

WHAT'S UP?

WEST COUNTY

WHAT'S UP? MEDIA
ANNAPOLIS • EASTERN SHORE
WEST COUNTY • WEDDINGS
HOME GROWN
LOCALLY OWNED



ENCOURAGING
HEALTHY HABITS
FOR STUDENTS
IN THE AGE
OF COVID-19

LAWSUITS AND
EFFORTS TO
CLEAN UP
CONOWINGO
DAM

BEST OF REAL
ESTATE, HOME
& GARDEN
WINNERS

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BLUES WITH SOME

RETAIL THERAPY!

(SEE OUR
LIST OF
WINNERS
INSIDE)



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2020 - 2021 School Opening During COVID -19

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Adjustments to the AACCS Reopening Plan will be made as needed to maintain our alignment with the most current recommendations from the organizations and resources identified at

www.aacsonline.org/campus-life/coronavirus

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On the Cover: Escape the pandemic blues with some retail therapy by shopping the Best of Retail and Professional Services winners. Design by August Schwartz. Contact *What's Up? West County* online at whatsupmag.com. ♻️ Please recycle this magazine.

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WEST COUNTY

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Lyons (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Contributing Editors

Lisa J. Gotto, Dylan Rache

Contributing Writers

Ines Alicea, Bob Allen,
Janice Booth, Jeff Holland, Tom Wargo

Staff Photographer

Steve Buchanan

Art Director

August Schwartz (x1119)

Graphic Designers

Matt D'Adamo (x1117), Lauren VanSickle (x1123)

Web Content Specialist

Brian Saucedo (x1116)

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Beth Kuhl (x1112),
Rick Marsalek (x1124), Nina Peake (x1106),
Michelle Roe (x1113),

Special Events Director

Melanie Quinn (x1132)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Administrative Assistant

Kristen Awad (x1126)

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What's Up? West County is published by What's Up? Media 201 Defense Highway, Suite 203, Annapolis, MD 21401, 410-266-6287, Fax: 410-224-4308. No part of this magazine may be reproduced in any form without express written consent of the publisher. Publisher disclaims any and all responsibility for omissions and errors. All rights reserved. Total printed circulation is 20,250 copies with an estimated readership of 60,855; 19,526 copies are mailed free to households in the West County area, with additional magazines distributed to waiting rooms and local hotels throughout West County. ©2020 What's Up? Media

Home Grown, Locally Owned: This issue of *What's Up? West County* employs more than 40 local residents.



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September contents

COMING UP IN
OCTOBER 2020

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EDITOR'S NOTE: September's event-related columns and the Calendar of Events have been removed from this issue due to the high-volume of cancellations related to the COVID-19 pandemic.



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Following COVID-19

whatsupmag.com/covid-19

What's Up? Media's landing page for COVID-19-related local information features live updates from government, businesses, and community sources.

We've been following closely, vetting and posting information as quickly as possible. Thank you for trusting us and please continue to check this page often. Stay healthy, stay safe.



Inbox Updates

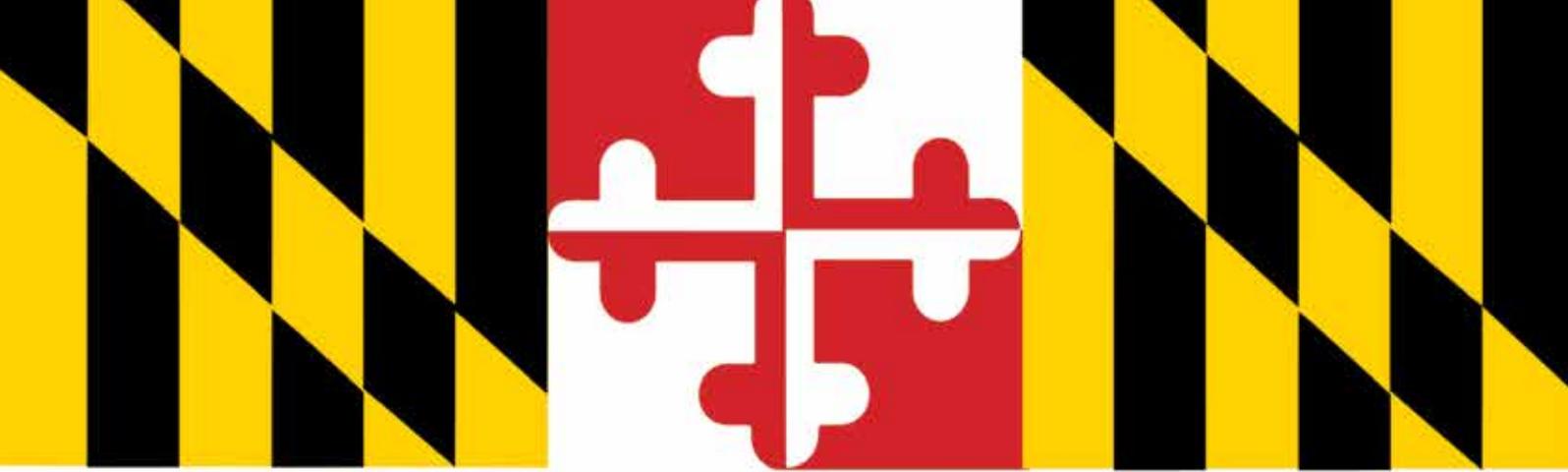
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editor *From the*

nization is due. Also, in our education package, “Make the Grade,” we offer a batch of short articles about “tuning up” our children for a successful school year (from nutrition to test taking tips). And if you’re considering the possible benefits of a private school education, we have a list of those who’ll be happy to show you their campuses by appointment.

One of my fall projects (well, my personal vanity project) is tinkering with my jon boat to get it primed for some fall rock-fishing on the Severn River. It’s something to do on weekends, little fixes here and there. And it’s fun. It’s the type of project that amplifies my appreciation for where we live...and how we should treasure our rivers and the Chesapeake Bay. In part one of Jeff Holland’s three-part article series “Conowingo Dam” we learn of how this vital electric generator of a dam has served as a sort of long-term stop-gap (oxymoron, yes) solution to the up-state pollution from Pennsylvania and New York running into the bay. The sediment, flotsam, and jetsam that Conowingo traps behind itself have been a source of environmental concern and controversy for years. But, as Holland illustrates, time is ticking and action must be taken now to address the problems at hand.

Boating and the bay may not be “your thing” though. And that’s okay. We all have our own interests and hobbies. And, of course, fall is usually a great time of the year to explore whatever muses your heart. In the intriguing and simply fun article “Radio Flyers,” meet a group of local pilots, so to speak, who tinker with and fly remote-controlled model aircraft. Their passion for the hobby is darn-near addictive and just might inspire you to discover a new activity.

And if being involved in your neighborhood and community is your passion, take cue from the next article in our “Year of the Woman” series, which deep dives into the social science of social movements. There are fascinating insights about how movements—from women’s suffrage to civil rights—develop, grow, and foster change. Another pretty inspiring read.

So, as we settle into our autumn routines, projects, and passions—whatever they may be—let the introvert within you shine, perhaps, and have fun focusing on that which is closest to your *fall* vest—your home, your health, your community, and your family.

James Houck,
Editorial Director

As I write this letter, we’re still a few weeks out from Labor Day weekend, the start of the school semester, football season (we hope), and my favorite time of the year...fall. Has my anticipation for autumn, the holidays, and all-things pumpkin spice (lol) lost some luster? Eh, maybe a tad. Like most of us, I’m uncertain about whether or not we’ll get to cheer on the Midshipmen for home games at the stadium, take the kids on hay rides or pick pumpkins at the farms, and how the next round of virtual learning will go. But...

We can focus on what we can control on the home front. For as much as I may feel apprehensive about the remainder of this year and what we can or can’t do when we’re out and about, there sure is a lot to be mindful of at home. And this is, perhaps, the best time of the year to tackle tasks indoors and out, spruce up the homestead, get involved with neighborhood projects, and even explore the outdoors in and around your community.

A few articles in this issue of *What’s Up? West County* got me thinking along this track. For starters, I read through Janice Booth’s article “Autumn Refreshers for the House & Garden,” which includes so many ideas for the home that we couldn’t fit the article as written in its entirety into this issue (I had to find a few things to cut). Nevertheless, Booth offers a treasure trove of tips that you’d be wise to read through—there are so many nifty suggestions, I’m confident you’ll dream up a honey-do list a mile long. All good things.

Along these lines, and with many of us still telecommuting and/or getting the kids set up for a fall of e-learning via virtual teaching, setting up personal space(s) like a home office or classroom is a project that’s on my to-do list. We survived spring and summer, but I’m thinking that a bit of reorga-

Out on the TownE

7 EVENT PICKS | 14 SALUTE | 16 SPOTLIGHT | 17 ATHLETE

Local events are always important to us at What's Up? Media. Recently, we have not been able to go to some of our favorite annual events. One great trend that has emerged from the COVID-19 pandemic is virtual events. We can travel to New York for the Hudson Valley Hot Air Balloon Festival or be able to see local Baltimore song writers in the same night. Below is a schedule of just a few of the hundreds of virtual events going on locally and nationally during the month of September. Events highlighted in red are "can't-miss" events happening locally. Many of these events will be streaming live through Facebook. To follow them live, simply log onto Facebook and put the event name in the search bar. This will bring you to the live video, discussion page, and a place to donate if you would like. →

Events Have Gone Virtual!

Many events, from film festivals to business chamber mixers, have transitioned to digital forums on platforms such as Zoom and Facebook Messenger.

Get the scoop on great opportunities to connect with your community and interests by visiting [Whatsupmag.com](https://www.whatsupmag.com)!



it means to put an end to restrictive patterns of events or behavior by doing things in a markedly different way – through the eyes of our distinguished speakers, who represent the diversity and uniqueness of the Alief Community.

September 7

DRINK & DRAW hosted by London ACM SIGGRAPH; 7–10 p.m.; london.siggraph.org/events/month; This casual event occurs the first Monday of each month. Attendees will sign-up online and receive a Zoom link and password. Whist staying at home, we will have a good time and great safe space online to meet new people and learn from other talented artists and enthusiasts. Share with us your art using your favorite material and medium. Learn from each other, share techniques, and meet artists!

September 9

CONGRESSIONAL ROUNDUP 2020 hosted by the Maryland Chamber of Commerce; 10–11:30 a.m.; mdchamber.org/event/congressional-roundup2020; Do not miss this opportunity to hear directly from policy experts and Maryland's congressional delegation regarding the current

September 1

VIRTUAL WRITING HOUR WITH THE NATIONAL PORTRAIT GALLERY, 5–6 p.m.; npg.si.edu/events; This virtual space with the National Portrait Gallery will be a place for writers to create, connect, and draw inspiration from the Portrait Gallery's online exhibitions on Google Arts and Culture. Bring your own happy hour beverage and write with us. We will provide writing prompts and you are also welcome to bring your own writing projects. We will write for about 30 minutes and end the session with a brief discussion or reading.

2020 TRIBAL LEADER/SCHOLAR FORUM hosted by National Congress of American Indians; 9 a.m. through September 3, 5 p.m.; ncai.org; The NCAI Policy Research Center's Tribal Leader/Scholar Forum provides an opportu-

nity for researchers, practitioners, community members, and others to present their findings to tribal leaders, policymakers, and tribal members. The theme is Research Governance: Protecting Sovereignty.

September 2

FULL MOON CIRCLE & MEDITATION hosted by The Millvale House; 7:30–9 p.m.; eventbrite.com; Join our event via Zoom from the comfort of anywhere you find that is a safe, undisturbed space. Bring a notebook and pencil, a candle, drum, rattle, or any tool of your faith to help you celebrate the power of the Full Moon energy. Soft nature sounds and native music will be playing.

September 3

VIRTUAL SUMMER CONCERT: ISLAND PETE hosted by Glen Echo

Park Partnership for Arts and Culture 7:30–8:30 p.m.; Facebook Live; For more than a decade, summer at Glen Echo Park in Washington, D.C. has been synonymous with a weekly Summer Concert Series to support local musicians and performers who represent a diverse range of styles, influences, and cultures.

September 4

HUDSON VALLEY HOT AIR BALLOON FESTIVAL 2020, 4 p.m.; Facebook Live; Watch the Best events Live from the Hudson Valley Hot Air Balloon Festival in Rhinebeck, New York.

CHARM CITY SONGWRITERS – LIVE STREAM EDITION

hosted by Full Tilt Brewing; Every Friday in September from 7–8 p.m.; Facebook Live; Every Friday we're going to stream a different local artist. Prior to and

during the set, we'll announce a "code" specific to them. For each order placed during their set using the code, 10 percent of the proceeds will go back to the band.

GRAND ART UNDER A GRAND hosted by Troika Gallery; September 4th through September 29th; troikagallery.com; No pre-show sales before September 4th, view the exhibit online and call the gallery to purchase your favorite piece of Fine Art by the Troika Gallery Artists all priced under \$1,000.

September 5

TEDXALIEF 2020: BREAK THE MOLD EVENT, 10 a.m.–4 p.m.; ted.com/tedx; Join us as we launch, this September, the first edition of TEDx Alief, an independently organized TEDx event. At "Break the mold, we will explore what



legislative and electoral landscape and how it intersects with the challenges presently being faced by the business community. Through this virtual event, attendees will also have the opportunity to ask questions and to convey their concerns directly to lawmakers.

↑ THE GIRLS IN TECH CONFERENCE

hosted by Girls in Tech; 1-7:45 p.m.; girlsintech.org/conference; A one-day virtual event where participants gather to find community, sharpen their skills, and learn how to thrive in tech. This signature annual event is so much more than a conference. It is an intentional and inclusive space where we invite everyone to have a seat at the table. Every voice counts, every perspective matters, and every person is needed. This conference is your chance to have a real conversation about all the things that matter: life experiences, triumphs, setbacks, tricks of the trade and industry trends.

CT FOLK FEST, September 9th-12th starting at 7:30 p.m.; ctfolk.org; Join us for our 28th CT Folk Fest & Green Expo as we bring you a multi-day event in virtual format. Safety has become a priority for artists and arts venues alike. In keeping with CDC guidelines and navigating through an evolving pandemic-driven landscape, CT Folk has made the decision to continue the music, and our commitment to our community. CT Folk Fest will be shared with an expanded listening audience through a virtual platform that can be watched on Facebook Live or Youtube Live.

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September 10

2020 STEAMTOWN MUSIC AWARDS, September 10th–12th, 7:30 p.m.; Facebook Live; The awards will be very different this year but we will be coming to you from Scranton, PA no matter what. The event will be live-streamed courtesy of our good friends at Ionic Development.

RON RASH VIRTUAL EVENT hosted by Fiction Addiction; 6 p.m.; crowdcast.io; We are thrilled to bring you a virtual event with bestselling Carolina author and reader favorite Ron Rash. Each ticket includes access to a live online book talk, the ability to view a 48-hour replay in case you missed it live, as well as a signed, personalized copy of *In the Valley*. Tickets can be purchased through noon on Tuesday 9/8.

NIGHT OF HOPE 2020 hosted by Boulder Voices for Children; 7 p.m.; Facebook Live; Join Boulder Voices for Children for Night of Hope 2020—a collaborative effort to engage our community. This virtual kickoff on September 10th at 7 p.m. will be an engaging virtual fundraiser on Facebook Live featuring a child welfare panel.

September 11

PROJECT CLEAN STREAM hosted by the Alliance for the Chesapeake Bay and ShoreRivers; chesapeakenetwork.org/groups/project-clean-stream; A watershed wide cleanup organized by the Alliance for the Chesapeake Bay and coordinated on the Eastern Shore by ShoreRivers. Project Clean Stream is an opportunity for citizens across the entire Chesapeake Bay Watershed to work together to clean our shared water resource.

September 12

ANNAPOLIS VIRTUAL RUN FOR THE LIGHT HOUSE hosted by Annapolis Lighthouse Shelter; September 12th–20th; annapolisrunfortheLighthouse.org; All proceeds will benefit the Annapolis Lighthouse homeless prevention center. Run or walk wherever you are. Registration is now open.



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Dr. Jen-Fan Weng

Graduate of Loyola College, University of Maryland Dental School and completed pediatric dental specialty training at Children's Hospital in Pittsburgh. Dr. Weng is a Board certified pediatric dental specialist.

Dr. Scott Lawrence

Graduate of Wake Forest University, West Virginia University School of Dentistry and The Ohio State University. Dr. Scott received his certificate in Pediatric Dentistry from Columbus Children's Hospital.





September 13

22ND ANNUAL PET ROCK FESTIVAL – FUR-TUAL ONLINE EVENT hosted by Pet Rock Festival; 12–3:30 p.m.; Facebook and Youtube Live; The 22nd annual festival, originally planned to return to North Grafton, MA, will now bark, meow, chirp, whinny, and oink as a virtual FB-Instagram-Youtube live event that features interviews with animal welfare organizations, performances, musical acts, politicians speaking about animal welfare legislation, and demos, including the Pups in the Air Frisbee Team.

HOBOKEN WELLNESS CRAWL 2020 hosted by HobokenGirl.com; September 13th through October 13th; eventbrite.com;

This year's Wellness Crawl is going virtual for 30 days. Your ticket will include virtual giveaways, exclusive deals and offers, free fitness and wellness classes, and a 30-day support local wellness challenge. Along with this, 20% of all ticket profits will go to Hoboken Relief Fund to continue helping small businesses and individuals affected by COVID.

September 15

SHELTERED VIRTUAL CONFERENCE hosted by National Trafficking Sheltered Alliance; 12 p.m. through September 17th, 5 p.m.; shelteredalliance.org/events; A national conference for agencies providing residential and affiliated services to survivors of

human trafficking/exploitation/prostitution. The live sessions will be from 12–4:30 p.m. each day and everything else will be on demand for you to watch whenever works best for you.

September 16

↑ SEPARATING FACT FROM FICTION: THE RISE AND ROLE OF JOURNALISM hosted by The Maryland Writers' Association; 7–8 p.m.; Find Zoom link on Facebook; The Maryland Writers' Association is hosting an online discussion. For 25 years, John DeDakis was deeply involved in CNN's coverage of almost every major national and international news story. See his view on the rise of journalism on this online discussion through Zoom.

September 17

GROOMERS UNLOCKED INTERNATIONAL: A WEEKEND OF WEBINARS WITH SPEAKERS FROM AROUND THE WORLD hosted by The Whippet Media; September 17th–20th; eventbrite.com or thewhippetmedia.com; The crew at Whippet Media is running a four day jam packed schedule full of education and fun with amazing speakers from all around the world. Between Thursday and Sunday, you will be introduced to 15 international speakers through webinars to bring you a one of a kind education from the comfort of your own home

↓ HOCUS POCUS FREE VIRTUAL PAINT hosted by Mimosas & Masterpieces; 7 p.m.; Facebook Live; Join us for our free virtual Hocus Pocus painting night. Can't make it? Not a problem, the video will be on the

Mimosas & Masterpieces Facebook page to be watched later.

September 18

BRONZEVILLE ART DISTRICT VIRTUAL TROLLEY TOUR 2020, 7 p.m.; eventbrite.com; Your summer fun is here! Take the Virtual Trolley tour on zoom to the largest African American Art District in the Country. There are six galleries, art institutions and a number of art studios in the historic Bronzeville Community in Chicago. Experience art, culture, and more at Blanc Gallery, Bronzeville Artist Lofts, Faye African Art Gallery, Gallery Guichard, Little Black Pearl, and South Side Community Art Center.

MANIFEST 2020 VIRTUAL CONVENTION hosted by MyDailyChoice; September 18th & 19th; mydailychoice.com; Welcome to the big-



gest and most exciting virtual event of the year. Now, with the event being virtual, you will receive a more than traditional sales training, gain valuable insight and a wealth of information from the top performing affiliates in the business. Learn how to Manifest Success as you add more tools to grow your business. Key note speakers will include John Maxwell, Eric Thomas, and Erin Gargan King.

September 19

↓ **CVBCA 24TH ANNUAL 5K WALK/RUN VIRTUAL EVENT** hosted by Cumberland Valley Breast Care Alliance; 12 p.m.; thecvbca.com; Register online and

during the time of the virtual 5k, run or walk at your own pace at any time that pleases you. We suggest on a trail, around your neighborhood, or even on a treadmill. This is your race! Send us your pictures and wear pink for breast cancer awareness!

↑ **VIRTUAL FUNDRAISING GALA** hosted by Annapolis Shakespeare Company; 8 p.m.; annapolisshakespeare.org; Tune in for our first ever online celebration of everything Annapolis Shakespeare Company is about featuring music, virtual performances, and special guest stars. This is a one hour ticketed online event, reservations required in advance.



September 21

↑ **WE ARE MANY: 100 CITIES, ONE NIGHT FOR PIECE** hosted by We Are Many; 7-10 p.m.; Facebook Live; A global virtual release hosted by organizations, individuals, schools, communities, spiritual, and activist centers around the world who speak for justice and peace.

September 24

↑ **THE BLACK IS TECH VIRTUAL CONFERENCE 2020** hosted by Black is Tech; September 24th-25th; blackistechconference.com; Join 6,000-plus Black and Minority tech professionals and entrepreneurs online for 2 days of learning,

networking and recruitment. This event, normally in New York City, is now virtual and free for everyone. The event will be streamed online and all other event related activities will be virtual.

↑ **BACKYARD COMPOST BASICS FREE WEBINAR** hosted by Central Vermont Solid Waste Management District; 1-2:30 p.m.; cvswwd.org/workshop-registration.html; In this webinar, you'll learn how to compost successfully whether you're starting for the first time or are a compost veteran. Discussions will include cold composting as well as active and passive management techniques.

↑ **MSCCA CONFERENCE BY THE SEA 2020 GOES VIRTUAL** hosted by Maryland State Child Care Association; September 24th through September 27th; msc-ca.org; In light of the current global climate, it is more important than ever for the child care community to connect with one another, strategize and share ideas, all in a safe, responsible way. With our dedication to continuously elevate the training experience. The conference has undergone a timely transformation into an all-digital format, offering attendees the ability to participate in virtual content, exhibits, and networking opportunities.

IN DEFENSE OF WATER 2020 hosted by Waterkeepers Chesapeake and The Severn Riverkeeper Program; 4–6 p.m.; eventbrite.com; Our 4th annual In Defense of Water is going virtual to keep everyone safe and healthy during this global pandemic. We hope you will join us for this Virtual Celebration of Clean Water Advocacy, an evening to celebrate our clean water successes and raise awareness of our work making our local waters drinkable, swimmable, and fishable for everyone.

CSPNJ FALL FEST hosted by Collaborative Support Programs of NJ; 11 a.m.–4 p.m.; eventbrite.com; Join us for a virtual Wellness Event for individuals in recovery. Get ready for music, talent, prizes and more! We look forward to Fall Fest every year and hope you are just as excited for our very first Virtual Fall Fest. This event is open to everyone and we can't wait to party with you.

September 27

THE AFRICA LEADERSHIP FOR WOMEN FORUM hosted by The Sister Sister Global Network; 11 a.m.–1 p.m.; sistersisternetwork.org; Join us online for our first ever Africa Leadership for Women Forum featuring an expert panel of speakers on female leadership development. This forum will feature conversations designed to boost self-awareness, self-confidence, and self-development in business and career, our forums are perfect for people who are interested in influence and impact.

September 30

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TOWNE SALUTE

Betty Brown Turner

Boys & Girls Club of Annapolis and Anne Arundel County

By Megan Kotelchuck

Having grown up with six siblings, supportive parents, and both sets of grandparents, it was only natural for Betty Brown Turner to focus her talents and nurturing background toward children in the greater Annapolis area through the Boys & Girls Club of Annapolis and Anne Arundel County (BGCAA). Betty Brown Turner was born to be an educator and volunteer and her career has proved it.

“I became a member of the Board of Directors. That was more than 20 years ago”, Turner says. “I am committed to the mission, ‘To inspire and enable all young people, especially those who need us most, to reach their full potential as productive, responsible, and caring citizens.’”

Turner grew up in the Parole area of Annapolis and has stayed in the area to help make a positive impact on her hometown. After sixth grade at Parole Elementary School, Turner was sent to the only all black Junior/Senior High School in Anne Arundel County, Wiley H. Bates. Following her high school graduation, Turner attended and graduated from Bowie State College (University) and became the first college graduate in her family. She graduated with a Bachelor’s of Science in Elementary/Middle School Education and began a 30-year education career with Anne Arundel County Public Schools. At first, she taught at the segregated Jones Elementary School and upon desegregation was transferred to Rolling Knolls Elementary.

After jumping between elementary and middle schools, Turner earned her Master’s in Guidance and Counseling back at her Alma mater and left the classroom for a position as a Pupal Personnel Worker. As a PPW, she was a liaison between school, home, and the community for students and was responsible for home visits, addressing attendance problems, special education compliance, counseling, and referrals to and working with community agencies.

Her position as a Pupal Personnel Worker is what got her thinking about the need for a Boys & Girls Club. She attended a fundraiser and was invited to visit the Bywater Club, the only Boys & Girls Club location at the time. “The emphasis on education and programs to develop the

whole child was impressive and important to me as an educator,” Turner recalls.

The Club provides a safe and caring experience for children every day after school and during the summer, and helps ensure academic success, good character and citizenship, and healthy lifestyles. Turner has helped the local organization grow to six locations: Bywater, Meade Village, Freetown, Wiley H. Bates, Admiral Oaks, and Heritage Overlook.

With the help of Turner, the Annapolis Alumnae Chapter of her sorority, Delta Sigma Theta, has developed a strong relationship with BGCAA. The sorority’s Dr. Betty Shabazz Delta Academy correlates with BGCAA Smart Girl’s Program and members of the Chapter meet regularly with BGCAA girls ages 11 to 14 to focus on both social and emotional development.

It is clear that her biggest joy of volunteering at BGCAA is the people she has worked with and because it is the start of great futures for these kids. She says how gratifying it was to have served with the late Ed Casey.. She says, “Ed was instrumental in bringing B&G to Annapolis.” Turner has also loved her time at BGCAA because it is a necessary organization to the community.

Though all of those reasons make the Boys & Girls Club of Annapolis and Anne Arundel County special to Betty, she loves the satisfaction of being involved in the revitalization of her high school and for BGCAA to have its flagship clubhouse at Bates.

“Each time I walk into the Bates facility, it brings back so many fond memories. The main level was the cafeteria. The gym is where my brother was an outstanding basketball player for the Bates Little Giants.”

For the past 15 years, Betty has been a board member alongside Peter Summers, current BGCAA President. “I have developed a deep appreciation and respect for her as a person and a board member over the past 15 years,” Summers says. “Betty has a clear voice when expressing her thoughts or seeking information. Her education and life experiences are instructional and often provide direction to our discussions. She has a positive attitude and typically brings a smile and laughter to our meetings.”

Turner’s inspiration and influence on others, especially children, has extended to young adults too. She also is currently a member of the Bowie State University College of Education Advisory Board and the BSU Foundation Board of Directors. To provide financial assistance to students, the Betty Brown Turner Legacy Endowed Scholarship Fund was established to help fund students majoring in elementary, early, or special education.

All while holding positions on all levels of different committees, and serving on the board of many different organizations, Turner is the proud mother of two intelligent, successful daughters, three grandchildren who bring her the greatest joy, and has had a companion for many years.

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↑ HOSPICE OF THE CHESAPEAKE ANNOUNCES CHANGE IN LEADERSHIP

Hospice of the Chesapeake announced recently that President and CEO Ben Marcantonio has submitted his resignation effective September 25th. Marcantonio has accepted a position 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,” said Brian Gibbons, Chairman of the Hospice of the Chesapeake Board of Directors. The Board then announced the appointment of 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. 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 also stated.

\$35,000 GRANT AWARDED TO CASA

Anne Arundel County CASA, Inc. (AACASA) recently received a \$35,000 grant from the Community Foundation of Anne Arundel County (CFAAC) to support its mission to advocate for abused and neglected children in foster care. The award comes from the Fund for Anne Arundel, a fund of CFAAC. “The support of the Community Foundation of Anne Arundel County is a resounding testament to the work our CASA volunteers do on a daily basis to help abused and neglected children,” said Rebecca Tingle, Executive Director of AACASA. “Over the past 15 years, I have been privileged to witness the remarkable ways that CASA volunteers impact the lives of the most vulnerable children in our community. These children come to us wounded, but they cling to their hopes and dreams. It is our job to watch over them while in foster care, to make sure all that can be done is done, to help them flourish while a safe, loving and forever home is found. We would not be able to continue our work without the support from our generous contributors.”

Dr. Susan Todd Peeler Joins Mercy

Board Certified gynecologist Susan Todd Peeler, M.D., FACOG, MBA, has joined The Institute for Gynecologic Care at Annapolis, a satellite of Mercy Medical Center’s Gynecology and Gynecologic Oncology Center of Excellence. Dr. Peeler’s practice focuses on GYN conditions for women of all ages, serving Annapolis and the surrounding communities of Arnold, Crofton, Crownsville, Severna Park, and Gambrills. She is trained and experienced in minimally invasive laparoscopic and hysteroscopic procedures. Recognized for her commitment to clinical excellence, Dr. Peeler was named a “Top Doctor” in gynecology by *What’s Up? Annapolis* magazine, as well as a “Favorite Doc” by readers of Chesapeake Family magazine. Dr. Peeler holds an MBA from the Johns Hopkins University Carey School of Business and previously served the Annapolis community as co-founder and practicing physician of The Comprehensive Gynecology Center.



↑ Black Bears Sports Group Announces “Black Bear Youth Hockey Foundation”

The Black Bear Sports Group has announced the formation of the Black Bear Youth Hockey Foundation, established to provide need-based aid to hockey players ages 7-17. Through individual grants and sponsored programming, the foundation’s goal is to increase American youth hockey participation and ease financial burdens many families undertake to afford association dues both at the Tier 1 and Tier 2 level. The organization has applied for 501(c)3 status so that donations over \$250 will be tax deductible upon acceptance of this designation. Along with individuals, corporate donors may also participate in the donor program not only by making donations, but also by participating in roundup campaigns and other fund-raising methods.

Families and fans may apply for grants and make donations directly through the foundation website: blackbearsportsgroup.com/foundation.html. Foundation President Andrew Goldman is excited to bring affordable hockey to the next generation of players. “Youth hockey celebrates teamwork, skill, and cultivates lifelong friendships,” Goldman says. “We understand the sacrifices families make to allow their children to experience this incredible game, and during these difficult times we felt this was the perfect opportunity to lend a hand to ease this burden.”

Do you have community or business news to publicize? Send What’s Up? an email at editor@whatsupmag.com.



TOWNE ATHLETE

Angela Jones

Old Mill High School
Lacrosse, Field Hockey

By Tom Worgo

Angela Jones played lacrosse and field hockey at Old Mill High School and earned All-County honors in both sports. When Jones, a recent graduate, considered competing in lacrosse and field hockey at Division II Seton Hill University in Pennsylvania, she had second thoughts.

The idea of playing two sports came from Seton Hill Women's Field Hockey and Lacrosse Coach Courtney Grove. "At first, I was nervous about it," Jones recalls. "It was intimidating. I was like, 'How can I handle it?'"

Jones toured the college a second time with Grove and came away confident she could pull it off. "She had me talk to one of her players who had done it," says Jones, who carried a 4.26 weighted grade-point average, took five advance placement classes over four years, and plans to major in marketing. "It made me feel a lot better about it as long as I could keep my grades up.

"They have academic programs to help athletes," she adds. "Every week, you turn in grade sheets and they offer a lot of help (from tutors) with schooling."

Old Mill Girls Lacrosse Coach Chelsea Hauswirth says Jones, a standout defender in both sports, is the type of rare athlete that is up to the challenge of being a dual-sport athlete in college. She cites Jones' work ethic, time-management skills, and discipline.

"She is like a coach's dream," Hauswirth explains. "She works all-year round. She is very organized and dedicated. She is very determined to achieve her goals."

Lacrosse is Jones top sport. She's been playing it for six years and competed for Chesapeake Club Lacrosse for two seasons in addition to suiting up for Old Mill. The 5-foot-6-inch Jones, a midfielder, spent four years on the Old Mill varsity and started for three. She capped her career by being named a Second-Team All-County pick by the Anne Arundel County lacrosse coaches.

Jones anchored the team's defense, and opponents didn't like playing against her. "She knows how to take control of situations all over the field," Hauswirth says. "She can control the offense, but control the defense. We could put her on anybody and we know she would be successful defending them."

Jones' high lacrosse IQ was another strength. It set her apart from other players. "She was a very smart player and a respected player," Hauswirth says. "She really had the

ability to read what is happening in the moment. She has a good knowledge of the game to know when someone is going to drive or when someone is going to cut. She could see it before it happens."

The 18-year-old Jones took a lot of pride in serving as team co-captain for two years. "I led mostly by example," she says. "But I was vocal a lot during games. If we weren't doing our best during a game, I would try to encourage our other players."

Jones also started on the varsity field hockey team for three seasons as a midfielder. She was named Honorable Mention All-County and Old Mill's Unsung Hero in 2019.

"If we needed an opponent marked tightly, we would put Angela on her," Old Mill Field Hockey Coach Heather Arnold says. "She was almost like that bug or insect that wouldn't leave you alone. That's how well she played defense on you."

Jones stayed busy outside of sports. She belonged to the National Honor Society, served as Senior Class Vice President, and on the Principal Advisory Committee and Athletic Leadership Council.

"She is involved in everything possible she can be at school," Arnold says. "She is a great role model for our student body academically and athletically."

Do you have a local athlete to nominate? Send What's Up? an email to editor@whatsupmag.com.

Taking Cue from Women's Suffrage

The social science and less-than-conventional wisdom of how social movements develop, grow, and foster change **By Ines Alicea**

◀ The Women's March on Washington on January 21, 2017, was the largest single-day protest in U.S. history, drawing more than 470,000 people. The goal of the march was to advocate legislation and policies regarding human rights and other issues, including women's rights, immigration reform, healthcare reform, reproductive rights, the environment, LGBTQ rights, racial equality, freedom of religion, workers' rights, and tolerance.

At 21, Tay Anderson, saw his star rise as the youngest African American ever elected to public office in Colorado and as a leader of the protests in Denver following the killing of George Floyd in Minneapolis. But, taking the helm of a large social movement often has its costs; during the protests, he was tear gassed, shot with rubber bullets, and the flood of threats from racists and other agitators forced him to start wearing a bullet-proof vest.

"If you are here for agitation, to throw things at the police, or burn our city down, don't come," Anderson told protestors. "We're here for peace. African Americans are not asking for special treatment. We're asking to be treated as human beings."

Anderson—who spent some time in the foster system, was raised by a single mother, and was homeless at times during high school—has won two elections as a board member for the Denver Public Schools. He says his work as a legislative aide, a high school restorative justice coordinator, a protest organizer, and as student body president during his junior and senior years at Manuel High School honed his leadership skills. But, it was his desire to "eliminate the school-to-prison pipeline" and seeing Denver police tear gas high school students that propelled him to the forefront of the Black Lives Matter protests in Denver to stop police brutality nationwide.

"I never thought I'd be in that situation," Anderson says of being hit with rubber bullets and being tear gassed. "It's traumatic. I wanted to be there to make sure the kids were safe. I was handing out masks and asking them to make sure they got tested for the virus."

Morgan C. Matthews is a PhD candidate in the sociology department at the University of Wisconsin in Madison and has written on social relations in legislative institutions and on gender and racial inequalities in politics. She says people mistakenly believe the social movement Black Lives Matter (BLM) "came out of nowhere." She says one of the projects she has been working on as a research assistant with Pam Oliver is tracking Black protests from 1994–2010.

"Protests are often portrayed as violent, but people are frustrated and angry that change isn't happening," Matthews says. "A lot of these inequalities are long-standing. Social change takes a long time, a lot of labor."

The Sociological Review Foundation defines social movements as networks of informal interactions between a plurality of individuals, groups, and/or organizations engaged in political or cultural conflicts on the basis of shared collective identities.

Social movements rarely happen overnight. Rosa Parks had been active in the civil rights movement for many years before she became



"African Americans are not asking for special treatment. We're asking to be treated as human beings."

Tay Anderson,
Secretary, Board of
Education, Denver
Public Schools.

famous for being arrested on December 1, 1955, after refusing to surrender her seat on a segregated bus to a white passenger in Montgomery, Alabama. The Black community launched a year-long bus boycott to protest her arrest. The boycott which crippled the finances of the city's transit system ended when the U.S. Supreme Court ruled that segregation on public transit systems is unconstitutional.

"American history has always been punctuated by social movements and they are still the motor of history even though they always get less than they want," says David S. Meyer, professor of sociology, political science, and urban planning

at the University of California at Irvine. He has studied social movements and social change extensively. "Social movements allow grievances to be expressed without toppling the system."

Matthews says it is important for social movements to move beyond the protest and help place people who understand, for example, police brutality or women's inequality in decision-making positions on campaigns and in institutions. It is vital to move people who are sympathetic and knowledgeable to different causes into gatekeeping positions in large institutions "because institutions are the problem," Matthews explains "They are slow to accept change and they want status quo. A lot of the bottleneck is at the institutional level. It can be tough to serve in these institutions because you are serving in a system that is hostile to you."

In 1990, Antioch College in Yellow Springs, Ohio, was mocked around the world for its policy that all sexual interactions must be consensual. A feminist movement at the school pushed for the policy. Fast-forward to 2020; most schools have adopted a similar policy. Another example of activism that eventually became policy but faced a lot of hostility was the gay marriage movement. Supporters were diligent and persistent on focusing their efforts on policy change and public opinion. Between 1998 and 2012, conservatives put gay marriage on the state ballots 32 times to ensure conservative voters would come out to vote. Each time, marriage equality was voted down, but on June 26, 2015, the U.S. Supreme Court struck down all state bans on same-sex marriage, legalized it in all 50 states, and required states to honor out-of-state same-sex marriage licenses in the case *Obergefell v. Hodges*.

"Now, gay marriage is almost universally accepted," Meyer says. "There is still discrimination, but there is progress."

"Every overnight success takes a decade of work," suggests Meyer, citing how gun control activists had been working for years on the issue, but that it wasn't until February 14, 2018, when a mass shooter killed 17 young people at Marjory Stoneman Douglas High School in Parkland, Florida, that the gun control activists made true progress. Meyer says the organization and the work done by the gun control activists years earlier helped propel "skilled and charming" students from the school to na-

tional attention on the issue. “It doesn’t happen without a lot of organizing beforehand.”

One of the keys to building a lasting movement that brings social change is building alliances. For example, the suffragists in the 1800s and early 1900s aligned with abolitionists to secure the vote for women. The key is to maintain that unity once the movement makes progress in policy change and public opinion change. Martin Luther King, Jr.’s legacy speaks to the progress that can be made if social movements can maintain unity among their members. Only about 23 percent of the U.S. population supported King when he led the civil rights movement and yet, today, he has a monument on the National Mall in his memory and a national holiday. Meyer suggests the election of Donald Trump, Jr. is another example of groups with different goals joining forces for a unified goal.

“There was a lot of frustration and anxiety with Trump,” says Meyer, editor of the 2018 book, *The Resistance: The Dawn of the Anti-Trump Opposition Movement*. “Trump was the unifier. He provided a centerpiece for all of those anxieties. A lot of the people who organized didn’t agree on a lot of things, but they knew they had a common enemy.”

Another key to a successful social movement is the ability of a social movement to interact with mainstream politics. Most social movements begin because of some policy provocation like the killing of George Floyd. Anderson, who some BLM marchers in Denver criticized for coordinating with police, says he had the contacts and wanted to use them to ensure protestors were safe.

“When it is something unpopular, there is a lot of risk and it’s scary,” Meyer says. He adds that often people, like Anderson, who participate in social movements make the transition to mainstream politics. Successful social movements always have an institutional element and there is a connection between the grassroots base and the institutional political organizations. Usually, during election years, the numbers of protests decrease because time, money, and attention are focused on political campaigns and elections..

“You have to stay engaged with mainstream politics,” Meyer says. “And you have to keep people engaged, lobbying, signing petitions, etc. It’s hard.”

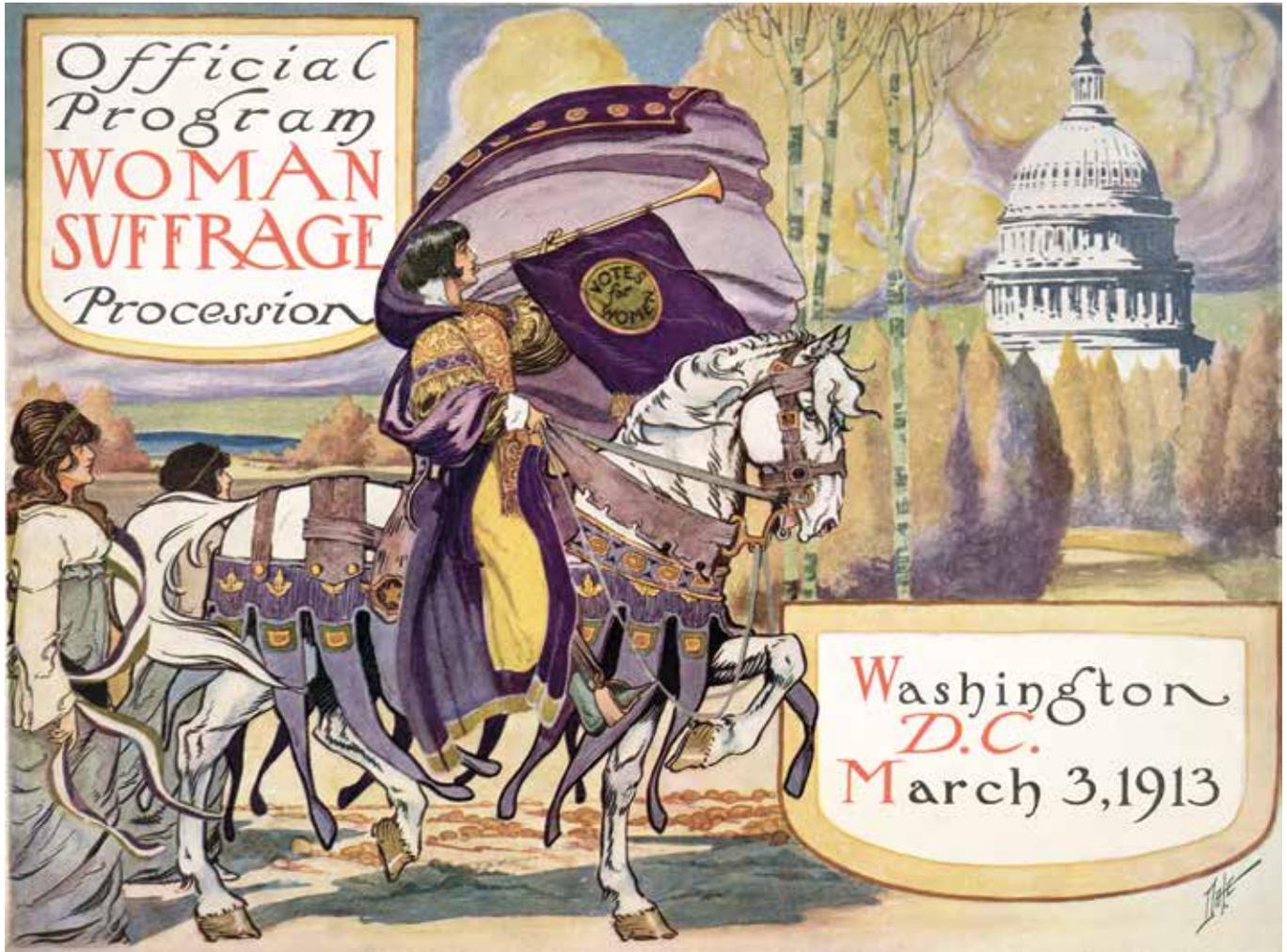
Anderson used his large social media following to gather participants for the protests in Denver and used his time working on the movement to push for an end to an agreement between the schools and the Denver Police Department to provide school resource officers. Instead, Anderson was lobbying for replacing the officers with nurses and counselors who would prioritize restorative practices.

“I have 18,000 Twitter followers and more than 6,000 each on Facebook and Instagram,” he says. “If those 18,000 followers each reach out to 100 people, and those people reach out to another 100 people, you can reach a lot of people.”

Morgan C. Matthews,
PhD candidate, Department of Sociology,
University of Wisconsin,
Madison.

“A lot of these inequalities are long-standing. Social change takes a long time, a lot of labor.”





Official program cover for the Woman Suffrage Procession in Washington, D.C., organized by Alice Paul and taking place on March 3, 1913, the day before President Woodrow Wilson's inauguration.

But while social media can help broaden support for social movements, it also can make it difficult for organizers to maintain a certain image.

“Everything happens faster now because of social media,” says Meyer, adding that before social media, it was easier for social movement leaders to cultivate certain images and keep certain aspects of their work or their lives secret. For example, he says Bayard Rustin, a key advisor who taught Martin Luther King, Jr. tactics on civil disobedience and non-violent resistance, was largely kept off the public radar because he was an openly gay man. For organizers of the Women’s March, social media played a big role in very public stories about infighting amongst the women on inclusion and other issues.

“There are always going to be vicious fights with allies on what to push, what not to push,” Meyer says. “It’s the politics of coalition building.”

Even though it took more than 70 years of women actively pushing to secure the vote for women, as they got closer to success,

U.S. suffragists became divided on how to succeed. Alice Paul pushed for a more public and aggressive approach, holding lawmakers accountable for not allowing women to vote. She staged a huge parade the day before Woodrow Wilson’s inauguration and male spectators jeered at, taunted, and roughed up the suffragists. The spectacle of police failing to protect prominent women in the parade and the headlines that followed helped Paul make politicians aware suffrage was still an issue. Paul also pushed for daily protesting in front of the White House, which was unheard of at the time. Carrie Chapman Catt, another suffragist, disagreed with Paul’s tactics and she wanted “to woo Wilson to the women’s cause, not enrage him, Congress, or the public by confrontational tactics,” wrote author Doris Stevens in her book *Jailed For Freedom: American Women Win the Vote*. Catt disavowed Paul.

Since the days of the suffragist movement, the women’s movement has rolled through moments of flourishing and through mo-

ments of being on life support. But, all of that early work that the suffragists did has had an impact into this century. In the last 30 years, the Democratic Party has actively courted women as political candidates and two leading organizations, Emerge and Emily's List, have trained women how to run for office as Democrats.. There have been large numbers of Democratic women serving in political leadership positions, but the numbers among GOP women "have flat-lined," Matthews says.

"There are not the same type of organizations and resources for helping women Republicans," Matthews says. "The GOP recruits women candidates as ticket fillers in races where they don't have a chance of winning. Clearly, the GOP has had success with white, male candidates because 60 percent of the legislatures across the country are controlled by the GOP. That doesn't seem to be changing any time soon. They don't have a lot of motivation to change that strategy."

Matthews says a two political party system like the one in the United States does not provide enough opportunities for women, particularly when one party dominates and it seems hostile to women's issues. Even though suffragists operated outside of the party system to secure the vote for women, focusing their efforts on lobbying both state legislatures and Congress, the progress for women in politics has been uneven..

"The GOP doesn't seem to see supporting women as a way to gain favor in elections," Matthews says. "A polarized two-party system has shaped inequalities in representation in dramatic ways."

Good social movement organizers are persistent and they know how to balance working with their grassroots organizations and with political institutions. It can be difficult to track the impact social movements have on society because often, the impact shows up in many small policies and actions taken by institutions. For example, Meyer says the women's movement and the MeToo movement made it possible that NBC can't have a host with a button under his desk like Matt Lauer did (so he could lock women in his office without leaving his desk) and companies across the country require employees to take sexual harassment training regularly. Further, without years of work by BLM, the woman in Central Park who became angered



David S. Meyer, Department of Sociology, University of California, Irvine.

"American history has always been punctuated by social movements and they are still the motor of history even though they always get less than they want"

in Spring 2020 and called police on a Black man after he asked her to leash her dog would not likely have been fired.

Robin DiAngelo, author of the book *White Fragility: Why it's so Hard for White People to Talk about Racism*, said in an interview on June 7, 2020, with CNN, she is cautiously optimistic that the BLM protests in June will have a long-term impact and start to bring about true change because the mainstream media is using the term "systemic racism" often and there have been increased discussions on reparations for descendants of enslaved Africans, including in Democratic presidential debates.

"There are huge breakthroughs," DiAngelo said. "But, it needs to be sustained and I'm a little worried about what happens when the cameras go away. I'm devastated that this is the price it took: watching one more, not just one, but one more Black man murdered in the most callous and public way. That's what it took."

Tune in each month as we continue our "Year of the Woman" article series, and in the meantime, check out the upcoming related events at

yearofthewoman.net

National History Day Project

Breaking
Barriers: A
Project Best
Representing
Impacts of the
19th Amendment

By Kristen Awad

Each year, more than 5,000 students in Anne Arundel County schools participate in a nationwide history competition called “National History Day.” This competition requires students to perform in-depth research and create comprehensive projects surrounding a historical theme. The theme for the 2019–2020 school year was “Breaking Barriers in History.” Students had to choose from 13 different topics, which included our Year of the Woman committee’s topic, “A Project Best Representing the Impacts of the 19th Amendment.”

This topic gained the attention of 12 individuals who chose to create a documentary, exhibit board, or historical paper on this certain topic. The nominees were Varsha Parsi, Skye Andros, Annabella McKenna, Haseltine, Sophia Hudiberg, Meera Rathod, Kaylee Burkett, Sarah Swain, Mallory Gallagher, Kate Oyedele, Niriya Moses, and Bennet Marcin.

The winners, concluding in an tie, were **Varsha Parsi** who had an outstanding documentary on women’s rights and **Bennet Marcin**, who wrote a compelling historical paper on Vera Rubin: Breaking Barriers in Astronomy. The winners were awarded with a Winner Certificate and a \$250 check from the Year of the Woman committee. The Year of the Woman committee appreciates all of the hard work and look forward to seeing what their futures hold.

We discussed their projects with them in the following interview.

What made you choose our topic “A Project Best Representing the Impacts of the 19th Amendment?”

Vasha Parsi: For the broader topic of women’s rights itself, I have been very passionate about it since the start. I play county girls basketball, and enjoy watching NBA games. But something I had always noticed is that the WNBA, the women’s league, doesn’t receive as much appreciation or recognition. I thought about it, and in many aspects of the world, women still don’t seem equal though the concept of equality is present.



Varsha Parsi



Bennett Marcin

We haven't even had a female president! So I wanted to look further back in history to see if there was any more injustice that I had not been aware of. At the time, I had learned of the Civil War and how it resulted in the 13th, 14th, and 15th amendments allowing all men of any race to vote. The document doesn't include anything of the female gender, and thus I wanted to see when exactly did women gained the right to vote. I came across Susan B. Anthony, and her efforts as a women's suffragist, how she influenced the passing of the 19th amendment. I admired her strength and perseverance to bring about this change in the Constitution, and therefore decided that I had to do this project in order to show the hard work put into the creation of the 19th amendment.

Bennett Marcin: Originally, I just wanted to research women in science. However,

as I learned more and more about Vera Rubin, I realized that she was very deserving of a Nobel Prize, but because of inequalities and biases in the voting and nomination system she was never awarded or nominated for a Nobel. Voting discrimination against women creates injustices beyond simply who gets represented in political offices.

What did you learn that you didn't already know about your project?

VP: The fact that Susan B. Anthony not only influenced one, but two amendments in the constitution, the 18th and 19th. In the process of working with the temperance act, a fight for stronger liquor laws, Anthony realized the real issue at hand—women didn't have a say in the government. I found it interesting that one of her movements led into the other, and that the ignorance and sexism she faced during the

process of the temperance act, fueled her passion for granting women the right to vote and ultimately, equality.

BM: Before doing this project, I was unaware of Vera Rubin and her discovery of dark matter, despite the fact that she multiplied our knowledge of the universe by five. The project was a great opportunity to learn about a woman who is not mentioned as frequently in history as she should be.

What did you take away from your project?

VP: A major thing I took away from my project is that nothing can be done without support. Susan B. Anthony, though accomplishing a lot on her own, was surrounded by powerful women who used their voices to speak out alongside her in the Women's Suffrage Movement. I personally believe she could not have accomplished much

without the help of her fellow members of the National Women's Suffrage Association. Through this organization, these women were able to simultaneously travel across the United States to advocate for their cause. I realized bringing about social change is a very difficult task, which women like Susan B. Anthony have taken upon their shoulders, and together they were able to fulfill their goal, remembered to this day.

BM: Vera Rubin always pushed women in science farther, beyond just her own gains. She was an advocate for women speaking about their work, and would regularly call event organizers and would tell them that they need more female presenters, providing a list of women who would be happy to speak at their events. My biggest take away from this project is that women who help other women make a difference beyond their own works.

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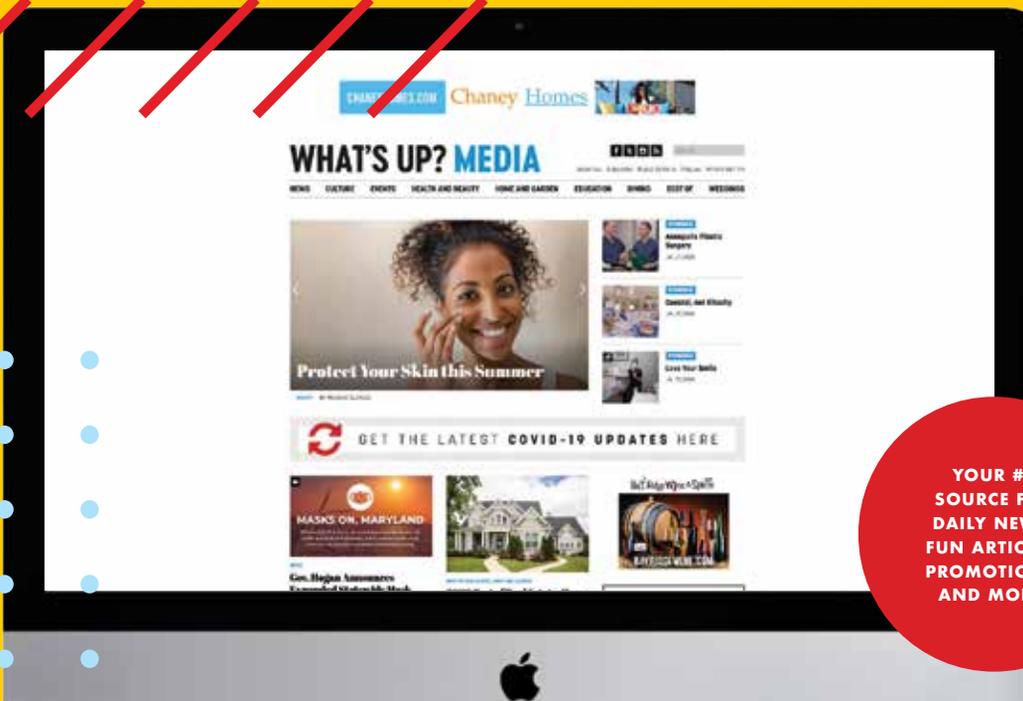


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2020 BEST OF WEST COUNTY

REAL
ESTATE,
HOME &
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The Best of West County Real Estate, Home & Garden winners are here, *as voted by our readership*. This is an important designation. You chose the winners on the following pages; *nobody paid to be included on this list*.

So, thank you to our loyal readership that took the time to vote for the tops in town when it comes to the best realtors, architects, builders, and home professionals. Last fall we called upon you to write-in your recommendations in many categories. After carefully vetting ballots for any duplicates or multiples originating from one source (no ballot stuffing allowed), we arrived at the resulting winners.

AND THE WINNERS ARE...

LISTED ALPHABETICALLY BY *CATEGORY*



*Architect
Interior Designer*
**Purple Cherry
Architects**

1 Melvin Avenue,
Annapolis; 410-990-
1700; purplecherry.
com

*Commercial
Brokerage*
**Rosso Commercial
Real Estate Services**

1 Annapolis Street,
Ste. 101, Annapolis;
410-260-0903;
rossocre.com

Custom Builder
Choice Builders

7410 Baltimore An-
napolis Boulevard,
Glen Burnie; 410-
768-4421; choice-
buildersllc.com

*Fence/Deck
Contractor*
**Fence and Deck
Connection**

1544 Whitehall
Road, Annapolis;
410-757-5511; fence-
anddeckconnection.
com

Garden Center
Homestead Gardens

522 Ritchie High-
way, Severna Park;
410-384-7966;
homesteadgardens.
com

*Gutter/Siding
Installation
Roofing Contractor*
Fichtner Services

1872 Betson Avenue,
Odenton; 410-519-
1900; fichtnerser-
vices.com

Handyman
**Mr. Handyman
of Anne Arundel
and North PG**

410-593-1456
mrhandyman.com

*Hardscape Design/
Build*
**Ciminelli's
Landscape**

18301 Central
Avenue, Bowie; 410-
741-9683; ciminellis-
landscape.com

Hardware Store
**Odenton
Hardware Inc.**

8380 Piney Orchard
Parkway, Odenton;
410-674-5222; ace-
hardware.com

*Home Appraiser
Title Service*
**May Appraisal
Services**

7410 Baltimore An-
napolis Boulevard,
Glen Burnie; 410-
766-4433; mayap-
praisalservice.com

HVAC Service
Belair Engineering

15881 Commerce
Court, Upper Marl-
boro; 301-249-0300;
belairengineering.
com

*Indoor Cleaning
Service*
**Molly Maid of
Central Anne
Arundel County**

1517 Ritchie Highway,
Ste. 102, Arnold; 410-
593-1840; molly-
maid.com



Irrigation Install and Service
Outdoor Lighting
Atlantic Lighting & Irrigation
 1392 Defense Highway, Gambrills; 410-721-4070; atlantic-irrigation.com

Landscape Installer/Maintenance
On the Green, Inc.
 548 Old Waugh Chapel, Odenton; 410-695-0444; onthegreeninc.com

Mortgage Lender
Bay Capital Mortgage Corp.
 801 Compass Way, Ste. 208, Annapolis; 410-974-6044; bay-capitalmortgage.com

Plumber
Pumphrey Plumbing, LLC
 P.O. Box 215, Crownsville; 443-829-0789; pumphreyplumbingservices.com

Pool Design/Build (tie)
Catalina Pool Builders
 836 Ritchie Highway, Severna Park; 410-647-7665; catalinapoolbuilders.com

Quality Pools, Inc.
 Pasadena, Maryland; 410-255-6767; ingroundswimming-poolsmd.com

Real Estate Team Residential Realtor
May Realty
 7410 Baltimore Annapolis Boulevard, Glen Burnie; 410-761-9500; mayrealty.biz

Tree Service
The Tree People
 8370 Jumpers Hole Road, Millersville; 410-975-9333; thetreepeople.com

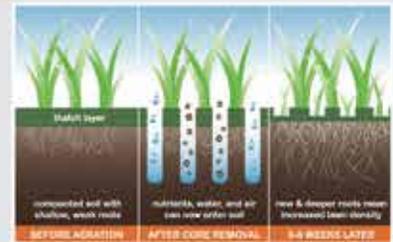
Water Treatment Service
Hague Quality Water of Maryland
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CONOWINGO DAM

PART I

LAWSUITS, TRASH, AND SEDI- MENT CLOG CLEAN-UP EFFORTS

BY JEFF HOLLAND

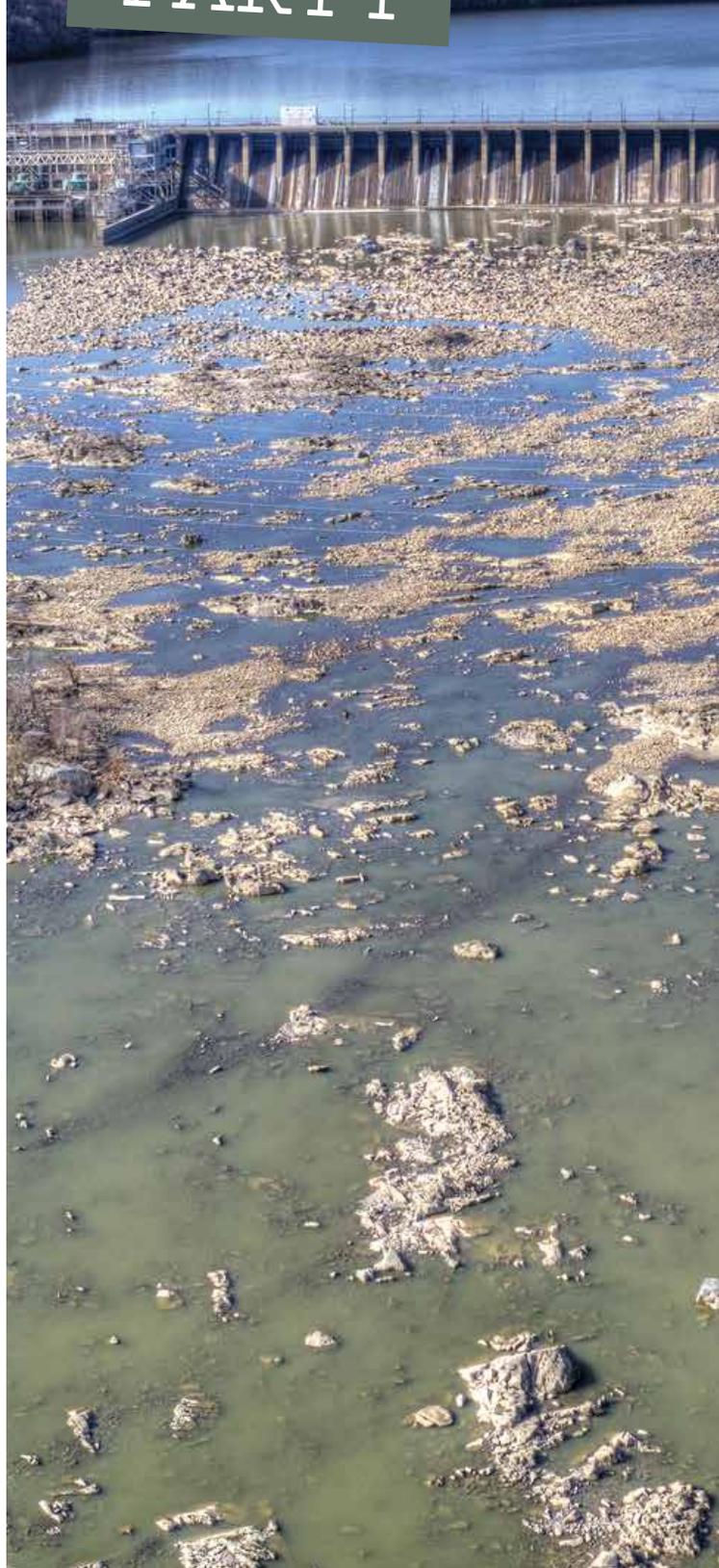
On a blustery day in May, I visited Conowingo Dam. I had been there many times before, but I wanted to get a fresh look to see if I could get some insight into the controversy surrounding this mammoth dam across the Susquehanna River, northeast of Baltimore.

The day turned out to be as significant as it was blustery. Thirty-five-knot gusts pounded whitecaps against the torrents splashing down the face of the dam. The wind had come spinning from the first hurricane of the season, which was, then, churning off the Carolina Capes. At the same time, a political storm was building on the horizon as State of Maryland announced a lawsuit to force the Environmental Protection Agency to, in turn, force Pennsylvania and New York to live up to their pledges to clean up the Chesapeake Bay.

These three separate concepts, Conowingo Dam, hurricanes, and environmental restoration in New York and Pennsylvania, while seeming disparate, are intrinsically woven together.

On my way to visit the dam, I was lured off the road by signs leading to Susquehanna State Park. I drove down the winding slope through the woods and emerged by an old stone water mill. I parked and sat on a bench overlooking the river. It was as immense as I remembered, almost Mississippian in its scale. And then I looked at the map. It showed an island in the middle of the river. The river here is actually three times wider than what I could see, and what I could see was still impressive. According to the map, it's more than three quarters of a mile wide at that point.

On his "voyages of discovery" in 1608 and 1609, Captain John Smith kedged his little pinnace up the river as far as the first falls, just south of this point, where the town of Port Deposit sits now. The Delaware Indians called the river Sisa'we'hak'hanna, which means "Oyster River." It's 444 miles long, the longest river this side of the Mississippi. Its main branch flows out of Otsego Lake all the way up in Cooperstown, New York.





The river's drainage basin, or watershed, covers 27,500 square miles, including nearly half of all the land in Pennsylvania. That's a little more than one third watershed of the entire Chesapeake Bay. The Susquehanna supplies no less than half of the Chesapeake's fresh water, as much as the Potomac and all the other 100,000 rivers and creeks combined.

That's about 25 billion gallons of water flowing into the Bay at its mouth at Havre de Grace every day. Imagine the City of Annapolis, all eight square miles of it, as flat as a pool table. If you were standing on one of the squares, that amount of water would come up to your knees.

Now imagine a funnel about 200 miles across at the top and less than one mile at the spout. That 25 billion gallons of water comprises all the rainfall that lands in that watershed, and then it funnels down through the spout. That's 25 billion gallons every day. And much more during heavy storms. Much, much more during a hurricane.

Now imagine a dam across that spout.

The dam spans the river about ten miles above where it enters into the Chesapeake Bay at Havre de Grace, which is about 45 miles northeast of Baltimore. When I arrived at the dam, I took the walkway down to the river's edge. The 100-foot-tall concrete expanse of the dam stretches nearly a mile across. The massive maze of towers with its web of high-tension wires sprouts out of the hydroelectric generation station that dominates the nearer section of the wall. Water churned down the spillways in the middle. The flow of the water coming over the dam formed one-foot waves in the river below, beaten up into whitecaps by the wind sweeping up against the current.

There were half a dozen photographers lined up along the river's edge, each one following American Bald Eagles through a telephoto lens that looked like field artillery mounted on a tripod. There were as many eagles to be seen, some swooping in the wind gusts, others sitting it out, perched on driftwood logs lodged on a rocky island in the middle of the river. "There aren't as many eagles this time of year," one of the birders muttered. "I guess there aren't that many fish to catch."

While the eagles weren't getting much in the way of fish, the human fishermen seemed undaunted. There were dozens there with spin-casting rods working the outflow at the base of the dam. Some were dropping lines from the concrete walkway, but there were two men in waders, casting while standing in water up to their waists. The guys in the water were getting all the action—hooking and releasing good-sized shad and

small rockfish. I was envious of their fun; I was hoping to do some angling myself, but I had brought my fly rod, which would have been useless in this wind.

The dam is operated by Exelon Power Corporation, which also owns Baltimore Gas & Electric. Several years ago, as a member of the Chesapeake Bay Program's Citizen Advisory Committee, I took a tour of the hydroelectric generation station built into the structure of the dam. The tour group made its way past the array of the 11 massive turbines, some driving generators rated for 36 megawatts, enough electricity to power 15,000 homes, and four newer ones generating 65 megawatts. The dam transmits about 1.6 billion kilowatt-hours every year, mainly to the Philadelphia area.

Wandering through the cavernous interior of the dam, I couldn't help imagining that scene from Dr. Frankenstein's laboratory, just as the mad scientist was about to pull the switch to animate the monster. Seven of the turbines date back to the dam's beginning in 1928, and they look their age.



The project started in 1926. When it was completed after two years of work by as many as 5,000 workers, dozens of whom were killed in construction accidents, Conowingo was the second largest hydroelectric dam in the country, topped only by the works at Niagara Falls.

The reservoir behind the dam is called Conowingo Lake and it covers 9,000-acres, ten times larger than Central Park. Its 14-mile length stretches north across the Pennsylvania border. The reservoir supplies drinking water to Baltimore as well as a suburb of Philadelphia. It also supplies cooling water for the Peach Bottom Nuclear Generation Station on the west bank of the lake.

Damming the river here flooded the site of the original town of Conowingo, which was moved to its present location about a mile up the hill. The highway, US Route 1, which once crossed a bridge in the old town, now runs across the rim of the dam.

The dam has 53 flood control gates. They were all opened at once for the first time in 1936, when an unnamed hurricane swept up the coast. They were opened again in 1972 to let the flood waters of Hurricane Agnes flow through, but the water level still



rose to within five feet of the top of the dam. Engineers were so afraid that the dam would burst from the strain, that they planted explosives to blow a section of the wall to relieve the pressure. Fortunately for the residents downstream, that precaution proved unnecessary. The water rose to a record 36.85 feet.

In 2011, 44 flood gates were opened because Tropical Storm Lee had dumped enough water into the funnel to raise the height to 32.41 feet. The residents of Port Deposit, five miles downstream, evacuated their homes until the river subsided.

The most recent event occurred in July of 2018, when storm water carried debris through 20 of the 53 floodgates. This was not from a named storm. The weather was part of a trend linked to climate change. As the atmosphere heats up, storm events become more frequent and each event becomes more severe.

The 2018 storm brought day after day of heavy rain, raising the river level to 26.25 feet. Debris flowing over the dam included everything from entire tree trunks to portable toilets, causing navigational nightmares for commercial vessels and pleasure boats alike, and littering the shorelines with many tons of trash.

At the time, I served as the Riverkeeper for the West and Rhode Rivers, and I worked with a group of high-school students to clean up the debris from the end of the Mayo penin-





And on those farms there are cows. And pigs. And lots of other animals, all doing what comes naturally. That effluent contains nitrogen and phosphorus, as does all the fertilizer spread on those thousands of acres of fields throughout central Pennsylvania and up into New York. Towns and cities in the watershed contribute their share of nutrient pollution by way of poorly treated sewage.

Nitrogen and phosphorus are great for helping vegetation grow, which is a good thing. But when storm water washes it into the waterways, it helps the algae grow, which is a bad thing. Too much of these nutrients promote too much algae. When the algae blooms, it clouds the water, and when it dies, it settles to the bottom and sucks up all the oxygen, creating dead zones. Fish can swim away from dead zones. Oysters and clams can't move out of the way. They suffocate.

Conowingo Lake did a good job capturing sediment and nutrients flowing down the river for nearly 100 years, trapping an average of 3.5 million pounds of phosphorus and four billion



sula in southern Anne Arundel County. These volunteers call themselves the Clean Creeks Football Club. Made up mainly of soccer players from Southern and South River High Schools, young men and women alike, they spend their summer weekends in canoes and kayaks, cleaning up the shores of nearby rivers and creeks. On this one day, we filled a 40-yard dumpster with driftwood and junk that had washed up on just 100 yards of the shore of Beverly Beach. Anne Arundel County has 523 miles of shoreline.

But the driftwood and the trash are just the visible manifestation of the pollutants carried over the dam by storm water. Less visible, but more damaging, are the sediment and nutrients, untreated sewage, heavy metals, and other nastiness.

Sediment is the dirt that's dissolved into the water when stream banks and shorelines erode. Too much sediment makes the water cloudy, blocking sunlight from reaching grasses growing on the bottom of the Bay, and smothers oysters and clams. Imagine how much dirt there is in all the farmland in central Pennsylvania, in that funnel of the watershed.



pounds of sediment every year since the dam opened in 1928, according to information published by the Chesapeake Bay Program. That's about a third of the phosphorus and half of the sediment that flows down the river into the Bay every year.

But then it filled up.

In 2015, a U.S. Geological Survey report found that the reservoir had reach 92 percent of its capacity.

So while the dam used to be considered a trap for all the pollution coming down the river, further study has concluded that the reservoir behind the dam has filled up over time. Any considerable storm—a hurricane, for example—sends tons of sediment, nutrients, pollutants, and debris over the top of the dam and into the Bay. The reservoir is so large, dredging it is not an option. The states upstream need to clean up their act to lessen the amount of pollution they send down the river, according to Maryland's Attorney General Brian Frosh.

Frosh sent a letter of intent on behalf of Maryland, Virginia, and the District of Columbia to the Environmental Protection Agency on that same day in May that I visited the dam. He demanded that the EPA enforce the requirement for pollution management plans or face a federal lawsuit.

That same day, Will Baker, President of the Chesapeake Bay Foundation, sent another letter of intent to sue to the federal agency on behalf of Anne Arundel County, the Maryland Watermen's Association, and Virginia cattle farmers Jeanne Hoffman and Bobby Whitescarver.

"EPA has failed to uphold its Clean Water Act responsibilities," Baker said in a statement. "It has failed to implement the Chesapeake Clean Water Blueprint...It is essential the courts hold EPA accountable," Baker wrote. "There is no doubt that if Pennsylvania and New York fail to do their fair share, the Bay will never be saved."

When I left the fishermen at the base of the dam, I thought I had a pretty clear idea of the issues, but then I took a drive across the top of the dam and stopped along the highway on the hilltop overlooking the reservoir. From there, I could see tons of trees and trash piled up in the corners of the lake. It hit me then, that the problems on the downstream side won't be solved until the problems upstream are resolved.

In the next article in this three-part series, Conowingo Dam Part II: Upstream Neglect & Accountability, we'll take a deeper look at who's responsible for this mess and what can be done about it.



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The Best of West County Retail & Professional Services winners are here, *as voted by our readership*. This is an important designation. You chose the winners on the following pages; *nobody paid to be included on this list*.

So, thank you to our loyal readership that took the time to vote for the tops in town when it comes to the best shopping and service providers. Last fall we called upon you to write-in your recommendations in many categories. After carefully vetting ballots for any duplicates or multiples originating from one source (no ballot stuffing allowed), we arrived at the resulting winners.

AND THE WINNERS ARE...

LISTED ALPHABETICALLY BY **CATEGORY**



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Johnson's Auto Body

777 Route 3 N., Gambrills; 410-987-8421

Auto Repair
Environmental Automotive Services

402 Headquarters Drive, Ste. D, Millersville; 410-697-4059; environmentalauto-services.com

Bank
Sandy Spring Bank

8310 Veterans Highway, Millersville; 410-266-2784; sandyspringbank.com

Boutique
Unique Gifts Divine Details

8248 Veterans Highway, Unit 101, Millersville; 240-601-3777; mydivinedetails.com

Carwash
The Auto Spa

680 Route 3 N., Gambrills; 410-697-3148; theautospas.com

Computer Repair
IT Solutions for Home and Business
Cheaper Than A Geek

Crofton; 410-774-5180; cheaperthanageek.com

Consignment Shop
Purses/Handbags
Eye of the Beholder

1041 Route 3 North, Hopkins Place, Gambrills; 410-721-2006; eyeoftheholderconsignment.com

Crawlers and Growlers
Crooked Crab Brewing Company

8251 Telegraph Road, Ste. D, Odenton; 443-569-9187; crookedcrabbrewing.com

Customer Service
Essex Bank

2120 Baldwin Avenue, Crofton; 410-721-7330; essexbank.com

Driving School
A List Driving Academy

2133 Defense Highway, Ste. 202, Crofton; 410-721-1020; alistdriving-school.com

Engagement Rings
Watches
Little Treasury Jewelers

2506 New Market Lane, Gambrills; 410-721-7100; littletreasury.com

Family Outing
Game Play
Mission Escape Rooms

1405 S. Main Chapel Way, Ste. 105, Gambrills; 410-721-6666; missionescaperooms.com

Festival/Event
Festival on the Green
Greater Crofton Chamber of Commerce

croftonchamber.com/FOTG

Florist/Floral Design
Little House of Flowers

331 Gambrills Road, Unit 8, Gambrills; 410-923-3170; littlehouseofflowers.com

In-Home Senior Assistance
Regent Healthcare

2288 Blue Water Boulevard, Ste. 340, Odenton; 410-872-0310; regenthealth.com

Kids Birthday Venue
Rolly Pollies

1612 Professional Boulevard, Unit C, Crofton; 410-721-3780; rollypollies-maryland.com

Local Nonprofit Organization
Chrysalis House, Inc.

1570 Crownsville Road, Crownsville; 410-974-6829; chrysalishouses.org



329 Gambrills Road
 Gambrills, MD 21054
 410-317-2276
 barnandlodge.com



Music/Instrument Store

Menchey Music Service, Inc.
1340 Main Chapel Way, Gambrills; 667-307-4085; mencheymusic.com

Optician

Peepers Family Eyecare
2626 Brander-mill Boulevard, Gambrills; 410-451-9499; peeperseye.com

Organic Selection

David's Natural Market
871 Annapolis Road, Gambrills; 410-987-1533; davidsnatural-market.com

Pet Boarding and Daycare

Dog Thrive
1041 Route 3, Ste. 4, Gambrills; 443-281-3647; dogthrive.com

Pet Grooming

Sue's Sudsy Puppy
750 Route 3 South, Ste. 13, Gambrills; 410-923-8600; suessudsyuppy.com

Pet Services

Higgins and Friends Pet Sitting
Gambrills, Maryland; 443-994-7795; higginsandfriends.com

Pet Store

Crunchies Natural Pet Foods
2421 Crofton Lane, Ste. 11, Crofton; 410-721-5432; crunchies.com

Retail Beer Selection

Hops & Vines
8743 Piney Orchard Parkway, Ste. 113, Odenton; 410-695-1637; hopsnvines.com

Retail Whiskey Selection

Angel's Share Wines & Spirits
2299 Johns Hopkins Road, Gambrills; 443-584-4058; angelsharemd.revelup.com

Retail Wine Selection

Rip's Wine and Spirit Shop
3809 Crain Highway, Mitchellville; 301-805-5900; ripscountryinn.com

Senior Living Facility

Brightview Crofton Riverwalk
1301 Clarity Drive, Crofton; 410-849-6267; brightviewseniorliving.com

Specialty Grocer

Wegmans
1413 S. Main Chapel Way, Gambrills; 443-332-6200; wegman.com



Summer Camp

Parks Martial Arts
8288 Telegraph Road, Ste. C, Odenton; 410-305-1100; parksmartialartsusa.com

Tax Law

Frost & Associates, LLC
839 Bestgate Road, Ste. 400, Annapolis; 410-497-5947; districtofcolumbia-taxattorney.com

Tutoring Services

Huntington Learning Center
1403 S. Main Chapel Way, Gambrills; 410-451-0049; huntingtonhelps.com

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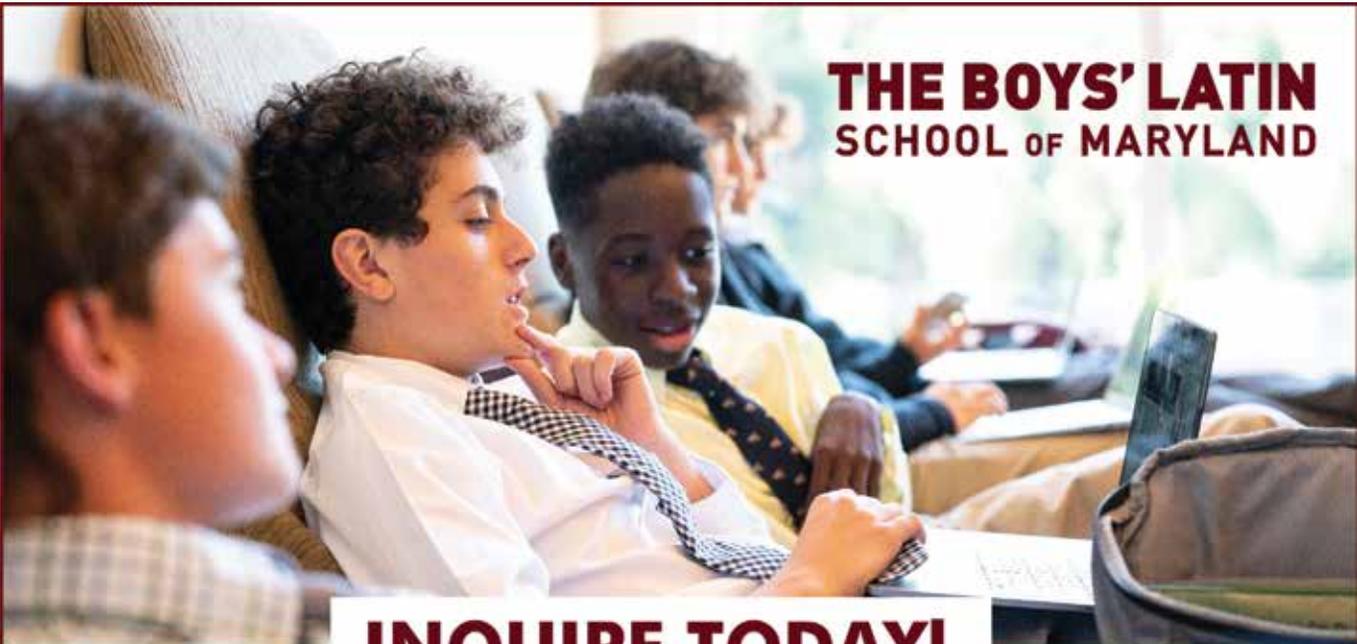
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Now's the Time to Teach At-Home Nutrition

With a lot of parents facing the challenge of keeping housebound kids happy and healthy, this is the perfect time to teach kids the basics of nutrition and eating right.

Consider these simple suggestions from Melanie Marcus, MA, RD, health and nutrition communications manager with Dole Food Company.

HEALTHY SNACK TIME TASTE TESTS

Sometimes it feels like kids can snack all day long on easy-to-grab crackers, chips, or cookies. Next time they reach into the snack pantry, try incorporating a taste test or food critic activity to encourage something different and more nutritious.

PURPOSEFUL PLAYTIME—Many households have a play kitchen or some kind of play food. Use this as an opportunity to act out how to create a healthy kitchen with activities like making salad, setting the table, peeling bananas and washing dishes. This can help young children become more independent, learn what to expect and grow into little helpers at family mealtimes.

SENSORY ACTIVITY—One idea that can work for school and at home is making a sensory box. Simply place a fruit or two inside a tissue box and have children put their hands inside then try to guess which fruit it is by feeling it.

RECIPES FOR FUN—If you're preparing a meal, it could be a good time to teach children of reading age how to review a recipe. Evaluating ingredients to learn how food transforms from raw to cooked or how a dish is created can help kids learn kitchen skills. For example, try the fun, fruity recipe for "Kids" with Almond Toast.

FOOD GROUPS FOCUS—Get kids involved in making dinner by setting a rule that each food group



"Kids" with Almond Toast

Total time: 10 minutes
Servings: 4

- 4 slices whole-grain bread
- 6 Tbsp unsalted almond butter
- 2 tsp honey (optional)
- 1 Dole Banana, peeled
- 2 Dole Strawberries, trimmed and halved
- 4 chunks (1 1/2 inches) fresh Dole Tropical Gold Pineapple
- 2 Dole Blackberries
- 2 teaspoons toasted flaxseed (optional)

Toast bread slices. Spread with almond butter and drizzle with honey, if desired. **To make "kids":** Cut eight slices and 32 matchsticks from banana. Arrange one strawberry half and one pineapple chunk on two slices of toast; arrange remaining strawberry halves and blackberries on remaining slices. Place one banana slice "head" at top of each piece of fruit and arrange four banana matchsticks around each "kid" for arms and legs. Sprinkle flaxseed along bottom edges of toast under kids' feet, if desired.

Content provided by Family Features.

must be represented. Give them a warmup activity by asking which food groups are found in family favorites like chicken soup, lasagna, or meatloaf. Asking kids to guess which ingredients are used in these dishes and identifying which food group each ingredient belongs to can help them understand dietary balance. Find more at-home tips in the free, downloadable Healthy Eating Toolkit from the nonprofit organization *Action for Healthy Kids*.

READING TIME—From food labels to children's books to cookbooks, there are plenty of reading materials to choose from that reinforce healthy eating habits. Exposing children to fruits and vegetables outside the kitchen is a subtle way to show that nutritious ingredients are part of everyday life.

EXPLAIN THE BATHROOM ROUTINE

—Make sure to wash hands and explain that this is a way of washing away germs to stay healthy. Also explain why brushing teeth is important by reminding children that food can get stuck in teeth and cause cavities.

Find more kid-friendly recipe ideas at dole.com plus nutritional tips, free printables, and other healthy fun on Facebook, Pinterest, Twitter, and Instagram.



Tips to Build Resilience in School-Aged Children

Resilience—the capacity to prepare for, adapt to, and grow through disruption, trauma, and loss—is a skill many parents want for their children. However, there is more to it than “pulling yourself up by your bootstraps” or persevering through hardships.

According to a Pew Research Center survey, approximately 70 percent of teens between the ages of 13 and 17 cited anxiety and depression as major problems among peers, while 55 percent said bullying was a major problem. Among the pressures facing teens, getting good grades topped the list at 61 percent.

Mollie Marti, PhD, founder of the National Resilience Institute, delivers workshops and trainings around the world to help organizations and communities cultivate resilience—a need, she says, that pre-dates COVID-19, especially among young people.

Recognizing the importance of resiliency in youth, Connections Academy, an online public school program for grades K–12, has partnered with the National Resilience Institute to elevate the topic of resilience and share expert advice for raising children who are brave, curious, and better able to adapt to life’s ups and downs.

“Even before the pandemic, the statistics about anxiety and depression among teens were cause for great con-

cern,” says Marti, who also compiled a guest blog series on resilience-building for the online school program. “More than ever, it’s important for parents and schools to actively foster the growth of children who can problem-solve and adapt when facing challenging situations.”

Teach Self-Care

To ensure your kids can joyfully and effectively contribute to those around them—socially, physically, emotionally, and mentally—it’s important to teach them self-care skills. Modeling behaviors such as eating healthy, getting proper sleep, exercising, investing in meaningful relationships and activities, and finding time to reflect, rest, and repair can lead to your kids mimicking these acts. Ensuring your children are finding time to care for themselves can help them to lead more balanced lives.

Create Self-Awareness

Children often learn the most about themselves when faced with adversity. Helping your children understand what motivates, scares, or frustrates them and what they need to feel valued or loved can help build self-awareness. Understanding those feelings can help them better respond to stressful or negative situations and minimize conflict while also communicating their needs and expectations.

Build Relationships and Resources

Human resilience is often best cultivated in a community with others, and encouraging your children to actively seek out meaningful relationships can help them build a social support system. For example, because of the online school models we are experiencing now, teachers can spend more one-



on-one time with students building strong relationships and ensuring they are thriving both emotionally and academically via phone calls, interactive video lessons, email, and, hopefully, some in-person events.

“I hear from our teachers all the time that they know their students better in the virtual classroom than they ever did in the traditional classroom,” says Melissa Brown, Director of Schools at Connections Academy.

Practice Regulating Emotions

In times of fear, stress, or frustration, it becomes more difficult to regulate emotions and take a logical approach to the situation at-hand. To prepare your children to deal with these situations, have them practice breathing exercises when they feel anger or stress setting in, and encourage stress-reducing physical activities such as yoga, meditation, or working out.

Promote Self-Advocacy

Teaching your children strategies to mitigate conflict and to be advocates for their needs and wants can go a long way when facing difficult situations. However, it’s also important to make sure they’re not afraid to seek out help from a parent, teacher, or other trusted adult. Encourage them to use direct language and phrases like “I don’t like it when you do that, please stop” when necessary and to recognize stressors—like bullies or social anxiety—and toxic environments.

As all children will encounter various levels of adversity during their lives, helping them build resources and relationships can ensure they’re prepared to deal with the experiences that await.

Creating a Safe Zone for Students

When parent Heather Franz noticed her sixth grade son was starting to shut down, become withdrawn, and his grades were slipping, she became concerned. Another parent brought to her attention that there might be bullying involved and, upon digging deeper, she realized it was to the point of him “being afraid to say anything in class without being torn apart.”

After beginning to have panic attacks at school, Franz’s son was diagnosed by a specialist with anxiety, trauma, and post-traumatic stress disorder. While continuing to get professional help, Franz also opted to put him in a virtual school as crowds in the brick-and-mortar school environment exacerbated his anxiety, and he sought more individualized challenges.

Franz noticed a change almost immediately in her “previously shutdown” son after he started his seventh-grade school year online, which created “a safe zone for her son.” Now in eighth grade, his mood has improved and he’s an honor roll student who frequently wants to take part in activities and have friends over to visit. He’s also working to help other kids with similar challenges, even integrating creative ideas, like putting calming rooms in public schools and other public places, into his school projects.

Content provided by Family Features. Visit ConnectionsAcademy.com to learn more and find a variety of tips and insights for parents about remote learning and building resilience, among many other topics.



Tips to Ace College Entry Exams

Because most colleges and universities require applicants to submit ACT or SAT results as part of admissions consideration, prepping for the test itself can be a critical component of that process.

While it can oftentimes be hard to deal with the anxiety that comes with a rigorous test meant to show your mastery of certain subjects and concepts, such as reading and mathematics, consider these test prep tips to help boost your score while simultaneously lowering stress.

Register Early

To allow yourself as much flexibility as possible, taking college entrance exams during your junior year of high school is encouraged. If you don't get an ideal score,

you can refine your approach and retake the exam with a better idea of what to expect.

Take a Practice Test

Any test prep plan should start with a practice SAT or ACT exam. Taking practice tests under realistic conditions can help you gain a better understanding of the content of the test, improve your time management, and help combat test anxiety. You can use your practice test as a baseline to set goals and focus the rest of your prep on areas you would like to improve before the real thing.

Sign Up for a Prep Course

If you find studying on your own difficult or not as successful as you'd hoped, a prep course can put you through

the paces and hold you accountable. Complete with homework and in-class practice, prep classes can range from small groups to larger classes taught by test experts. Some school districts even offer after-school programs dedicated to ACT or SAT prep.

Gather Supplies

To help reduce test day stress, gather everything you'll need the night before. Check the list of banned items—for example, cellphones aren't permitted—to make sure you don't accidentally bring something you're not allowed to have. Ensure your bag is packed with your admission ticket, valid photo identification, several sharpened pencils with erasers, an approved calculator (with fresh batteries), and a watch, if allowed.

Get a Good Night's Sleep and Eat Breakfast

While it can be tempting to stay up late the night before the test to cram, you're likely to perform better with a full night's sleep. Sleep is important for retention, and eating a balanced breakfast before heading out the door can aid in your ability to focus. To make your morning easier, prep breakfast before bed to keep an early morning from starting even earlier.

Remember, the college admissions process involves more than just test scores. Visit eLivingtoday.com for more education tips and information.

Content provided by Family Features and eLivingtoday.com.

Make the Most of School & College Visitations

Let's face it; COVID-19 has certainly altered the way we approach education. Public, private, and collegiate schools have had to adjust their protocols regarding student and staff re-entry, on-site and online accommodations and classes, and even how they host potential students who are considering transferring schools or the next step in their education. For parents and students, the opportunities to visit a school or college have changed (traditional open houses are fewer and farther between), but the possibility to experience a safe school visitation first-hand still exists, with many schools offering tours by appointment. If you're considering schools visitations this fall, here are several tips and considerations to take into account when planning.

1. Make a list and map the schools out.

Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.

2. Order matters.

Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.



3. Timing is crucial.

Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.

candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?

4. Explore on your own.

The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.

6. Document every visit.

If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.

5. Talk to current students.

It's your tour guide's job to give the best impression possible of their school, making them a pretty biased source. While the information your guide gives you is crucial, you may want to secure a more

7. Keep an open mind.

Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.



Private Schools Offering Visitations

The following list of regional schools advertise within the What's Up? Media family of publications and may offer campus visitations by appointment. Please consider calling them directly to schedule an appointment. Schools are listed alphabetically.

ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER
Annapolis Campus—710 Ridgely Avenue, Annapolis; Severn Campus—61 Gambrills Road, Severn; 410-519-5300; aacsonline.org

ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE
716 Bestgate Road, Annapolis; 410-846-3505; aacsonline.org

ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER
109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org

ARCHBISHOP SPALDING HIGH SCHOOL
8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org

THE BOYS' LATIN SCHOOL OF MARYLAND
822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com

CALVERT HALL COLLEGE HIGH SCHOOL
8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com

INDIAN CREEK SCHOOL—LOWER
680 Evergreen Road, Crownsville; 410-923-3660; indiancreekschool.org

INDIAN CREEK SCHOOL—UPPER
1130 Anne Chambers Way, Crownsville; 410-849-5151; indiancreekschool.org

THE KEY SCHOOL
534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org

MCDONOGH SCHOOL
8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Monsignor Slade Catholic School; 120 Dorsey Road, Glen Burnie; 410-766-7130; msslade-school.com

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1641 North Winchester Road, Annapolis; 410-757-7789; montessori-international.org

ODENTON CHRISTIAN SCHOOL
8410 Piney Orchard Parkway, Odenton; 410-305-2380; odentonbaptist.org

ST. ANDREW'S DAY SCHOOL
4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrew-sum.org

ST. JOHN THE EVANGELIST SCHOOL
669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org

ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL
375-A Benfield Road, Severna Park 410-647-7055; stmartinsmd.org

ST. MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS
1120 Spa Road, Annapolis; 410-269-1955; stmartinsonline.org

ST. VINCENT PALLOTTI HIGH SCHOOL
113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org

SCHOOL OF THE INCARNATION
2601 Symphony Lane, Gambrills; 410-519-2285; schooloftheincarnation.org

SEVERN SCHOOL—CHESAPEAKE CAMPUS (LOWER)
1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severn-school.com

SEVERN SCHOOL—TEEL CAMPUS (MIDDLE/UPPER)
201 Water Street, Severna Park; 410-647-7700; severnschool.com

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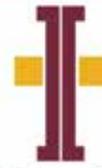
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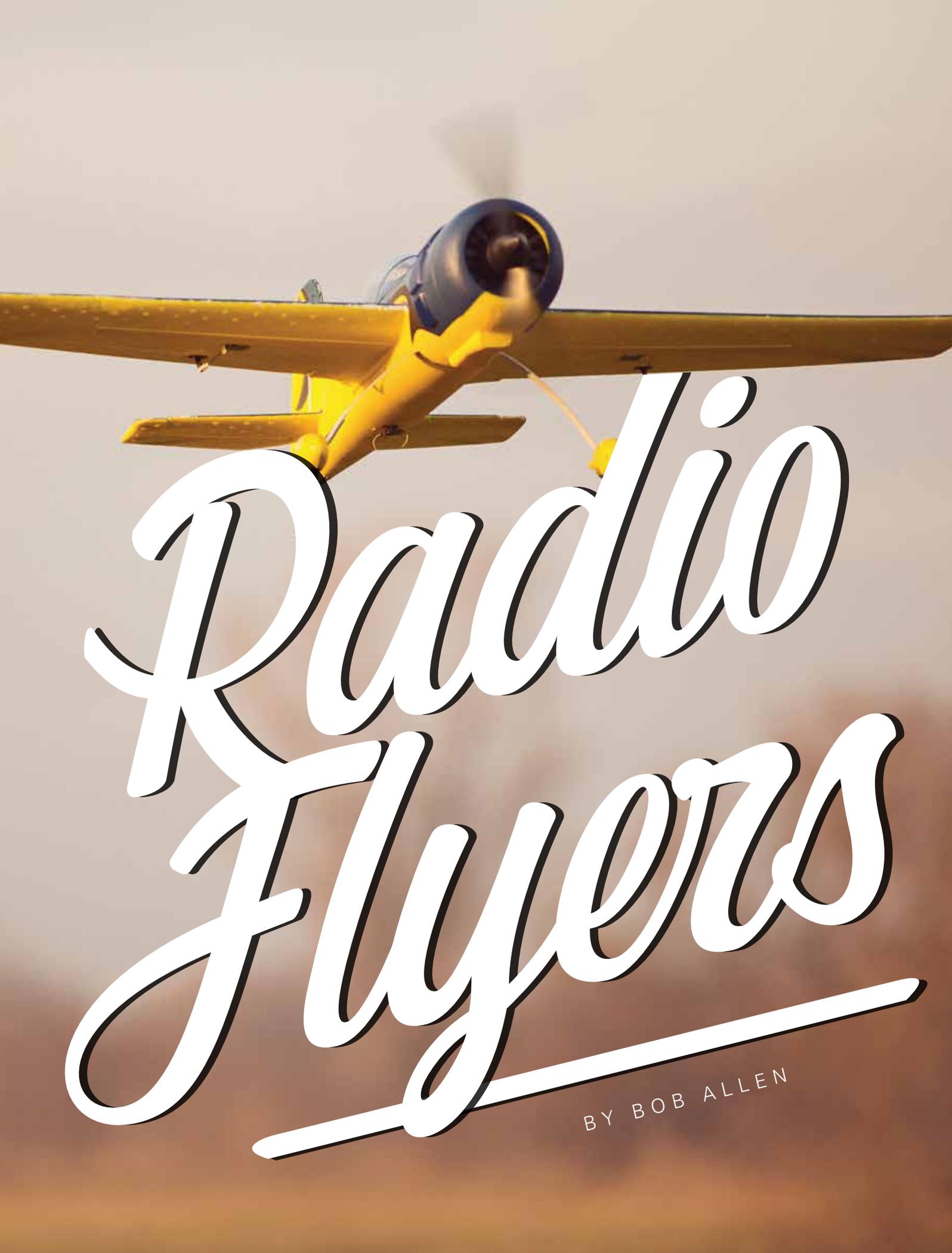


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Radio Flyers

BY BOB ALLEN

Model plane pilots and their magnificent machines that soar the blue skies above

Crownsville resident Steve Barnett humorously recalls how his many years of flying RC (radio controlled) scale model planes got off to a very rocky start.

Back in 1974, when he was a Signal Corps lieutenant stationed in Virginia and on

his way to a new posting in Germany, Barnett meticulously assembled a new RC (remote controlled) Top Flight Headmaster trainer plane, carefully packed it up, and carried it on the plane with him to Germany.

Barnett, 71, a Crownsville resident, concedes that at that point his enthusiasm for flying the miniature glow fuel- (methanol alcohol) and electrically-powered planes far outstripped his experience. He'd only test-flown his new plane a time or two before heading overseas.

He recalls with a chuckle what happened when he got to Germany and took his model out for a test run. What ensued was the result of a condition that Barnett and his fellow members of the 70-plus -year old, Crownsville-based Chesapeake Bay Radio Control Club (CBRC) describe as "dumb thumb."

"I made the most common mistake that inexperienced pilots make," Barnett explains. "I figured I knew enough to do this by myself. And my airplane flew away, never to be seen again."



Obviously, that false start didn't permanently side-track Barnett. All these years later, one of the most satisfying aspects of his 30 years as a CBRC member is training and mentoring "newbies" in the hobby that he loves so much: building and flying model planes.

"It's just so great to pass along all the enjoyment I've had from of this hobby to somebody new," explains Barnett, a board member and instructor for the club. "One thing I often emphasize to young people is that there are so many things you can



Ray Stinchcomb preparing to taxi a Senior Telemaster for another flight.

learn from these planes: physics, aerodynamics, electricity, metallurgy, and even little things like how you can orient the grain of wood (on the wings and fuselage) for maximum strength. I've been doing this for 30-plus years and I'm still always learning something new."

Before the coronavirus pandemic unfolded, you could see CBRC members putting their planes through the paces at their Federal Aviation Agency-designated flying field at the Severn Run National Environmental Area, in Severn, where spectators are always welcome. In due time, the field is expected to re-open.

There is something thrilling, almost poetic, about the seemingly effortless way an experienced pilot can take-off, bank, glide, and deftly maneuver a model plane across the sky to the edges of his or her line of sight while soaring as high as 400 feet.

"Just being able to understand the parts that go into a plane and the physics behind it as you build one is fascinating, says Jim Kyroglou, a 55-year-old architect and construction project site manager who lives in Gambrells and started flying only a year or so ago. "Then taking it out to the field and putting it to the test is thrilling. It's just the best feeling."

"JUST BEING ABLE TO UNDERSTAND THE PARTS THAT GO INTO A PLANE AND THE PHYSICS BEHIND IT AS YOU BUILD ONE IS FASCINATING. THEN TAKING IT OUT TO THE FIELD AND PUTTING IT TO THE TEST IS THRILLING. IT'S JUST THE BEST FEELING."

In the course of his career, Kyroglou has designed airports and says he's "always loved airports and airplanes." More recently, he started using drones to monitor the progress and generate photos, video, and 3-D images of the large construction sites he oversees. "A lot of times I can give a client a head set and they can view the project from 400 feet in the air and from all kinds of different angles," he explains.

It was his fascination with the drones that spurred him to learn about RC planes.

"I crashed a few, and after that I decided to get a simulator," Kyroglou says, referring to computer-based simulators designed specifically for learning how to fly model planes.

Later, Kyroglou found CBRC's website and decided to drive by their flying field. "I saw the sign for the club, which said they welcomed visitors," he recalls. "So, I went out there one day when they were flying and met Steve (Barnett). He was very nice and welcoming. I also met another long-time member who had 80 different planes, an incredible array of shapes and sizes."

Before long, Kyroglou was flying every week, and he someday hopes to construct "the kind of masterpieces that some of these guys have built."

The Academy of Model Aeronautics (AMA) is a Muncie, Indiana-based nonprofit that promotes model aviation. It serves as a liaison between the FAA and other governing agencies and the approximately 2,500 flying clubs the academy charters across the nation. The sheer size of the Academy's membership—more than 200,000—puts proof to the fact that a whole lot of people share that same exhilaration that Jim Kyroglou describes.

Two among this multitude are father and son Mike, 46, and Alex Merryman, 14, of Severna Park, both CBRC members.

Mike recalls how he came into the hobby totally backwards. "It's kind of funny," he recalls. "About 10 years ago, my father wanted to learn how to fly, so he bought me a plane in hopes that I would teach him. I flew it a few times, though I couldn't keep it in the air more than five minutes. I tried to teach him, but there's quite a learning curve, since you're flying in three dimensions, and he just couldn't get it."

Mike's son Alex picks up the story from there. "My dad got into flying about 10 years ago after he got that plane from my grandfather," Alex recalls. "Then about three years ago I started using a flight simulator on my computer to learn how to fly.

"Then my dad and I used a 'buddy box' system to link our transmitters (controllers) together. Dad could do the difficult parts, like taking off and landing. Then he'd let me fly until I made a mistake and he would take over again."

Mike considers model flying to be the perfect hobby to share with his son. "It's not only fun, it's educational," he points out.

"And the people in the club are absolutely a really nice bunch of people," Mike adds. "There are some people who don't fly, but just come to watch and enjoy the social aspect of it. Everybody is really helpful."

Ray Stinchcomb, 72, of Pasadena has been a CBRC member since 1991 and is currently the club's safety officer. He echoes Mike Merryman's sentiments about the social aspect of their shared pursuit.

"We have a picnic pavilion at our field, and for most of us it's very much a social occasion," says Stinchcomb, who spent quite a few years flying full-sized planes and also worked for 24 years as an FAA safety inspector. One of Stinchcomb's most cherished possessions is a photo of himself at age 1 flanked by a chocolate Easter bunny on one side and one of his father's model planes on the other.

"On a nice Sunday," Stinchcomb adds, "we come out to the field and take turns flying our planes while the rest of us watch. Then we sit down and have lunch and talk about flying, or whatever suits our fancy."

Stinchcomb, who comes from a family of full-sized airplane pilots (both parents flew), marvels at how dramatically the technology of the models has evolved over the 60 or so years since his dad first taught him to fly.

Photo captions: 1. Ray Stinchcomb's Senior Telemaster in a low altitude fly-by. 2. CBRC President Cliff Haley taxiing his P-51 Mustang out for another sortie. 3. CBRC President Cliff Haley inspects a model plane 4. CBRC member John Harris showing excellent hand-launching technique with his electric powered sailplane. 5. CBRC members Steve Barnett and Ray Stinchcomb on site



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“In the fifties, when I was very young, my father had a radio-controlled model,” he explains. “Back then, they were very hard to control and not very reliable. It’s since gone from that to the latest models, including some that have far more capabilities than a full-sized aircraft has.”

Of course, these technological strides have also opened up new possibilities for user error—i.e. “dumb thumb.” “I know people who have become so frustrated when they crash their plane that they just walked away from the hobby,” Stinchcomb explains. “But the bottom line is that it’s most likely going to happen to you sooner or later. If you don’t want to ever crash, then you don’t want to take up the hobby.”

Which takes us back to Steve Barnett and his plane that mysteriously vanished in the skies over Germany, back when he was stationed there with the U.S. Army 3rd Armored Division. After that mishap, he dabbled on and

off with flying for the better part of a decade. But he didn’t really get serious about it until around 1980, when he ended up at Fort Still, in Oklahoma, where there was an active model flying club.

“That’s when I was finally successful at both building and flying, and from that point, I have not left the community of active flyers” recalls Barnett, who has since built and flown about 30 models. As a member of the AMA’s All Season Flyer Program, he has, at least until the present crisis, flown at least once a month during every month of every year for the last 13 years.

Stinchcomb, Barnett, and their flying field compatriots also point out that the incredible agility/maneuverability of these planes is merely one of many factors that make the hobby so compelling.

The incredible range of shapes, sizes, designs, and price tags of these magnificent flying machines is also breathtaking. They can range in wingspan



“THERE ARE ONLY THREE THINGS THAT LIMIT THE ENJOYMENT OF THIS HOBBY. THE FIRST IS THE DEPTH OF SOMEONE’S IMAGINATION, THE SECOND IS THE DEPTH OF THEIR POCKET BOOK, AND THE THIRD IS THE WILLINGNESS OF THEIR SPOUSE TO GO ALONG WITH NUMBERS ONE AND TWO.”

from less than a foot all the way up to 19 feet. Price-wise, they run the gamut from \$150 or less for a basic trainer-type plane all the way up to something like a model C-17 with twin jet engines that can easily top \$10,000.

Most flyers prefer planes that are either fuel- or electrically-propelled and constructed of balsa wood, plywood, plastic, or some combination thereof. Yet, if you go to enough fields and national competitions, you’ll also see miniature blimps, helicopters, gyro-cop- ters, drones, gliders, scale replicas of legendary World War One and Two aircraft and commercial jet liners, along with planes adapted to take off and land on water. There is a website for model makers (www.outerzone.co.uk) that has plans for 4,000 different types of planes that can be downloaded free of charge.

As an interesting sidelight, in the early days of special effects, radio-controlled models were used to replicate real aircraft in aerial combat scenes in feature films such as “Empire of the Sun” and “Memphis Belle.” There are videos depicting this on YouTube.

As Steve Barnett explains, wryly summing up the pastime that means so much to him: “There are only three things that limit the enjoyment of this hobby. The first is the depth of someone’s imagination, the second is the depth of their pocket book, and the third is the willingness of their spouse to go along with numbers one and two.”

“Two of the three are mandatory,” he quips. “But I’ll leave that choice up to the individual.”



Home & Garden

56 TRENDING KITCHEN ISLANDS | 58 HOME DESIGN | 62 REAL ESTATE



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Trending Kitchen Islands

MATERIAL, SHAPE & STYLE

By Lisa J. Gotto

It almost seems that if you don't have some iteration of an island in your kitchen these days, that you're not only losing functionality, you're losing an opportunity to get creative. Here are six of the latest ways that homeowners are incorporating islands with style.

1. CALMING CASCADES

Among the most popular trends out there is the island that uses an incredible material like quartz or marble, not just as the countertop material but as the basis for the entire structure. Cascading from the top to the floor with seemingly effortless flow, the effect is clean, classic, and plays into the popular homeowner aesthetic of keeping things simple and doing so quite beautifully.

2. MAKE IT MOBILE

Beep, beep! Incredible functionality coming your way! Smart kitchens get kicked up another notch when you combine a clever design with four wheels for ultimate utility. These on-the-go units can be custom crafted of nearly any material to complement your kitchen's personal style and options in islands that are literally, ready-to-go are expanding all the time. Whether they are providing precious extra prep space or moved out of the kitchen to provide buffet options in a dedicated dining space, this is a great way to roll with the changes that today's families encounter.

3. GO BIG AND GO HOME!

Apparently it is never gauche to talk about the size of your island. Indeed, you can dream big when your home offers a luxury of space. This example is the epitome of a sophisticated option for modern living, providing optimal space from everything from informal family meals to gracious formal entertaining scenarios and gatherings. In fact, if you have a large room it is prudent when conceiving your island that you don't underwhelm with something that is too small and throws off the scale of the room. A consultation with a smart design professional will ensure those big island dreams become realities.



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4. COLOR WONDER

The years of dense color are here and we're seeing it reflected everywhere inside and outside the home in paint, soft goods, and home accents. This island infuses a nearly monochromatic kitchen with warmth with its saturated deep jewel green hue. Yet the look is balanced by the size of the kitchen so it works with the space and pleases the overall palette. The color of this island makes a statement without saying a word.

5. OPTIONS FOR ODDBALLS

How many times have you returned from the discount warehouse after stocking up only to be frustrated—again—by the lack of storage space for all those bargains, especially for oddball items like potatoes and onions? This island option gets high marks for providing storage for those things and is pretty to look at. No more stooping and wondering, “Which cabinet did I put those in?” because you can plainly see where they are and they make sense because that’s exactly where you’ll be using them. Kitchen storage conundrum, solved!

6. TURN “FIND” TO “FOUND”

What a great save! It could be something that has been in your family for years, sitting in your basement waiting for its moment or it could be something you foraged from the side of the road in one of those “another man’s treasure” scenarios. Nothing is more satisfying than seeing a find become a “found,” as in, “I found a great way to use the barn wood from my parent’s house!” Personalization in kitchen design is growing more popular every year, as it brings a sense of connect-edness and community to your space that a catalog purchase just can’t. Before using that old wood, however, it’s a good idea to do some research to determine its viability and any long-term maintenance issues you will need to consider. Try a site like diynetwork.com for useful information and re-sources to help turn “find” to “found!”

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HOME DESIGN

Autumn Refreshers for the House & Garden

By Janice F. Booth

We've all spent far more time in our homes—condos, apartments, townhouses, and houses—than we might ever have imagined. “Home” has become more than a concept, more than a place to store our toys, and keep us out of the weather. Many of us have used, and perhaps abused, every room, every nook and cranny of the places we call home.

Now, with summer waning and fall arriving, perhaps we will want to expend some of our pent-up energy freshening up our long-suffering homes. We've looked at the same greasy hand-print on the banister too many times. We've threatened to toss out those tired throw pillows that smell ever so slightly of our puppy or our favorite snack-food. We've even ordered those color swatches for repainting the dining room. But, so far, our

plans and lists of “to-dos” seem to slip beyond our grasp. And what about our gardens—those flowerpots and flower beds full of begonias, petunias, and, now, chrysanthemums? Are they looking a bit shabby? Just how pretty are those deadheads nodding at the ends of sagging, green stems?

Not to worry, dear Reader, I'm here to give you a little pep talk. We can each repay our houses and gardens for the countless hours, days, weeks, and months of shelter and comfort they have afforded us by dedicating some time and energy to sprucing up our surroundings. If we're still sticking pretty close to home, (I'm writing this while still quarantined) we might be able to enlist the aid of other family members or housemates. But, perhaps not. This might be a project you'd rather tackle on your own—a quiet, contemplative work detail for one. And, I suspect, you'll find that those less-enthused by the idea of a household spruce-up will stay out of your way, give you lots of time to yourself while you putter in the garden and tidy that closet.

So, without further ado, let's get started. Always a good idea to begin any project, it seems to me, with a bit of planning—the judicious making of lists, notes, drawings, recorded messages to self. I like to make lists. To focus your list-making, begin by take some photos of the areas where you're thinking about making some changes. I seem to see my room with a more critical eye when I'm looking at a photo rather than staring at that room I've walked through countless times.

So, that's what I'll do. First, a list and some photos of potential household projects to freshen up my tired house, and then, the tasks I want to tackle.

INDOORS

First Decisions

What is the scope of your project(s)? Do you want to do one area? One room? Or, do you want to plan several projects—the bedrooms, or the baths, or the home-office space(s)?

Do you want to spend money—is there a budget, or will you do what you can with the resources at hand?

Based on the budget question, how much of the work do you want to do yourself? What will you put your hand to?

Can you hire professionals for some or most of the project(s)? If so, you may want to get several estimates or go with your reliable painter, electrician, or handy-person. (Here too, having those “before” snapshots will be helpful.)



Suggestions: Here are Four Potential Indoor Refreshers

First Impressions: Look at those photos of your front door, front stoop or porch, front entry, or the front of your house. You might decide to paint the front door a color that “pops,” add a dramatic doorknocker, replace or polish the faceplate and door knob, and check handrails for wiggles. Perhaps there’s room for a tall, slender planter or interesting sculpture or statue to personalize the entryway.

Kitchen Catch-up: Your kitchen may have been getting far more use than ever before and need a little pick-me-up. Look at those photos; something may leap out at you: a simple project like getting the clutter off the counters. Are there places to stash that seldom-used toaster or the waffle maker? What about those recipes, crumpled and stained from countless references? How about organizing them? Maybe a scrapbook or an old-fashioned recipe box with indexes? Or, if you are

really done with those paper recipes cut out of newspapers and magazines, and you want to toss most of them in the recycle, do it! If you’re really ambitious, you may want to plan a redo of your cabinets. That could mean taking out everything from the drawers and shelves and totally reorganizing them. Or, that might be replacing the pull-knobs or painting the cabinets a fresh color that brightens up the room. And, speaking of bright, why not look for a new or previously-owned light fixture? Sometimes,

simply replacing old bulbs with bright, new LED bulbs makes a huge difference.

Lighten Up Those Living Spaces: Those rooms where everyone congregates—that is, after the kitchen—may be crying for some freshening. The living room, family room, den, sunroom, or deck, wherever the fun takes place and the TV reigns, look over those pictures. Maybe you want to clean the couches, chairs, and drapes. How about giving a fresh coat of paint to the walls, woodwork, and ceiling? Sometimes it’s fun to take everything off the walls—all the art work and family photos—and then move them around. You’ll look at that painting differently if it’s placed across from your favorite chair. And, speaking of moving, consider moving furniture too. The couch might move from one side of the room to the other, or from the family room to the den. Those end tables may look like new pieces if you settle them beside



OUTDOORS

Whether you work in your garden or work with your gardeners, you're probably pretty familiar with the drill—preparing your garden for the winter ahead. Whether you're dealing with your planters and pots on the patio or your extensive flowerbeds, early autumn is a great time to tidy up and freshen your garden.

Suggestions: Here are Four Potential Outdoor Refreshers



the easy chairs in the living room. Consider rearranging your treasured collection of antique boxes or those family photos that have languished in the corner and regroup them in a new location. If they'd been on the mantel, hang them on the wall or place them in a shadowbox. You might even reframe those pictures for a new look. With cooler weather setting in, add some texture to the room—baskets for the magazines or toys, nubby pillows for the couch, a velvety throw across the arm of a well-used chair. You might find a small rug that will jazz up the area in front of the television, where the kids love to gather. And, while you're adding a bit of splash with that area rug, how about changing the window treatments? Where you've had curtains, replace them with Roman blinds; get rid of those dusty vinyl blinds and install some chic, louvered shutters. Keeping the focus on the rooms light, look at the lamps in your room. Do the shades look a bit shabby? Replace them. Are there areas where there's

insufficient light for reading or playing board games? Add a floor or table lamp. As the days grow shorter, you'll feel better in well-lit rooms.

Brighten Up the Bath: Unless you're planning a total makeover for this important room, you'll want to think about some TLC here. Like the living areas, the bath will benefit from a fresh coat of paint and new window treatments. There's always the replacement of those tired, thin towels with some delicious, plump towels in some new color. Then, add a new bath mat and rug. You might want to install another mirror, perhaps a full-length or a mirror dramatically framed. If you have the floor space, the bath is a great place for some greenery. Maybe there's a window where you can set a plant on the sill. A fern is pretty tolerant of low light and lots of moisture, and it adds a bit of drama to the room. If you can't bear thinking about a live plant dropping leaves or someone knocking over the pot, create a pretty arrangement of silk leaves in a basket or bowl.

Food for Thought: Are you thinking it might be fun to eat what you've grown? There are a variety of vegetables that you can plant now and harvest in the early winter. Repurpose some of your planters, if you're going to limit your edible garden to the patio. Or, choose a flowerbed close to the house that you can be transformed into a winter vegetable garden. Among the winter edibles are: lettuce, kale, cabbage, broccoli, fava beans, radishes, beets, Brussels sprouts, and garlic. You may be able to pick up the starter plants from local farmers at one of the farmers' markets.

Keep an Eye to the Future: In addition to the satisfying task of clearing the debris that's settled in your garden over the last three months, you can also see opportunities to increase your number of favorite plants, the ones that really thrive in your garden. There are ways to do that, dividing plants, collecting seeds, and planting divided bulbs. To divide your hostas, daylilies, asters, and creeping phlox you'll want to be sure to first soak the soil around the plants so you can get your spade in and lift the large plant root ball. The exposed root ball will have to be cut



with some sharp garden tool. Relocate the divided plants around the garden. Don't worry too much about the clumsy process; your plants, if they're a bit overgrown and unwieldy, will appreciate the trimming and bounce back lovelier in the spring—plus, you'll have twice as many. Collecting seeds is quite a bit easier. And, if you miss some seeds, your backyard birds will thank you and enjoy the dropped seeds throughout the winter. Foxgloves, morning glories, sweet Williams, and marigolds are generous with their seeds and will even reseed themselves if you don't disturb the soil beneath the adult plant in the fall. Finally, once you've divided old favorites and seeded lovely flowers, you may still have the energy to separate bulbs and replant tulip, daffodil, and hyacinth bulbs for those wonderful early-spring bursts of color.

Clear the Clutter: Just like indoors, it's sometimes refreshing to empty out your patio or garden of the feeders, birdhouses, pots, and plants. You might even want to dig up an entire flowerbed. Once you've removed everything that seems extraneous to you, you'll be able to take a fresh approach to your garden. Perhaps your birdhouses all need a good cleaning out. The birds nest inside and, in time, mites and other bugs collect in the nest's material. If you look closely at your birdhouse, you'll see the screw or hinge that will allow you to get inside the birdhouse. Put on some work or rubber gloves, and clear out what's inside. Then, you may want to repaint or otherwise repair the little houses before re-hanging them for next spring's new families. Look over the pots you've collected. Are they cracked or stained? Mismatched? Simply boring? Toss the ones you don't like and

scrub up the ones you're keeping. Then, tuck them away until they're needed again—for that winter veggie garden or spring flowers. Another perfect little project might be cleaning the garden furniture. Those benches, the chairs and table, even the little trolls you set up near the pond may need a spray down and scrub with some biodegradable, earth-friendly cleaner, like Simple Green. You might find some minor repairs are needed or it may be time to replace one or two pieces.

Map It: One last, easy and fun project for a sunny afternoon might be to create a map of your garden. You may find that your children and playful friends are even willing to help. Think of it as a "Treasure Map" of the garden. You will find the map handy if you want to order new plants during the late winter months, when those tempting catalogues arrive, full of beautiful pictures of all sorts of plants for you to purchase. You can use graph paper or just a small piece of poster board. It may be fun to draw pictures or glue on photos of the trees and plants in your garden. Try to recall where some of those spring bloomers were located. You may find you have lots of spring bloomers concentrated in one area, and decide to move some, dispersing them around the garden next year. Anyway, it will be fun to see what you come up with. You might create quite a little work of art—just like the beauty that is your garden.

Whatever you choose to do, be the project small or large, you will feel better for your efforts, and your home will feel a bit cozier, reflecting your appreciation for your own safe haven.



Primary Structure Built: 1991
Sold For: \$2,750,000
Original List Price:
\$3,389,000
Bedrooms: 5
Baths: 3 full, 1 half
Living Space: 4,374 sq. ft.
Lot Size: 1.65 acres

HOME REAL ESTATE

Comfortable Luxury & Creek Views

By Lisa J. Gotto

Serenity and sophistication are hallmarks of this expanded Cape Cod-style home uniquely located to provide seclusion but still just minutes away from the vibrancy of downtown Annapolis.

Situated on more than an acre and a half of land, the property is framed on three sides by Harness Creek. The newly renovated main house features an exquisite open floor plan with high ceilings and a wall of windows to showcase its creek views. The space itself has a luxurious feel, yet remains comfortable and welcoming with accents of warm woods in the kitchen and German white oak hardwood floors throughout.

You'll notice the home's quality finishes and appointments when you first enter the foyer. These treatments carry through to the impressive kitchen with its huge central island topped with thick white marble. The natural wood island effortlessly blends here with white wall cabinets, a natural wood range hood, and exposed beams in the vaulted ceiling.



Beyond the open concept living room with modern yet warm built-ins and a gas fireplace with limestone surround. This level also features an office and a dining room with optimal views with a set of pocket doors that lead to a generous wet bar area, and the home's master bedroom quarters. Again, with marvelous views. There are two additional bedrooms on the main level and two on the upper level.

Two separate buildings on the property provide a modern detached office

space and a separate boat house with lift and a detached two-car garage. The grounds also offer a deep water, multi-slip pier and bonus views of Quiet Waters Park.

Listing Agent: Florence Calvert; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; m. 443-995-6625; o. 410-263-8686; coldwellbanker-homes.com

Buyer's Agent: Reid Buckley; Mr. Waterfront Team; of Long and Foster Real Estate; 320 Sixth Street, Annapolis; m. 410-279-1843; o. 410-266-6880; waterfront-homes.org

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Life's Finer Moments Start Here

By Lisa J. Gotto

With its exceptional location, this lovely Eastport coastal-style home offers all Annapolis has to offer just steps from its front door. A charming front entrance is highlighted with a light, bright, and airy two-story foyer with its beautiful two-tone staircase.



Primary Structure Built: 2005
Sold For: \$1,130,000
Original List Price: \$1,249,000
Bedrooms: 4
Baths: 4
Living Space: 2,987 sq. ft.
Lot Size: 0.13 acres

Architectural curved archways lead into the rest of the nearly 3,000 square-foot dwelling that offers an enviable first floor open plan perfect for family gatherings. This level features character-enriching woodwork, crown molding, and hardwood floors throughout. The main living space has an entire wall of built-ins showcasing a large double window with inset bench. This room flows easily around a partial wall to a less formal family room space with gas fireplace and plenty of natural light from five large sash windows.

The large, sunny kitchen offers plenty of custom



wood cabinetry, some with glass front panels. A working island enhances the center of the room, as does all the stainless steel appliances including a six-burner gas range. Quartz countertops flow to a cozy peninsula with breakfast bar area. A formal dining room is located just off the kitchen.

Upstairs, the enormous master bedroom is accented with a vaulted ceiling, large bed-framing windows, and cozied-up with a light-colored wall-to-wall carpeting. The master bath features a soaking tub, dual vanities, and a spacious glass walk-in shower. Two other large, bright bedrooms are located on this level, and the home's lower level offers a den with gas fireplace, a large workout space, and generous laundry facilities (one of two in the home).

The home's exterior offers an enviable outdoor entertaining space large enough to accommodate a sizeable family reunion yet its hardscaping, surrounding landscaping, and overhead pergola make this open-air living room the premier place for life's finer moments.

Listing Agent: Florence Calvert; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; m. 443-995-6625; o. 410-263-8686; florencecalvert.com

Buyer's Agent: Janice Loos; Berkshire Hathaway | PenFed Realty; 1997 Annapolis Exchange Parkway, Annapolis; m. 301-367-8743; o. 410-266-0600; penfedrealty.com



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68 DANCE YOUR WAY TO BETTER HEALTH | 70 FRESH TAKE
72 FLU SEASON IS COMING UP. ARE WE READY? | 73 FITNESS TIPS *plus more!*



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HEALTH & BEAUTY HEALTH

Dance Your Way to Better Health

By Dylan Roche

Need to change up your exercise routine? Then you'll be happy to know that there's an option that could challenge you mentally and motivate you creatively while you exert yourself physically. That workout is none other than dancing.

Celebrating the many benefits of this combined exercise and art form is one of the reasons the American Dance Movement promotes National Dance Day on the third Saturday in September.

This year's celebration falls on September 21, but there's no reason you can't start getting your dance on now. Who knows? With a few extra weeks, you might be able to master your rhythm just in time for the big day, when people of all ages across the country are encouraged to incorporate dance into their daily lives as a way of recognizing its many benefits.

FOR BODY...

More and more people are getting in tune with the physical demands of dance. The American Council on Exercise suggests it might have to do with the popularity of such shows as *Dancing with the Stars*, *So You Think You Can Dance?*, and *Dance Your A** Off*. That's great, because as the council explains, dance combines cardiovascular and weight-bearing activity, and it requires both coordination and balance. Vigorous dance styles, like the salsa, can burn about 250 calories in 30 minutes, the same as light jogging.

But it's not just about burning calories. The Hospital for Special Surgery explains that the multi-directional movements you perform when you're dancing (as opposed to the straightforward motion of running or walking) improves your joint mobility. Additionally, people who dance have better gait and agility.

...AND MIND

Dance has more benefits than simply physical ones. Because people who are dancing have to learn new moves and think about the right steps, they are mentally stimulated, meaning their mind is getting a workout as well as their body.

This was observed firsthand in a July 2018 study published in the peer-reviewed scientific journal *PLOS One*, which followed a group of elderly participants as they undertook a challenging dance program over the course of six months. Dance proved to help with things like their spatial orientation and their movement coordination, but more importantly, because mastering the choreography meant they were continually learning, it improved their memory, and attention, both of which tend to decline with age.



Feeling inspired to hit the dance floor for your next workout? You can likely find drop-in classes at a local gym or community center. There are also plenty of videos available online.

As with any new workout, however, you should check in with your doctor to make sure you're ready to begin. Once you have the go-ahead, be sure you wear good shoes and don't challenge yourself too much right away—you'll be having a lot of fun and might not even realize that you're exercising, so you need to be careful not to overexert yourself.

Much More than Feel-Good Pampering

A PROFESSIONAL FACIAL IMPROVES SKIN HEALTH

By Dylan Roche

A facial is much more than simply slathering your face with clay and popping a couple of cucumber slices over your eyes. A little bit of DIY home pampering like that might feel really nice, but if you want to take the best care of your face, there's no substitute for professional care.

That's because a physician or licensed aesthetician will have access to products and will be trained in techniques that aren't available for home use. "You can do some daily maintenance at home and you can do some masks at home, but to really see improvement in skin health and skin quality, it's the in-office medical-grade treatment that's going to give you those results," says Dr. Kelly Sullivan, board-certified plastic surgeon and medical director of Sullivan Surgery & Spa.

Such medical-grade treatments might include a skin analysis to determine specific problems, followed by a thorough cleaning, exfoliation, and extraction. Specific exfoliation processes a person could get with a professional facial include **dermaplaning**, in which skin cells are scraped off with a very fine blade, or **microdermabrasion**, in which a tool is used to exfoliate and sand away dead skin cells. These processes are important because layers of dead cells on top of the skin can prevent healthy products from penetrating and having any kind of effect.

A professional facial will also frequently include a massage and will conclude with a mask application, which Mylène Nine, spa director of About Faces Day Spa & Salon, describes as the "wow factor" of a facial. "Professional masks have stronger ingredients than DIY ones from home," she says. "We can also layer them with other ingredients to improve results. Adding the touch of the aesthetician is hard to mimic by yourself...They give intensive and immediate results that are very difficult to achieve at home."

A physician or aesthetician can also determine what kind of mask will best benefit your face and skin type, depending on what problems you are trying to address and depending on whether your skin is oily, dry, red, or mature.

"One mask is a clarifying clay mask that can be used as a spot treatment or for your entire face for acne," Sullivan explains. "There are also hydrating masks designed to deliver moisture to the skin. And there are calming masks, which you use after sunburn or an acid peel to calm down the redness."

And in some cases, different parts of your face might need different masks applied. "The nose and chin are usually oilier, so you add a clay mask in those areas to prevent blackheads," Nine says, "and apply a hydrating or brightening mask everywhere else."

These in-office treatments help prime the skin so that it is more receptive to at-home care, which should include daily cleansing and a morning/evening application of the appropriate products for your skin's needs. Kim Hart with Skin Wellness MD emphasizes that this home care is the most important part of skin treatment, and an aesthetician can provide specific guidance on what a person should do. "Regardless of what we are treating a patient for, we *always* send them home with home care," she says. "First and foremost, if you want to maintain a healthy skin after our work, you must keep up with your home care to maintain the results."



While some people opt to get facials whenever it feels good or if they want a little pampering, the professionals agree that consistency is important if you want your skin to be the healthiest it can be. Hart says the frequency a person needs a facial depends on the skin problem being treated—acne, for example, might be treated every two weeks, whereas discoloration might be treated every four weeks. "Of course it depends on how their skin can tolerate it and what kind of response we get," she says.

Nine personally recommends people get at least one facial per season, and to turn to at-home masks one to three times a week depending on skin concerns and goals.

Dr. Sullivan encourages people to have therapeutic facial treatments on a six- to eight-week cycle. "The skin is the largest organ in our body and requires maintenance to maximize skin health," she says. "You have to be getting regular treatments to see the most benefit."



HEALTH & BEAUTY HEALTH

Fresh Take

PEANUT BUTTER

By Dylan Roche

As kids head back to school this fall (or winter!), many of them will do so with brown paper lunch bags containing peanut butter sandwiches. There's a reason this lunchtime classic has such enduring appeal, and it's not just because of its taste—it's also because its combination of protein, healthy fats, and essential nutrients are great for helping active bodies and active minds power through the day.

And peanut butter isn't just for kids. Adults, too, should partake in this throwback to childhood, either enjoying the go-to option of slathering it on a sandwich or finding more creative uses for it like smoothies or salad dressings.

With 7 grams of protein per 2-tablespoon serving, peanut butter is a great plant-based source of this powerhouse nutrient that is important for building and repairing tissue in the body. This is great, as the U.S. Department of Agriculture advises everyone to vary their protein sources by consuming plant-based protein as well as animal-based protein so your body is getting a wider variety of vitamins and minerals.

Another great reason to eat peanut butter is the fat content. The monounsaturated fats in peanuts are known for raising high-density lipoproteins (also known as HDL or "good" cholesterol) and lowering low-density lipoproteins (also known as LDL or "bad" cholesterol), thus reducing cholesterol buildup that restricts blood flow in your arteries. The National Peanut Board encourages eating peanut every day to reduce your risk of heart disease.

In addition to protein and fat, peanut butter is a great source of many vitamins and minerals, including vitamin E, magnesium, folate, copper, and phosphorus. It also has dietary fiber, which slows digestion, providing a steady stream of energy and ensuring you feel fuller for longer.

But it's important to note that not all peanut butters are created equal. Many commercial peanut butters on the market are made with added sugars, palm oil, partially hydrogenated oils, and other ingredients, all of which could constitute up

to 10 percent of the product. Instead, go for all-natural peanut butter—when you read the ingredient list on the label, it should contain just peanuts (and maybe salt). It's normal for some oil separation to occur when you use natural peanut butter, but you can avoid this by storing the jar in the fridge.

Want to use peanut butter in some new and different ways? Here are some ideas:

INSTEAD OF JELLY...

Yes, peanut butter sandwiches are always a great option. And peanut butter's classic partner has always been jelly, but this processed spread is often lacking in fiber and loaded with added sweeteners like high-fructose corn syrup. Up your peanut butter sandwich game by slicing up whole, unprocessed fruit such as bananas, apples, or strawberries. You could also try dotting the inside of your sandwich with raisins, cranberries, or chopped dates. You get the same fruity taste as you would with jelly, but in a much more nutritious way!



Peanut Butter Smoothie

INGREDIENTS:

- 2 cups baby spinach
- 1 medium banana
- 2 tablespoons peanut butter
- 2 tablespoons cocoa powder
- 1/2 cup milk
- 1 teaspoon honey or maple syrup
- 2 cups ice

DIRECTIONS:

Add all ingredients to a high-power blender, process, and enjoy.



← Peanutty Pasta Salad

INGREDIENTS:

16 ounces rice noodles
 1/2 cup peanut butter
 1/2 cup soy sauce
 1/4 cup brown sugar
 1/4 cup + 2 tablespoons vegetable oil
 1/2 cup chopped red bell pepper
 1/2 cup shredded carrots
 1/2 cup chopped broccoli
 1/2 cup chopped roasted peanuts
 1/4 cup fresh garlic
 1/4 cup lemon juice

DIRECTIONS:

Boil the pasta for approximately 10 minutes until tender. Set aside and allow to cool. Heat 2 tablespoons of oil over medium heat on the stovetop. Add lemon juice and garlic, stirring to allow the garlic to brown evenly. Add red bell pepper, carrots, and broccoli. Heat until slightly softened but still firm. Set aside and allow to cool. In a medium-sized mixing bowl, combine peanut butter, soy sauce, and vegetable oil. Whisk until smooth. Add vegetables to the noodles and toss with peanut butter dressing. Stir in roasted peanuts. Chill pasta salad for one hour before serving.

Peanut Butter Granola Squares

INGREDIENTS:

3 cups rolled oats
 1 cup peanut butter
 1/2 cup honey or maple syrup
 2 tablespoons milled flax seed
 1/2 cup raisins
 1/4 cup shredded coconut

DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit. Combine peanut butter, honey and flax seed in a large bowl. Slowly add oats a half-cup at a time. Add in raisins and coconut. Stir until combined. Line a large baking sheet with parchment paper and spread the dough evenly across. Bake for 14-15 minutes. Allow to cool completely before cutting into squares.



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HEALTH & BEAUTY HEALTH

Flu Season is Coming Up. Are We Ready?

By Dylan Roche

Remember the flu? In light of another respiratory illness that's dominated the news over the past year (more on that in a second), the flu might seem like a much lesser problem to everyday Americans. But don't underestimate the flu—the Centers for Disease Control and Prevention estimates that the 2019–2020 season saw somewhere between 39 million and 56 million cases across the United States, resulting in somewhere between 24,000 and 62,000 deaths. (The CDC provides these numbers in ranges, as the flu is not a reportable disease in some parts of the country.)

With a new flu season approaching this fall, it's time to start considering healthy practices to protect yourself, particularly if COVID-19 makes a resurgence at the same time, as Dr. Robert Redfield, director of the CDC, has suggested it could. Last year's flu season was coming to an end around the time the World Health Organization declared COVID-19 a pandemic in March (the CDC defines flu season as starting in October, peaking in February, and coming to an end usually by March or April). So if COVID-19 does, indeed, make a resurgence, this will be the first time the flu virus and the novel 2019 coronavirus are widespread at the same time.

TWO VIRUSES AT ONCE?

Fighting a surge in flu cases and COVID-19 cases could prove a challenge for health care systems, but the good news is that many of the precautions people should take to prevent one respiratory illness can also help prevent the other.

Like the novel coronavirus that causes COVID-19, influenza viruses are transmitted through respiratory droplets that people expel when they cough, sneeze, talk, or even breathe. Because these respiratory droplets don't stay airborne for more than six feet, keeping a safe distance away

from others can go a long way in ensuring a virus doesn't pass from person to person.

In addition to avoiding close contact with others, the CDC recommends washing your hands regularly, disinfecting any frequently touched surfaces, and not touching your eyes, nose, and mouth.

DOES ONE AFFECT THE OTHER?

It's scary enough to think coronavirus and the flu could be circulating at the same time—but can you be infected with both? While there was a widespread misconception in the early days of the pandem-

ic that people who tested positive for COVID-19 were unlikely to have another type of viral respiratory disease, a study released by the Stanford School of Medicine in late March showed that one in five people diagnosed with COVID-19 are also infected with another common respiratory virus, such as the flu, respiratory syncytial virus, rhinovirus, adenovirus, or pneumonia.

So, yes—a person can catch the flu and COVID-19 at the same time.

THIS MAKES THE FLU SHOT EVEN MORE IMPORTANT.

Although no vaccine is currently available for COVID-19, the World Health Organization reports that there are more than 20 vaccines currently in development. The flu, on the other hand, does have a vaccination available. In fact, the CDC states that a flu shot is the single best way to prevent the flu. The CDC encourages everyone over six months of age to get vaccinated, and September is an ideal time because it is several weeks ahead of flu season's start in October. Many insurance plans cover the annual vaccination, and it can be administered at most doctor's offices, clinics, health departments, college health centers, and pharmacies.

Because of the unpredictability surrounding a second wave of COVID-19 during flu season, it's best to seek out the latest information from either the Centers for Disease Control and Prevention at www.cdc.gov or the World Health Organization at www.who.int.



HEALTH & BEAUTY FITNESS

Free Weights vs. Resistance Bands

WHICH ARE BETTER FOR YOUR FITNESS GOALS?

By Dylan Roche

It's not always convenient—or even possible—to get to the gym. But that shouldn't be an excuse to neglect your strength training. According to the Physical Activity Guidelines for Americans put out by the Department of Health and Human Services, all adults should be getting a minimum of twice weekly resistance exercise that works all major muscle groups.

When it comes to working out at home, there's a lot you can accomplish with minimal equipment. But what if you're starting with nothing? That is, you have no home workout equipment at all, and you're looking to make the investment. Should you go for free weights or resistance bands?

Like workouts themselves, the right equipment is not a one-size-fits-all kind of decision. It all depends on your fitness goals, your budget, and your storage space.

FREE WEIGHTS is a pretty all-inclusive term used to describe any kind of weight that isn't attached to a machine or other apparatus. Yes, that includes dumbbells, but it also includes barbells, kettlebells, and even medicine balls. In other words, it could be a lot of equipment, which costs a lot of money and takes up a lot of room. That doesn't mean you need to have all of it at home. A few pairs of dumbbells at a comfortable weight could meet your needs and allow you to perform a variety of exercises.

RESISTANCE BANDS, also called exercise bands or fitness bands, are thick bands made from rubber that can have handles on the end and require force to stretch them. Depending on how thick the rubber is and how tightly the band is stretched, a resistance band could require the same amount of effort to stretch as a 20-, 30- or 40-pound weight takes to lift. And studies show that your muscles respond to stretching a resistance band just as much as they do to moving a weight against the force of gravity. However, some people who are used to heavy lifting might not feel as if they're getting the same workout from resistance bands.





HOW DO RESISTANCE BANDS WORK?

If you've never used resistance bands before, you might be a little confused—how can a strip of rubber function the same way as a dumbbell? Take this variation on a biceps curl as an example of how to exercise with a resistance band: 1. Stretch the resistance band across the floor and stand on top of it with your feet shoulder width apart. Hold the band's handles in your hands at your sides and your palms facing inwards toward your thighs. 2. Slowly lift your right hand up toward your shoulder the way you would perform a curl while holding a weight. You should feel the resistance from the band as you stretch it. 3. Slowly lower your clenched fist back down to your side. Repeat with your left arm. 4. Perform 3 sets of 8 to 10 reps with each arm. For more ways to use resistance bands for variations on weightlifting exercises, check out the library of tutorials available from the American Council on Exercise at www.acefitness.org.



Here are a few pointers to consider when you're trying to decide which to use for your workout:

FORM AND FATIGUE ARE MOST IMPORTANT: Whether you opt for dumbbells or resistance bands, your aim should be working your muscle to the point of fatigue, ideally within 8 to 10 repetitions of an exercise. You should, while maintaining proper form, barely be able to finish your last rep. Remember that proper form and technique are more important than what equipment you're using.

When you're lifting free weights, people with improper lifting technique might be inclined to swing the weight rather than lifting it with a slow, controlled movement. This not only puts you at risk for injury but also reduces the effectiveness of the exercise because the weight is being moved by momentum rather than by your muscles.

Resistance bands, on the other hand, provide constant tension through the entire range of movement, so you can't cheat by giving yourself swinging momentum the way you can with a dumbbell. This makes resistance bands great for people who are trying to master their technique for certain movements.

SAFETY FIRST: Beginner-level strength trainers can put themselves at risk for injury if they're lifting weight improperly. It's one of the reasons you should never start a workout routine without guidance from a trainer who can show you the right way to perform an exercise and correct your mistakes.

Because resistance bands aren't as intense as heavy

dumbbells, barbells, and kettlebells, there's less risk of injury from improper technique, but people using resistance bands do have other safety concerns to worry about. Before using resistance bands, check them for cracks or holes—if the resistance band snaps, you could injure yourself or damage surrounding property. When you're doing an exercise where you need to attach the band to an object, such as a doorknob or table leg, loop the band instead of tying a knot, which could easily come undone.

YOU CAN USE BOTH: Free weights and resistance bands aren't an either/or option—you can integrate both into your workout. Try lifting a dumbbell with the added resistance of an exercise band at the same

time—you'll find it challenges you in a new way.

Furthermore, resistance bands are more compact and easier to travel with. So even if you prefer using weights at home, it's easy enough to throw resistance bands in a suitcase and use them for a workout on vacation rather than taking an extended period of time off.

FINAL VERDICT: Both free weights and resistance bands can be used for effective strength training at home as long as you are using proper form and technique, and as long as you're working your muscles to fatigue. Choose the equipment that best fits your lifestyle and your fitness goals, and don't be afraid to combine both of them into your workout.

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2412 Mountain Road, Pasadena; 410-437-8999; Listasgrill.com; American, steak, seafood; dinner \$\$ ☎ Y

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1397 Generals Highway, Crownsville; 410-923-1606; Luresbarandgrille.com; American grill, seafood; lunch, dinner, Sunday brunch \$\$ ☎ Y # ✨ ♪

The Melting Pot

2348 Solomons Island Rd, Annapolis; 410-266-8004; meltingpot.com; Fondue; dinner \$\$ ☎ #

Mi Lindo Cancún Grill

2134 Forest Drive, Annapolis; 410-571-0500; Lindocancungrill.com; Mexican; breakfast, lunch, dinner \$ Y #

Milano Pizza

1021 Generals Highway, Crownsville; 410-923-0093; Milanopizzaofcrownsville.com; Italian, lunch, dinner \$ #

Mother's Peninsula Grille

969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American; lunch, dinner \$\$ Y # ♪

Old Stein Inn

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ Y # ✨ ♪

The Point Crab House & Grill

700 Mill Creek Road, Arnold; 410-544-5448; Thepointcrabhouse.com; Seafood; lunch, dinner \$\$ Y # ♪ ✨

Rams Head Roadhouse

1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadroadhouse.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ Y # ♪

Rips Country Inn

3809 N. Crain Highway, Bowie; 301-805-5900; Ripscountryinn.com; Rustic country cooking and Chesapeake eats; breakfast, lunch, dinner \$\$ Y # 👑

Ruth's Chris Steak House

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris.com; American; dinner \$\$\$ ☎ Y # 👑

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Where's Wilma?

FIND WILMA AND WIN!

Woosh! And just like that, gone are the dog days of summer as the first signs of autumn arrive. Our famous flyer, Wilma, welcomes the cool breezes and fall fun as she flies to and fro bay-area town to bay-area town. This month, Wilma is jet set on curing the pandemic blues with some retail therapy, shopping at many of the Best of Retail and Professional Services winners. Can you spot Wilma making her next purchase?

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to this month's winner: Dylan Brandigan of Millersville, who won a \$50 gift certificate to a local restaurant.

Mail entries to: Where's Wilma? West County, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



Please Print Legibly

I FOUND WILMA ON PG. _____ Advertiser _____
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What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by September 30, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? West County.

Annapolis Area Christian School.....1
 Archbishop Spalding High School.....47
 Arundel Federal Savings Bank.....57
 Baltimore Washington Medical Center.....IBC
 Blackwall Barn & Lodge.....38
 Bowie Siding & Roofing Inc.....57
 Boys' Latin School.....40
 Calvert Hall College High School.....40
 Ciminelli's Landscape Services Inc.....26
 Crunchies Natural Pet Foods.....71
 David's Natural Market.....36
 Fichtner Services.....BC
 Fresh Coat Painters of Annapolis.....78
 Harvest Thyme Modern Kitchen & Tavern.....77
 Higgins & Friends.....39
 Indian Creek School (Upper Campus).....9
 Integrity Tax and Small Business Solutions.....39
 Leash Free Living.....71
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 Long & Foster-Crofton.....63
 Mamma Roma.....77
 Maryland Garage Concepts.....79
 Mission Escape Rooms.....36
 Monsignor Slade Catholic School.....46
 Montessori International Children's House.....48
 O'Donnell Vein & Laser.....IFC
 Odenton Christian School.....48
 On The Green Inc.....29
 Pongos Learning Lab.....79
 Ruth's Chris Steak House.....13
 School of the Incarnation.....47
 Skin Oasis Dermatology.....3
 Solar Energy Services Inc.....65
 St. Martin's in the Field.....46
 St. Vincent Pallotti High School.....48
 State Farm-Tammy Counts.....10
 The Jaklitsch Law Group.....5
 The Pediatric Dental Specialists.....10
 Turning Point Foundations of Wellness.....79
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