applying to accelerated medical school programs."

Davis' interest in health equity was sparked when he volunteered at Anne Arundel Medical Center (AAMC), wheeling patients from post-op to their transportation pick-up. He was often surprised to hear how far patients had traveled to receive medical care.

FDO sponsors student tours of AAMC



Paxton Paganelli



Ryan Davis

facilities. Students at SPHS have heard from guest speakers, like a physical

therapist, a speech language pathologist and a neonatologist. Members also receive career development guidance, and have participated in a live surgical stream at AAMC. The SAIL Center set up cameras in the operating room and FDO students watched a laparoscopic procedure from a conference room. They were able to ask live questions of the surgeon, Dr. Adrian Park, chair of the Department of Surgery at AAMC.

"We have so many insightful experts in our area," FDO and FHHMO president and co-founder Paganelli noted.

"It has been really fun and enlightening engaging with people in the medical field to learn from them.

"I like working with high schoolers and really exceptional young people who want to engage in community health in a meaningful way," he added.

After graduating from the University of Maryland at College Park, where his major was neurobiology, physiology and general business, Paganelli is taking a year to study for the Medical College Admission Test (MCAT). He plans to attend medical school.

FHHMO is now developing an online website portal, Nucleus, for Anne Arundel County Public Schools to give students a place to engage with FHHMO online. Nucleus will feature a calendar for upcoming events, resources for academic help, and mentorship opportunities with graduate students and medical professionals.

"It has meant a lot to be involved in FHHMO. What started for me as an interest in learning about becoming a doctor, turned into a nonprofit that fights for health equity starting with high-schoolers," Davis said. "FHHMO helped me learn a lot about the challenges we face in modern day health care."

For more information about FHHMO, visit www.fhhmo.org.



by
FHHMO

Animal-Loving Teen Wins Fight For Phoebe Scholarship

By Haley Weisgerber

Fight For Phoebe Inc. announced that Lia Sim is this year's recipient of the Fight For Phoebe Scholarship.

Fight For Phoebe is a nonprofit organization founded in memory of Phoebe Jeong-Hui Ward, who was diagnosed with hemophagocytic lymphohistiocytosis (HLH), a rare autoimmune disorder, at 8 years old. Phoebe's parents, Dave and Britta Ward, offer the Fight For Phoebe Scholarship to students who are studying animal science, animal biology or related fields, because of Phoebe's love of animals, specifically penguins.

A recent graduate of Severna Park High School, Sim discovered the scholarship from the organization's Facebook page and the high school's scholarship list.

She was a member of the color guard and participated in 4-H, a nationwide youth organization that teaches life skills with hands-on experience.

Sim participated in the 4-H Livestock Club at Kinder Farm Park and the Linthicum 4-H Hi-Riders. With the Livestock Club, Sim cared for the farm animals at the park, and the Hi-Riders is an equestrian club that teaches children about horses and competes



Lia Sim

in county and state 4-H competitions.

"I've done that since I was 8, for 10 years," said Sim. "It really just helped me build my knowledge and prepared me for a future career in animal science."

Sim is attending the University of California-Davis to study animal biology with a minor in wildlife conservation.

"I'm not positive about what I want to do as my career," said Sim. "I know I want it to involve animals. That has been my life-long goal."

Dave said that Fight For Phoebe looks for three things in a scholarship recipient: solid academic credentials, involvement in animal welfare and community service.

"Lia's academic resume was terrific and met the standard," said Dave. "Likewise, her involvement in the local 4-H club demonstrated her care for animals and their welfare. But it was really the community service that she has performed that helped her stand out. Giving time to local food banks, the service time through the 4-H club. It's clear to us, and should be to anyone that meets her, that she is a model citizen for everyone."

Only a week after submitting her application, Sim was awarded the scholarship.

"I am so grateful to Dave and Britta for giving me this opportunity," Sim said. "I know that they miss Phoebe a lot, and I'm grateful that they gave me this opportunity to honor her."

Neighborhoods Band Together For Virtual Learning

» Continued from page 27

While kids will have to be masked and keep a distance, Gunia is excited for the students to have some social interaction.

Karoline Bowman is coordinating learning pods for Cape Arthur and surrounding neighborhoods in the Folger McKinsey Elementary School district with two other parents.

As a parent to an eighth-grader and a fifth-grader, Bowman is grateful that the program gives students an opportunity to find extra help in certain subjects, while also giving them a chance to interact with kids their age in a controlled environment.

"We are thinking about COVID-19 and about keeping kids and other families safe," Bowman said. "We are trying to manage them by doing smaller groups and keeping the same kids together and controlling potential exposure."

Carleen Birnes, a mother of two, was

inspired to coordinate a learning pod in Manhattan Beach for eighth-grade girls after watching her own daughter struggle as an introvert with virtual learning.

As a health and wellness coach and the owner of Mantra Fit, Birnes has the unique position of looking at virtual learning from a health standpoint. She said that she hopes using this group as a social outlet and a way to get children out of the house will improve their overall mental wellbeing.

"I'm not really looking at it like I'm going to be filling in the gaps of their education," Birnes said. "Where I see the greatest need is just being with each other so they don't feel isolated and alone. I'm concerned for their mental health."

For more information about the Community Network for Severna Park Schools or to get involved, visit www.sites.google.com/view/severnaparkshoolenrichment/home?authuser=0 or email severnaparkshoolenrich@gmail.com.

Former SPHS Seniors Donate Prom Funds To Pride Center



Recent graduates from Severna Park High School's class of 2020 met by The Big Bean on August 5 to present a \$1,000 check to Pride Center of Maryland pride coordinator LaKeshia Davis on behalf of the SPHS prom breakfast committee.

With unused funds left from a prom breakfast that was canceled due to the coronavirus, Severna Park High School's class of 2020 decided to donate the funds to charity. All seniors were asked to nominate a charity. By an online vote, The Pride Center of Maryland was chosen as the recipient of the \$1,000 check, which was given to the organization on August 5 outside of The Big Bean.

"Using a portion of our prom breakfast funds was important to our senior class because we are very fortunate so have such great resources and opportunities through our school that it was important that we gave back to the community, especially after the prom committee worked so hard to put on this event," said Anna Marcoon, who is now attending Villanova University.

The Pride Center of Maryland's mission is to be a catalyst for uniting and empowering sexual and gender minorities in Maryland. The group also provides community services such as informational speakers, family game nights, the Helping Hands Clothing Closet for clothing donations, and a free legal clinic for civil legal needs.

Although she voted for Parenting for a Different World, an organization her mom is active in, Caroline Smith was happy to see the funds go to The Pride Center.

"The fact that we are able to help support a positive impact in our community through our own high school events shows me how easy it is to do good," Smith said.

Lena McLaughlin also chose a different charity but was happy with the result.

"I chose the Maryland Animal Sanctuary because I adopted two of my dogs from there and I have volunteered with the organization for several years, but I am very happy with the organization that was chosen to receive the funds," said McLaughlin, who will attend Northeastern University this fall.

Runner-up charities were Baltimore Action Legal Team (BALT) and the Anne Arundel County Food Bank.

Students interested in volunteering with the Pride Center should contact pride coordinator LaKeshia Davis at info@pridecentermd.org or Karen Remaley, Pride Center office administrator, at 410-777-8145.

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From Severna Park To The Skies: Filmmakers Document “Rocket To Venus” Story

By Shelley Mahoney

Severna Park residents Daphne Glover Ferrier and Bob Ferrier love to tell stories through film. The couple has produced numerous documentaries and films together and earned several awards, but their most recent project may be one of the most quirky and entertaining films to date — and it takes place right here in Maryland.

“Rocket to Venus: The Film” tells the story of a Hampden restaurant owner, Geoff Danek, who was

» Continued on page 38



Photo courtesy of Urban Goat Films

Astronaut Winston Scott joined the “Rocket to Venus” crew at Cape Canaveral in Florida.

September Live Music Roundup

With many major venues closed, music lovers can still get their fix of live music thanks to outdoor seating and local musicians.

— Brian Boru Irish Restaurant and Pub

489 Ritchie Highway
Brian Boru has no shortage of live music on its outdoor patio. For the time being, the restaurant will not offer any music inside because of social distancing guidelines, so weather could play a factor in these events. Upcoming acts include Larry Lay on September 16 and 30, Angie Miller on September 23 and The Harbor Boys on September 19. On September 17 from 6:00pm to 9:00pm, celebrate being halfway to St. Patrick’s Day with local band The Drinker and The Scholar. For the full list of performances, visit www.brianborupub.com.

» Continued on page 38



Angie Miller will perform at Brian Boru Irish Restaurant and Pub on September 23.

Dining Out

Severna Park Taphouse Is A Neighborhood Favorite



By Mary Cobbler

My dining companion and I arrived at Severna Park Taphouse one evening in time to grab a few happy hour appetizers and drinks. Due to COVID-19, the restaurant currently offers outside seating only. The place was pretty crowded for a Tuesday night, though guests were appropriately distanced. We snagged a cozy corner table on the deck. Even in a non-COVID world, the Taphouse’s outside deck is like a neighbor’s big backyard, a nice relaxed area to unwind. Small overhead lights add a touch of class.

Our waitress, Dani, was friendly, helpful and charming. She was someone you knew had a big smile under her mask. She took our drink orders and delivered them quickly.

The Taphouse has an impressive 41 beers on tap and they rotate their offerings to incorporate favorites, rare with an anti-
» Continued on page 38

Photos by Mary Cobbler

Top: The mandarin chicken salad offered a nice pairing of tender chicken and mandarin orange slices. **Middle Left:** The bang bang shrimp is a great appetizer choice — sweet and crispy on the outside with tender shrimp inside. **Middle Right:** The brownie a la mode was a sweet ending — a hot brownie cooled off by a dish of vanilla ice cream. **Bottom:** The Taphouse Burger was a delight — juicy and flavorful, with bacon, onion and cheddar cheese.

Where To Find SEVERNA PARK TAPHOUSE

58 W. Earleigh Heights Road
— Severna Park • 410-793-5759

PRS Band Joins Annapolis Wellness House For Charity Concert

By Emily Allgair

As COVID-19 continues impacting the lives of Americans, everything seems to be switching to online platforms: schools, jobs, award shows, and now, even concert fundraisers, thanks to the Wellness House and the Paul Reed Smith Band.

Wellness House of Annapolis is a nonprofit organization that provides a place for cancer patients and their families to learn healthy and helpful coping skills to use while dealing with the physical, as well as the psychological, effects of cancer. Since 2007, Wellness House has been providing families affected by cancer with free resources, but because of the recent COVID pandemic in March, they had to shut their physical doors.

"While we switched all of our programs to Zoom and online platforms, we were not able to hold any physical events for fundraising," said Wellness House Executive Director Mary Jermann.

Seeing as Paul Reed Smith, of PRS Guitars, lost his brother to cancer, one of the band's guitarists, Dr. Bill Nelson, is a cancer survivor and heads the oncology department at John Hopkins



Several members of the Paul Reed Smith Band have been affected by cancer.

Hospital, and lead singer Mia Simone is also a cancer survivor, the Paul Reed Smith Band offered to perform a virtual concert for the organization.

"Why wouldn't we want to be involved? We've lost a lot of people to this disease and Wellness House is doing all the right stuff," Smith said. "If somebody goes to Wellness

House," Smith added, "they are well taken care of."

Wellness House has also hired a digital strategy consulting company and experts in television and video production as well as virtual event hosting to prepare for the upcoming Rock N Roll Benefit by the Bay.

"What we have been able to do in

such a short period of time is quite remarkable," said Wellness House board of directors member Gretchen Cusack. "Where most nonprofits have canceled their public fundraisers, we transformed ours."

The virtual concert will take place on September 24 at 7:00pm inside of the Paul Reed Smith Band's recording studio. Everyone will be social distancing and, for all but the singer, wearing masks. Before each piece, the band will explain what each song is about, as well as the meanings behind them. Some songs will be broken down so that the audience can learn how to play the song from the band members.

"My hope is that word spreads about Wellness House and word spreads about the music, and people enjoy their viewing experience," Smith said.

While the concert is free to the public, sponsorship opportunities are available and come with gourmet dinner and wine pick-up packages provided by Ken's Creative Kitchen. For more information on the Wellness House of Annapolis and the Rock N Roll Benefit by the Bay, visit www.annapoliswellnesshouse.org/rnrbenefit.



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I have been a member of this community, for over 17 years. The "new" normal has affected all of us and has really affected small businesses. I am writing to you today, to inform the public of a "LIST" that is produced by Anne Arundel County. It has come to my attention, that this list is created to make the public aware of non-compliant Covid 19 regulations. On or about July 31, 2020 my business was placed on this list erroneously for non-compliance. The order stated that we must wear face masks, and not face shields, which we complied to and were cleared by the County 2 business days later. I then found out that my business had been placed on this "list" for over 30 days. We then reached out to County Councilwoman Amanda Fiedler who expeditiously had my business removed from this list. For ALL small business owners out there, I strongly urge you to check this "list" on the AA County website under the Covid 19 regulations. I want to extend my sincerest gratitude to my customers, who have supported my business through this ordeal. I also want to thank Councilwoman Amanda Fielder, for her gracious and kind support to clear my business.

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September Live Music Roundup

» Continued from page 34

— Cafe Mezzanotte

760 Ritchie Highway

Before the virus halted live music, Cafe Mezzanotte partnered with Jazz Beyond Borders for “Jazz at the Mezz.” The series has resumed, and jazz singer Theresa Sise will perform with the Sweet Tea band on September 20 at 4:30pm and 7:00pm. Tickets can be purchased at www.instantseats.com and more information can be found at www.cafemezzanotte.com.

— Garry’s Grill & Catering

553 Baltimore Annapolis Boulevard

Live music can be found at Gary’s Grill this month. The Jake and Mike Band will give happy hour performances at 5:00pm on September 17 and 24. Larry Lay will perform on October 4 from 10:00am to 1:00pm. Aaron Hawkins, from the Annapolis-based band Loose Ties, will perform at Garry’s for brunch at 10:00am on September 13, 20 and 27. For more information, visit the Garry’s Grill & Catering Facebook page or call 410-544-0499.

— O’Loughlin’s Restaurant and Pub

1258 Bay Dale Drive

O’Loughlin’s has live music on the patio every Thursday in September. This month, catch Matt McConville on September 10, Sean Hetrich on September 24 and one act to be determined on September 17. For more info, visit www.oloughlinspub.com or call 410-349-0200.

— Romilo’s Restaurant & Bar

478A Ritchie Highway

On Friday and Saturday nights, Romilo’s will have live performances in the outdoor dining area. Some acts include rock and country band Rebound on September 11, Lost and Found on September 18 and Left of the Dial on September 26. All performances begin at 7:00pm and guests are invited to bring a lawn chair. For the full list of performers, visit www.romilosrestaurant.com.

— Severna Park Taphouse

58 West Earleigh Heights Road

The Severna Park Taphouse has live music every Thursday in September on the back deck. Performances include George Evans on September 10, Frederico Tubaya on September 17 and Poppy Blue Eyes on September 24. For more information, visit www.severnaparktaphouse.com or call 410-793-5759.

— Park Tavern

580 Ritchie Highway

Throughout September, Park Tavern is having outdoor live music every Friday and Saturday evening from 6:30pm to 9:00pm. For updates on acts, check the Park Tavern Facebook page or call 410-793-5930.

Filmmakers Document “Rocket To Venus” Story

» Continued from page 34

informed by a customer that the house he had purchased had a famous history. Baltimore native and so called “mathematical genius” Robert Condit had used the home’s garage to build a rocket ship with his two friends, Harry and Sterling Uhler, in 1927. They believed the rocket would take Condit to the planet Venus.

In 1928, Robert Condit packed up the rocket and took it to Miami Beach where it was displayed on the boardwalk. Since that time, the rocket — and Robert Condit — have disappeared and no one knows what happened to them.

Danek, along with his business partner and best friend, Brian Carey, loved the story so much that they named their restaurant Rocket to Venus and ran with a space theme that customers found delightful.

Daphne and Bob heard about this surprising story from their friend and colleague John Benam and were intrigued. The three filmmakers reached out to Danek and Carey about making a film about their experiences and the restaurant owners eagerly agreed.

“Part of the reason this documentary appealed to us was because it represented an era when people thought anything

was possible,” Robert explained.

Since that time, the filmmakers have kept the camera rolling and followed Danek and Carey as they have uncovered one fascinating fact after another, interviewing local residents and nationally recognized professionals to make their documentary as vivid and detailed as possible.

“The film takes a bit of a road trip,” Daphne said. “We found out that Condit went to Miami, so we rented an RV — complete with Rocket to Venus stickers — and went to Miami. We met with scientists and historians, as well as an astronaut, Winston Scott, who all gave us their feedback.”

During their research, they found Lance Barley, the great-nephew of Robert Condit. He remembered a satchel that had been bequeathed to him by his aunt, Condit’s sister, years ago. He rummaged around his closet and found the satchel in the back — chock full of paperwork and original notes on the rocket project.

“The satchel answered and raised questions,” Daphne said. “It gave us a trail of where the rocket might have went.”

Bob added, “The documentary also takes a historical look at rocketry and how Baltimore was involved with it.”

Although the couple still has some

shooting left to finish, they are optimistic about their findings and the film so far. They have continued to unfold clues that reveal more of the story and lead them, along with the “stars” of their film, closer to unraveling the mystery of the rocket’s final destination.

“We’re going to archives, following leads, leafing through old newspapers — when you find some new nugget of information, the payoff is so exciting!” Daphne said.

In addition to finishing and releasing their film, the Severna Park couple has worked to create “The Impact Campaign,” a STEM rocket-building challenge for young people in the spring of 2021. The goal of the impact campaign is to “energize and impassion young people to follow their dreams, to go beyond what is seemingly impossible, and to reach for their own Venus.”

“We wanted to go beyond making a documentary,” Bob said. “The Impact Campaign is really important to us.”

To view the film trailer or learn more information about the “Rocket to Venus” film or the Impact Campaign, go to www.rockettovenusfilm.com.

“We want to inspire people to dream, even if everyone thinks you’re crazy,” Glover said.

Severna Park Taphouse Is A Neighborhood Favorite

» Continued from page 34

pated seasonal selection, so beer drinkers rejoice. Their signature drinks include a variety of crushes and margaritas. We chose a Fancy Clancy pilsner and an orange crush. You can’t go wrong with any beer here, according to my beer experts. We shared the crush, which was wonderfully refreshing. I really think they squeeze fresh oranges to go with the vodka, Triple Sec and Sprite. While I enjoyed the light “freshness,” my companion preferred more vodka. It’s all preference, right?

Dani advised us on the appetizers, and with no hesitation she suggested the nachos. For the nachos toppings, you can choose grilled chicken, chili, siracha chicken or steak. We picked the siracha chicken and then added a serving of bang bang shrimp.

The nachos lived up to Dani’s excitement. The combination of warm cheesy queso, slightly sweet, with the spicy heat of the pico de gallo, atop crispy fresh tortillas, offered a burst of flavor and texture. It’s served with sides of cheddar cheese, sour cream and fresh salsa — a winner!

The bang bang shrimp was also a winner, served over a bed of lettuce. Extra crunchy on the outside, with tender shrimp on the inside, they had the expected Hawai-

ian-type flavor and were greaseless. Though you couldn’t make a meal out of them, they were tasty!

We discovered that the Taphouse Burger was another customer favorite, so we gave that a go. I also ordered the chicken mango salad.

Both of us gave a thumbs-up to the burger. What’s not to love about a quarter pound of ground chuck, served with caramelized onion, applewood bacon and cheddar — perfectly grilled and juicy? They nailed the grilling, well done, but with enough juice that still dribbled down our chins. The accompanying French fries tasted like the homemade fries my mom made when I was a kid. Both the burger and fries gave me the pleasure of old-fashioned comfort food that really hit the spot (often the wrong spot, but hey, they were good).

I felt virtuous eating the salad, generously topped with chicken, mandarin oranges, cranberries and candied pecans. The mandarin oranges paired nicely with the tender chicken and dried cranberries, but I was expecting whole or half candied pecans, not so finely chopped, but that’s just my preference. It came with a balsamic vinaigrette that added little. It’s a good salad that just needs a more toppings and a

different dressing.

Though Severna Park Taphouse doesn’t make desserts in-house, what they have is impressive. We could have chosen apple pie, a root beer float or a brownie a la mode. Dani said the brownie was another customer favorite, so we acquiesced, though I did have a hankering for the root beer float.

The dense, fudgy brownie provided all the “ooh’s” and “ah’s” and gooey chocolatey good you want a brownie to be and it was extremely hot, but quickly cooled with the side scoop of vanilla ice cream. It’s a great dessert for a hot summer night.

The menu boasts a good variety of food, soups and salads, as well as fajitas, taco platters and a quinoa shrimp bowl. Severna Park Taphouse has vegan and gluten-free options, and a kids menu. Also, there are regular food and drink specials. On Thursdays, they have live music.

The Taphouse is a wonderful neighborhood drop-in, and I do intend to do just that more often. Our meal came to \$75, but that’s with two entrees, two appetizers, three drinks and desserts. Hitting it at happy hour and choosing the specials, two people could easily have a nice evening with a few drinks and appetizers for less than \$30. Call ahead for curbside pickup.

Working Out In Unusual Times

Joe Bocek
Park Fitness



What unique times we are living in right now. During the last several months, I have used a porch for an office, a basement for a gym and my backyard as a spot to host Zoom meetings. We have used our living rooms for concerts and plays, our cars as seats for a movie theater and even performed drive-by parties. Welcome to 2020.

Operating a gym has been equally filled with opportunities to try new things and adjust. That's why we offer indoor workouts as well as options outdoors and virtually. We are all in similar yet different places right now.

There is no right way or wrong way. I remember seeing posts during the lockdown about "get your bikini body ready because

there are no excuses now." I think that was the same person who insisted we all should learn a language during the lockdown. That might have been a bit ambitious with everything else that is going on.

And just in case you were able to get in tip-top beach shape and picked up German during quarantine, ausgezeichnet!

For the rest of us, let's perhaps entertain changing up our approach.

Something we recently covered with our members at Park Fitness is the idea of progress over perfection. This is a hugely important topic without a global pandemic occurring. During normal times, focusing on the perfect diet, the perfect workout, the perfect mindset (none of which exist by the way), can not only be exhausting but ultimately lead to failure.

However, chasing consistent progress can simultaneously be a powerful eye-opener as well as a secret weapon in achieving the results we are looking for.

Now, factor in our current COVID-af-
» **Continued on page 40**

Doctors Explain Mental Health Impact Of Shutdown



Friendship is a key component of good mental health, whether it's playing games, laughing together, sitting around a table or worshipping.

By John Singleton

What are the unintended consequences of locking down an economy? What competing interests should have been considered by local leaders before closing a school system? Does it make sense to direct the majority of a nation's resources toward a single goal?

"Even for adults, there have been so many things out of our control during the coronavirus pandemic," explained Dr. Ruth Stemberger of Severna Park, who specializes in cognitive behavioral therapy. "Children will look to their parents for cues on how to handle this crisis. If we use positive strategies to handle our own fears and frustrations, our kids are more likely to do the same."

In Maryland, there have been two deaths in the 19-and-under category as of September 1, according to www.coronavirus.maryland.gov. Across the U.S., there is further good news as fewer children have been hospitalized with COVID-19 than the seasonal flu.

As parents struggle to handle their children's psychological and emotional needs, mental health experts have seen the pandemic's quarantine rules disrupt traditional support networks. An August study by the Centers for Disease Control (CDC) reported that young people are experiencing more suicidal thoughts during the pandemic. The National Alliance on Mental Illness HelpLine has seen a 65% increase in calls.

In July, CDC director Robert Redfield stressed the urgency of the mental health crisis when he announced, "But there has been another cost that we've seen, particularly in high schools. We're seeing, sadly, far greater suicides now than we are deaths from COVID."

Social isolation is a problem that spans numerous vulnerable communities. Recovery programs like Alcoholics Anonymous rely on personal relationships and group dynamics for its historic success in treating addiction.

"The last 12-step group meeting I held in-person was on March 17," said Dr. John McClanahan of McClanahan & Associates in Arnold. "Things were shut down the next day."

Not everyone has access to ZOOM-type services, cautioned McClanahan, whose local practice focuses on addiction and relapse prevention.

"But good old phone calls still work very well," he said. "In times of great stress and uncertainty, the recovering community circles the wagons to help and support each other. I remember what we all did for each other following 9/11."

Finding ways to maintain meaningful human interaction requires striking a delicate balance.

"There is no substitute for friendship," said Dr. Mark Good of Bayshore Counseling. "Of
» **Continued on page 42**

Rabbit In The House?

Dr. Christine Calvert
Medical Director
VCA Calvert
Veterinary Center



Did you know that September 26 is International Rabbit Day? Rabbits can provide the same companionship as cats and dogs when kept in a proper environment. Unlike dogs and cats, rabbits have unique feeding and care requirements to keep them healthy. It is important to ensure your rabbit has proper veterinary care to ensure a long, healthy life.

We recommend that rabbits have examinations twice a year to evaluate for any medical conditions and discuss their feeding and housing requirements. All new rabbits should be examined — especially if you already have a rabbit at home. Your veterinarian will examine the skin and hair coat; listen to the heart and lungs; feel the abdomen to check the kidneys, bladder, stomach and intestinal tract; examine the ear canals for signs of mites or infections;

examine the mouth for overgrown incisors and molars; and perform a fecal exam to look for parasites such as coccidia (common in some pet store rabbits). Beginning at the age of three years, annual blood work is recommended in order to assist with early detection of disease. Early treatment of disease processes is essential to promoting a long and healthy life. Here are a few tips for proper care of your rabbit.

FEEDING: With proper care and feeding, rabbits can live 10 to 12 years. Young rabbits under eight months of age should have unlimited access to high-quality Timothy-based pellets. Adult rabbits need to have their pellet access limited to prevent obesity, diarrhea, intestinal disease, heart problems and liver disease. Newer studies suggest adult rabbits can do well without pellets as long as they are on high-quality Timothy hay and a variety of gradually introduced vegetables.

Hay is the most important part of a rabbit's diet. Rabbits that lack fiber in their diets tend to have intestinal problems and may be more likely to chew on things in your house that can lead to a blockage. Provide unlimited Timothy or grass hay daily.
» **Continued on page 40**

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Rabbit In The House?

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Introduce fresh vegetables slowly to avoid causing intestinal problems.

HOUSING: Rabbits should be housed indoors in a cage that is at least 3 feet by 4 feet and allow them additional space for supervised play within your home. Outdoor rabbits can be prone to getting infections, including external and internal parasites. Indoor rabbits can be litterbox trained to help with cleanliness in the home. Avoid wood shavings since they can harbor dust and molds that can lead to skin and respiratory infections.

SPAYING/NEUTERING: In addition to preventing unintentional breeding of animals, spaying and neutering can have significant health and welfare benefits in pet rabbits. Although it can be performed in healthy animals of any age, it is ideally performed between four and six months. Spaying is one of the most important measures of preventative health care to be performed in female rabbits. Approximately 80% of unspayed female rabbits will develop cancer associated with their reproductive tracts as adults. Spaying reduces this risk considerably. Neutering of male rabbits helps curb aggressive and territorial behavior, such as urine spraying.

CHANGES IN APPETITE: Reduced appetite or reduced/no feces is usually considered a same-day medical emergency in rabbits. There may be a primary intestinal tract problem or an underlying disease or issue, such as molar overgrowth or an infection. If not addressed in time, GI stasis can lead to low body temperature, severe dehydration or even death.

DENTAL DISEASE: Drooling, spitting out food, pickiness and/or weight loss are signs that may indicate dental problems. Dental disease can lead to ulcers, infection/abscesses, or reduced appetite and GI stasis if not appropriately addressed. Molar overgrowth/malocclusion is often a recurrent issue requiring regular anesthetized dental trims.

The House Rabbit Society website (www.rabbit.org) has many resources available for rabbit owners on proper training and care.

The veterinarians of VCA Calvert Veterinary Center have over 35 years of combined experience helping pets stay healthy and happy. For more information about how to care for your exotic pet, call for an appointment (410-360-PAWS) or schedule online at www.vaccalvertvet.com. VCA Calvert Veterinary Center is conveniently located at 4100 Mountain Road and has been proudly serving the Pasadena community for over 16 years.

Working Out In Unusual Times

» Continued from page 39

fect world and this idea is more powerful than ever.

No matter where you are physically and psychologically, the idea of progress is something we can embrace. In our gym, we like to look at small changes over time for most people, and that starts with the idea of 1% better.

If every day, we strive to improve what we are doing by 1%, it not only feels very doable, but it really does add up in the long term. Yes, 1% better for tomorrow may seem small, but after 30 days or 365 days, that really compounds.

If you look back at this time last year, imagine starting a journey then focused on 1% better each day. Now try to envision how much progress we could have seen by now. So much can be achieved in a year!

So, if you are on board to start working at 1% better each day, there are two main focuses that can help.

The first is something is better than nothing. During the lockdown, we had members tell us that some days they could muster the energy to get through only one round of the online workout that day. We applaud that. Others were simply up for walks in their neighborhood, and we love that too.


By the same token, when it comes to nutrition, sometimes replacing a higher-calorie drink with a diet one or water is a powerful way to shave 100 to 1,000 calories from your daily total. Do that each day and wow does it add up.

The second focus that can help you with this is consistency. At the end of the day, consistency supersedes everything, even intensity. If you can stay consistent, you can master or conquer just about anything.

Now this means that we must get right back on the horse if we fall off. You wouldn't stop guitar practice if you hit the wrong fret or quit tennis practice if you hit the ball out of bounds one time. The same is true for practice of nutrition or working out. We get right back in there and pick it back up.

The same is true with health and fitness. If we miss one workout or meal, we must realize it's just one workout or meal and not the end of the world. We get right back on the horse and go again. If you are on a bus trip and get a flat tire, you don't cancel the bus trip. You change the tire and keep going toward your destination.

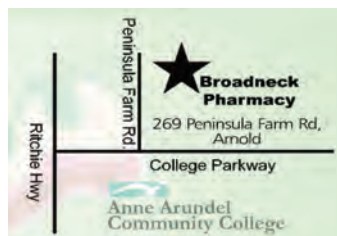
As this autumn approaches in our current normal, let's set our sights on the destination of progress, even just 1% percent better. Small and consistent improvements along the way will be our vehicle. Physically, psychologically and emotionally, you will feel and be better for it.

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Hospice Of The Chesapeake Announces Resignation Of Ben Marcantonio

Hospice of the Chesapeake's president and CEO Ben Marcantonio has submitted his resignation effective September 25. Marcantonio has accepted a position



Ben Marcantonio

as the chief operating officer for the National Hospice and Palliative Care Organization. Marcantonio joined Hospice of the Chesapeake as chief operating officer in 2013 and was quickly promoted to president and CEO in 2015. "Ben has been a guiding force and a strong advocate for Hospice of the Chesapeake. We are grateful for his commitment and dedication to our mission since joining our team in 2013 and his focus on the expansion of care provided by the organization," said Brian Gibbons, chairman of the Hospice of the Chesapeake board of directors. "Ben has worked tirelessly during his tenure as CEO and the organization has reached many milestones, including caring for more than 550 hospice patients

per day in mid-2020, the construction and opening of the Rebecca Fortney Inpatient Care Center in 2015 and the Hussman Outpatient Supportive Care Center in 2018."

The board of directors has appointed Michael Brady to serve as the interim president and CEO effective upon Marcantonio's departure. Brady currently serves as chief financial officer and joined Hospice of the Chesapeake in 2017. Prior to joining Hospice of the Chesapeake, Brady served as CFO with the National Lutheran Communities and Services in Rockville, which is the parent organization of three nonprofit faith-based senior care communities and two home health/home care entities. Brady is currently the chairman of the Leading Age Maryland board of directors and a 2020 Leadership Anne Arundel graduate.

"I am very confident that Mike will provide strong leadership and bring valuable insight in this interim role," Gibbons said.

The board of directors will begin a search for a permanent successor in fall 2020.

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UM BWMC Ranked Among "Best Hospitals"

The University of Maryland Baltimore Washington Medical Center (UM BWMC) was among three University of Maryland Medical System hospitals to have been recognized in the 2020 U.S. News and World Report's "Best Hospitals" rankings as being among the best hospitals in the state.

UM BWMC was ranked No. 9 in Maryland and No. 7 in the Baltimore Metro. The University of Maryland Medical Center (UMMC) Downtown Campus, the System's flagship academic medical center and The University of Maryland St. Joseph Medical Center (UM SJMC) in Towson were also ranked.

"We are extremely proud of these hospitals for being recognized for the excellent care and experience delivered to patients," said Mohan Suntha, MD, MBA, president and CEO of UMMS. "This is representative of the efforts that all of our system hospitals are engaged in to transform health care, with a focus on delivering compassionate high-quality care."

The annual Best Hospitals rankings, now in its 31st year, is designed to assist patients and their doctors in making informed decisions about where to receive treatment for challenging health conditions or for common elective procedures.

"UM BWMC is committed to providing the highest quality care to the communities we serve," said UM BWMC president and CEO Karen E. Olscamp. "We are pleased to once again be recognized by U.S. News & World Report and I am very proud of our dedicated staff who bring our mission to life."

Doctors Explain Impact

» Continued from page 39

seeing a smile and smiling back; of sitting around the table together; of laughing, singing and worshipping together."

Furthermore, Good explained that during the pandemic, social media has taken on disproportionate significance because it is one of the few permissible outlets for social interaction.

"Computer interactions can be depersonalizing," he explained. "When a disagreement occurs, a person's social media image can collapse. People scramble to reverse hasty statements and redefine their image, leading to confusion, intensified disagreement and a personal crisis."

But there are positive, purposeful steps that can be taken even under difficult circumstances, Stemberger said.

"Focus on positive activities," she said. "Form better habits. Reduce screen time. Revamp nutritional behaviors. Schedule regular exercise. Plan daily outdoor time. Take steps to grow closer with your family."

Whether its dependence on screens or substance abuse, mental health in the time of COVID-19 depends on relying on a power greater than ourselves, McClanahan said.

"Addiction is a holistic illness. It's physical, emotional and spiritual," he said. "If addiction is multifaceted then recovery and treatment must be as well."

Establishing a stable identity is critically important.

"If I look only for the affirmation of others on social media or elsewhere, I will always be let down. Developing a relationship with God is extremely helpful because God is the only person I can depend on that doesn't change."

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Tara Frame Selected As 2020 Super Lawyer



Tara Frame
Frame & Frame Attorneys at Law

Tara Frame of Frame & Frame Attorneys at Law has been selected as a 2020 Super Lawyers honoree by Thomson Reuters, a national organization that uses a patented multiphase selection process to create a credible, diverse listing of outstanding attorneys. Attorneys are nominated by their peers, evaluated by third-party research across 12 key categories, and reviewed by a highly credentialed blue-ribbon panel of attorneys. No more than 5% of lawyers in Maryland are selected as Super Lawyers.

Pugh & Tiller PR Named To PRNEWS' Inaugural Agency Elite Top 100

Mid-Atlantic-based public relations firm Pugh & Tiller PR has been named to PRNEWS' inaugural Agency Elite Top 100, which recognizes the most innovative and strategic public relations firms in the nation.

Being named to the Agency Elite Top 100 by PRNEWS, one of the public relations profession's foremost trade publications, marks the second major honor recently accorded to Pugh & Tiller PR. Expertise.com, a Seattle-based online directory that

uses a research and selection process to identify top service professionals in more than 100 business categories, including public relations, recently named Pugh & Tiller one of the top public relations firms in the Baltimore area.

"Being named to both of these lists is a testament to our continuing mission

to provide clients with ideas built on strategy — not egos — from a team of senior public relations professionals who are committed to providing exceptional service, innovative solutions, and measurable results," said company Partner

Matthew Pugh.

"We are honored to be recognized not only within our local geographic market but also on a national scale by our peers," added Jessica Tiller, partner at Pugh & Tiller PR.

"That innovative approach to client work has served

our firm well over the course of our 12 years in business, attracting clients from around the country, as well as international firms that are looking to enter the U.S. market."

According to PRNEWS, selection to the inaugural Agency Elite Top 100 was based
» **Continued on page 46**



How To Plan For A Successful Post-Retirement Move

Jason LaBarge
Financial Advisor
and Managing
Partner at Premier
Planning Group



I just got home from a visit to my childhood home in South Dakota. It will be my last visit there since I just spent this vacation packing up and moving my parents out of that home. They've lived there since 1975, but you probably would've guessed that they'd been there longer based on the amount of stuff we found in the crawlspace. The treasures we found were amazing!

When my parents first retired, they spent six months of the year in South Dakota and six months of the year in Arizona. I'll let you figure out where they were for each season! Then they decided to move permanently, which was a big step

for my parents. According to the Transamerica Center for Retirement Studies, 40% of retirees move after retirement, and I have found that to be true with my clients as well.

Watching my parents go through this post-retirement move, and after many talks with them along the way, I've gleaned a few tips that I'll pass to my clients from now on as they approach this milestone, and I would like to share them with you.

FIVE TIPS FOR A SUCCESSFUL POST-RETIREMENT MOVE

1. Choose a new home only after considering your future lifestyle.

Every retiree will value something different, and their home choice should reflect that. Do you want to downsize to a tiny home, or do you want to have a room for guests, so the grandkids can come over? Do you want your

» **Continued on page 47**

Chamber Update

Liz League
CEO, Greater
Severna Park and
Arnold Chamber
of Commerce



Please give a warm welcome to our newest members of the chamber: Logo-Zone Promotions (upgraded to bronze member), First National Bank, Joy Cortina — Arbonne and Advanced Healing Art.

Did you know there are six chambers of commerce in Anne Arundel County, each operating independently as small businesses, and none receiving government funding of any kind? That might seem like a lot, but there are 56,000 businesses and countless nonprofits, and each chamber has a unique focus and "target market." In the Greater Severna Park and Arnold areas, our base is mainly businesses with 10 or fewer employees, and many nonprofits.

Business owners are our neighbors and friends, they employ our children, give us the desired goods and services that make our community truly unique, and are always giving back through donations.

Many of our businesses are multi-generational and family owned, and some are close to 100 years old!

When Walter Winkelmeyer, owner of a local coal, feed and grain store, founded the chamber in 1957, he paved the way for the business-friendly community that we enjoy today. Over time, his business would become the first hardware and paint store in the area to meet the demand of people converting their summer cottages into full-time residences.

Our community has everything — great restaurants, specialty stores, health and wellness businesses, wonderful nonprofits and so much more. And the COVID crisis has severely impacted the operations of all.

» **Continued on page 46**

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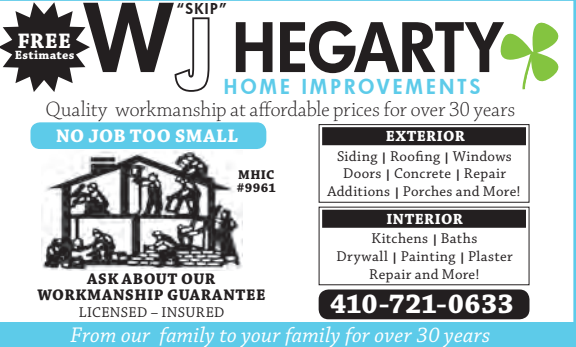
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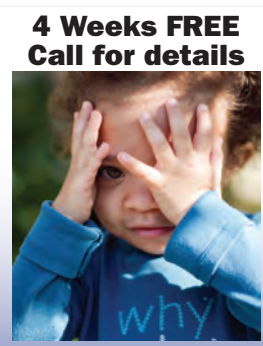
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Chamber Of Commerce Update From Liz League

» Continued from page 43

Even though our businesses have reopened to some extent, many are nowhere near generating the revenue required to sustain operations for the long term. We ask our community to please shop local and check first with local businesses for the products you need, as many have created e-commerce and carryout options. You can most likely find everything right here, and your patronage will keep our small businesses going and carry them to the other side of this crisis.

We cannot afford to lose our small businesses, as they are vital to the local economy in so many ways.

Back to the six chambers — I am thrilled that we are working together for the good of all businesses. We have communicated regularly throughout this crisis, shared ideas, hosted a multi-chamber networking event, and are working with the local government to voice and protect the interests of our businesses.

We were hoping to reschedule our Independence Day parade to Labor Day, but due to the COVID restrictions, our permit was not approved. We look forward to a fantastic Independence Day parade in 2020, so start planning!

Our chamber was so happy to restart our monthly Successful Women in Busi-

ness group after a summer/COVID hiatus. We held a virtual networking meeting and created plans for some great events for the remainder of the year, including an outdoor beer and wine tasting and more. Please check our website at www.gspacc.com for updates.

We held a ribbon cutting for the Severna Park Community Center's opening of its new pool, which was discovered to have major cracks after over 60 years of use when the center closed during the pandemic. If you have lived in the area long enough, you have been in the pool (remember when it was covered by a bubble?) The new pool is beautiful and will serve the community for many years to come. However, it was an expensive and unexpected renovation, so please consider a donation to www.spcommunitycenter.org.

Our health and wellness committee is going strong with practitioners in many fields including acupuncture, cranial sacral massage, essential oils and more. We are working on a community-based forum to present ways to keep your immune system strong, especially as we enter the cold and flu season.

We are looking forward to our 2020 Driving Force for Business annual golf tournament, which will be held at the beautiful Chartwell Golf and Country

Club on September 14. Our sponsors for the tournament are **Lean on Dee Senior Care Advocates, Chick-fil-A Severna Park, Emerald Financial Partners, The Matt Wyble Team of Century 21 New Millennium, Alexander Animal Hospital, Passanante's Home Food Services, Fellner Legal Services, Kris Leigh Assisted Living, Garry's Grill and Catering, Bernward Construction and Mechanical, Moran Insurance, Spring Arbor Senior Living, Minuteman Press of Crofton, M&T Bank, Griswold Home Care, The MWE Partnership, Consolidated Insurance + Risk Management,**

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We would love to have you join our mailing list to stay current on events and activities. Please send us an email at info@gspacc.com or visit our website at www.gspacc.com.

Pugh & Tiller PR Named Elite Top 100

» Continued from page 43

on the publication's evaluation of more than a dozen criteria (including new products, services offered and industry expertise) designed to highlight what PR firms stand out as doing the most innovative work.

PRNEWS also recognized how each of the agencies named to the Elite Top 100 pivoted their businesses and assisted their clients across categories during the COVID-19 pandemic.

The Agency Elite Top 100 is comprised

of boutique firms, mid-sized shops and global organizations, demonstrating that size doesn't always matter.

Pugh & Tiller's inclusion in the Expertise.com list was based on its ranking with respect to 25 variables across five categories — reputation, credibility, experience, engagement, and professionalism. Expertise.com then analyzed the results to develop its final list of top Baltimore area PR firms. This marks the third straight year in which the firm was included in the *Expertise.com* ranking.

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Lytos Puts A Spin On Popular Spirit

By Zach Sparks

Most people don't consume alcohol for health benefits, but entrepreneurs Billy Fanshawe and Nick DiSanti have created Lytos vodka in hopes that it will appeal to health-conscious consumers.

"I would go out and I would use Gatorade with vodka, and I would see a lot of people doing that as well, so I would wonder, 'Why has no one put the two together, with the electrolytes and vodka together?'" said Fanshawe, who came up with the idea nine years ago.

Fanshawe worked in advertising and started his own business before coming back to his vodka concept. He recruited DiSanti, a Towson University college friend and fellow Severna Park High School graduate, to become the co-founder of the company. They also invited fellow Towson graduate Andrew Jones to be part of the company.

"Our initial idea was that we're looking to target millennials, we're looking to target the younger population, because research does show that older populations are set in their brand ideas, so ... it's harder to target that older population," DiSanti said. "But the unique thing about our vodka is, it doesn't have the same bite that a typical vodka would have, a typical spirit. It's going to go down easier, it's easier on the stomach, and that also benefits and allows older generations to say, 'This is something I could try.'"

The product comes at a fortunate time for Fanshawe and DiSanti, as hard seltzers and low-calorie beers are gaining popularity.

As he started researching and preparing for future sales, DiSanti became even



(L-R) Billy Fanshawe, Andrew Jones and Nick DiSanti are launching Lytos vodka, which will be stocked in several Severna Park bars and restaurants, including Severna Park Taphouse.



more excited about the potential.

"There is a lot of research that shows that electrolytes have benefits with morning recovery, with hydrating as you're drinking," DiSanti said. "You see people doing it with Pedialyte and with Gatorade. We cannot make those claims, but we want consumers to decide for themselves."

Fanshawe and DiSanti have several distributor agreements in place with Severna Park and Pasadena businesses. Before the end of September, they expect

Lytos vodka to be at Park Tavern, Severna Park Taphouse, Hellas Restaurant & Lounge, Twain's Tavern, Turner's Liquors, and Harbour Wine & Spirits.

The entrepreneurs have a few ideas for other beverages, but the priority is producing and marketing their vodka.

"We're really hoping to bring a lot of people out to Severna Park and Pasadena restaurants to try this," Fanshawe said. "We've been on lockdown and things are slowly opening back up. I think it will

be a great way to bring people together. Being that we're local, I think it's cool that this has the potential to go national, and it started right here, and I think the town should be excited about that."

To learn more, visit www.lytosvodka.com or find the company on social media @lytosvodka on Instagram and Facebook.

How To Plan For A Successful Post-Retirement Move

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own lawn, or do you prefer to live in a community where all the landscaping is taken care of for you? Do you want to live by the beach or the mountains?

You will also want to think about future considerations. Will you need a walk-in shower instead of a tub? How will you handle stairs in the coming years if your health prevents you from easily navigating them? Determining your priorities based on your values and the reality of the future will help ensure you choose a home that you can stay in for a long time to come.

2. It's just a house. Although there is a sense of nostalgia and love that develops for a home that you have spent decades raising your family in, remem-

ber that when it comes down to it, it is just a house. Your house does not hold your memories; your memories move with you.

3. Pre-determine who gets what. If in doubt, you don't need it. Going through 40 years of accumulated items is probably one of the hardest parts of this process! It helps to know ahead of time which child, friend or charity will get the larger or more valuable items (whether monetarily or emotionally valuable) that you will not be taking with you. You'll want to make sure you communicate your plan to your loved ones to avoid any confusion.

Now all that is left are the everyday items. When moving to a new place in this new season of life, deciding what to bring may become overwhelming.

My motto to my parents became, "If in doubt, you don't need it."

4. Don't sweat the inspector. Selling a home you have lived in for decades can be a daunting task, especially when the home is older and the inspector starts checking every single outlet. Just take a deep breath and remember, it'll all work out. This will all be behind you soon.

5. You will second-guess your decision throughout the process. This is inevitable. You are working through a major life change and it will surely bring up doubts and fears, but also excitement and anticipation of what the future holds. Focus on the excitement and benefits of moving to a home that is better suited to your retirement lifestyle. You will be glad you did.

In the end, the best advice is to set a timeline and stick to it. The further you get into the process, the more stressful it will be, but there is light at the end of the tunnel. Your future awaits!

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