

# SHORE

JANUARY/FEBRUARY 2021

## Rising Stars

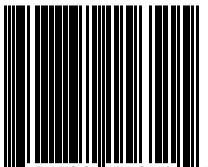
Meet five local Millennials who are making a difference

**PLUS**

The Scoop on Stam's Luncheonette  
"Punching Out" Parkinson's  
Hill's New Wellness Location

**ON THE COVER**  
Rising Star  
Shelton Hawkins,  
founder of  
"Play in Color"

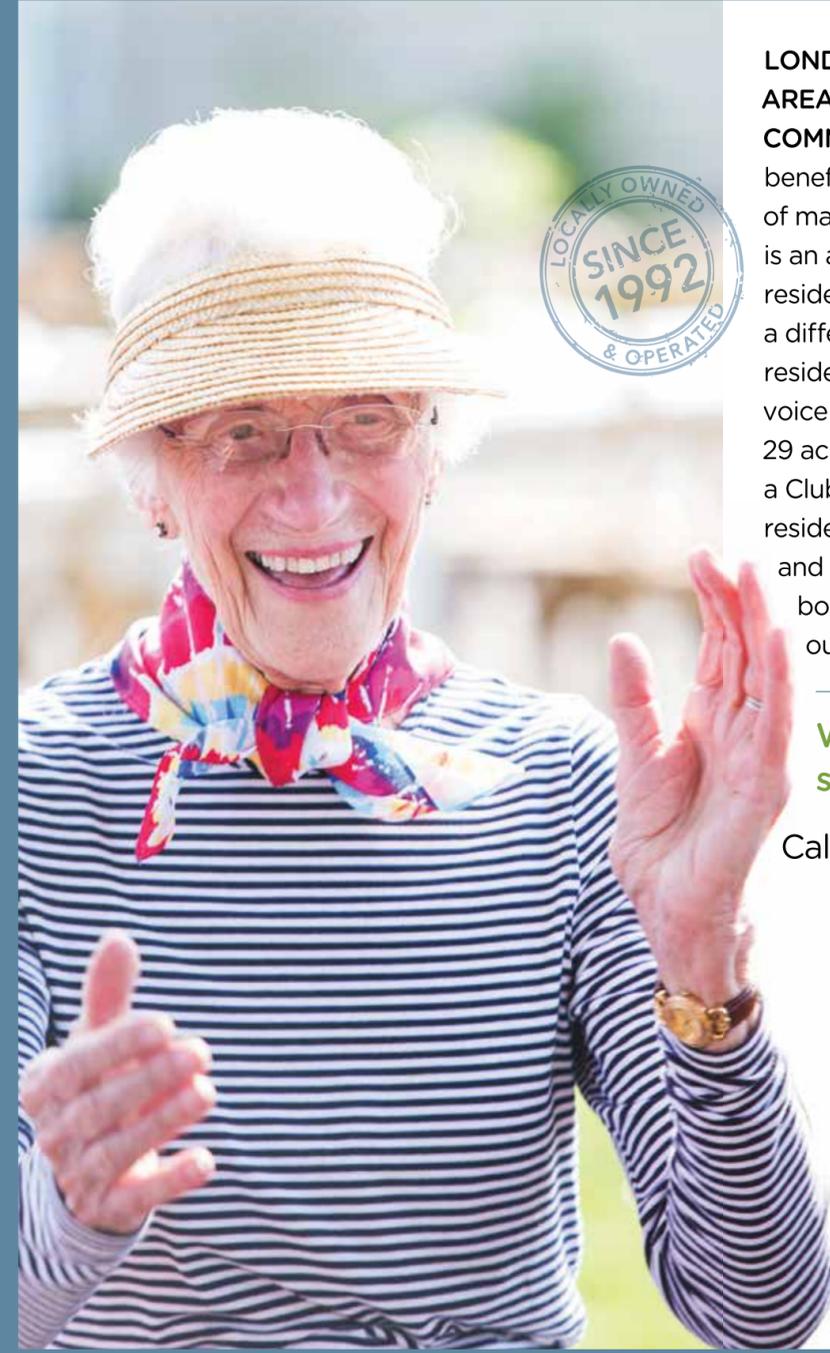
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SHORE MAGAZINE JANUARY | FEBRUARY 2021

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PHOTO BY STEPHEN WALKER

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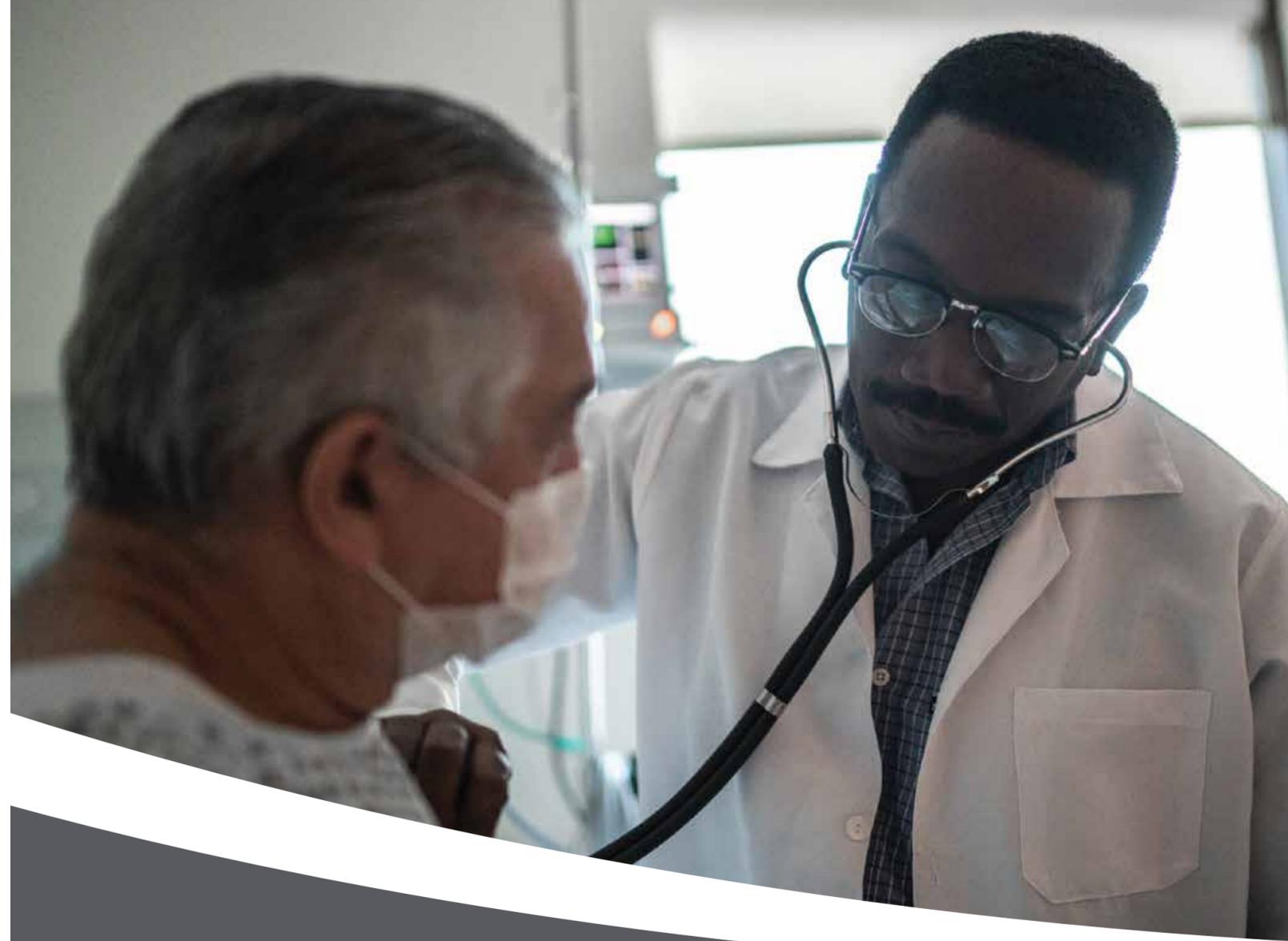
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PHOTO BY RONALD KETTER

Tundra swans arrive at Eastern Neck National Wildlife Refuge

## EDITORS' NOTE

**As we write** this note in mid-December, we are reflecting on what an incredible year it has been. Taking over the helm of this magazine during a pandemic had its challenges, but it also re-emphasized what is truly important as journalists. By writing stories and taking photos, we have been able to meet amazing people who are making a difference in all aspects of our lives on the Shore.

The faces featured in the magazine are our neighbors, our friends, and our colleagues — people who have interesting stories to share and who are contributing to the five Mid-Shore counties in significant ways. We plan to introduce you to more new faces in the coming issues so that we can keep our magazine engaging and relevant in the new year.

This first issue of 2021 features some of the rising young stars in our communities who are thriving despite the changing economic and political times. We salute their perseverance and creative spirits as they run their businesses and strive to create better communities on the Mid-Shore. We also introduce two wellness stories: the Rock Steady Boxing Program for patients with Parkinson's disease and Hill's Drug Stores' offerings of support in nutrition, hydration, supplements, and mind and body health.

We venture into history with two fascinating articles: a local connection to the inventor of the gramophone and another on the history of the Kennard African American Cultural Heritage Center in Centerville and Kent County's Grand Army of the Republic/Charles Sumner Post No.25 in Chestertown — both gathering places for the African-American communities after the Civil War.

Just for fun, we take a look inside nostalgic Stam's Luncheonette in Chestertown which offers comfort foods and treats, and then introduce you to a local Shakespeare aficionado who created a replica of London's Globe Theatre out of her kids' Legos. If you have some holiday gift money to spend, take a ride to Cambridge for a visit to Bay Country Shop where you will find sophisticated selections and extra-special service.

Finally, learn the David and Goliath story about how a small local company, Earth Data, Inc. in Centerville, is leaving the world a better place when it comes to access to our region's water resources.

Thank you for letting us be in your lives and on your coffee tables this past year.

**Health and happiness in the new year,**  
Amelia Blades Steward, Co-Editor  
Manning Lee, Co-Editor  
Maire McArdle, Design Consultant

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## WHERE THE STORIES ARE

MAP ILLUSTRATION BY LAURA GOODE



## PEACEFUL COVE

A serene scene at the Oxford/Bellevue  
Ferry landing in Bellevue

PHOTO BY MAIRE MCARDLE



## SWEETS FOR YOUR SWEETEST

### The Origins of Valentine's Day Chocolates

Looking back to the origins of Valentine's Day, chocolates were not a part of the picture during the 14th century when Chaucer wrote about St. Valentine's Day as a romantic holiday in his poem "Parlement of Foules." It wasn't until years later that the celebration of a day around romantic love became popular in the English-speaking world and began to merge with the idea of sweets.

In the 1860s, Richard Cadbury, of the British chocolate manufacturing family, found a way to extract pure cocoa butter from whole cocoa beans and produce drinking chocolate and later eating chocolate that grew in popularity. It was when he started selling them in decorated boxes that he designed himself (possibly the first heart-shaped box) that the Victorians caught the fever and began buying them for loved ones for Valentine's Day on February 14. The boxes were then used to store mementos and Victorian-era Cadbury boxes are prized collectibles even today. Cadbury's chocolates were then followed by Milton Hershey's chocolate kisses in 1907 and then Russell Stover's candies in 1923, which were eventually packaged in heart-shaped boxes and distributed all around the world.

COMPOSED BY AMELIA BLADES STEWARD, SOURCES: WWW.HISTORY.COM, WWW.SMITHSONIANMAG.COM

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Above: The main floor at the 2019 event.  
Inset: A virtual reimagining of a future event.

## GET INSPIRED

### Junior Achievement's Career Exploration Event

#### WHAT IS JUNIOR ACHIEVEMENT?

Junior Achievement (JA) is the nation's largest organization dedicated to giving young people the knowledge and skills they need to own their economic success, plan for their futures and make smart academic and economic choices.

#### VIRTUAL REALITY

Junior Achievement of the Eastern Shore will be hosting its third annual **JA INSPIRE** which is a one-of-a-kind career exploration event for students on the Shore. Because of the challenging times, JA INSPIRE will be going virtual in 2021, and it's believed they will be able to reach 10,000 students and 30 schools in seven Eastern Shore counties.

#### DIRECT ACCESS

Using an amazing new online event platform that looks like an actual convention center, students will experience a sense of hands-on interaction. Businesses will have virtual booths that can potentially provide unlimited amounts of information about their businesses to participants.

#### BONUSES

- Digital student self-guided or teacher-led pre-event curriculum
- No travel required for schools/students
- Students will have access to the program for three months instead of just one day.

#### SCHEDULE

##### MIDDLE SCHOOL SESSION

March 22 to 26, 2021

##### HIGH SCHOOL SESSION

March 29 to April 2, 2021

##### ADULT JOB SEEKER SESSION

March 29 to April 2, 2021

#### CONTACT INFO

For more information on becoming a participant or a business sponsor for this event, visit:  
[www.juniorachievement.org/web/ja-easternshore/ja-inspire](http://www.juniorachievement.org/web/ja-easternshore/ja-inspire)

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*Helping Families Heal*  
By: Ryan Helfenbein



## Ask the Undertaker

Here we are, the end of 2020, a year that a majority of us wishes simply never occurred. With a new year upon us, and after being trapped indoors for nearly ¾ of 2020, many of us will begin planning trips far from our places of solitude. For some, this may be a time to take a late relative back home...that is, escorting cremated remains back to a home town for permanent placement. With the crazy world we live in now, a maze of regulations challenge traveling with cremate remains. In the chance that you are one who is taking the lead in getting Uncle Eddie to his place of rest, let's explore together how this can be legally achieved.

Most of the time undertakers oversee the organization and preparation of transporting cremated remains from one place to another. The most common, and legal, means of transporting cremated remains in the funeral industry is the good ol' US Postal Service. Within the United States, this is a rather streamlined process. The undertaker must use Priority Mail Express, with the cremated remains placed in a leakproof container and the exterior of the package labeled with the contents. That's right, there are special labels that clearly proclaim that the package contains human remains. This is a very clear-cut approach to transporting cremains domestically... although undertakers are often stumped with the question of how much insurance should be placed on the package.

International travel is where things start to get a bit more sticky. Most countries will simply ask to have a certified copy of the death certificate and certification of cremation be made available with the urn. However, others do make it a tad more challenging. For example if cremated remains are to be sent to Italy, it is required that the following be sent well in advance to the Italian Consulate for approval: an original certified copy of the death certificate authenticated and translated in Italian, the most recent passport of the deceased, an original certificate of cremation, a statement of description of the required receptacle housing the cremated remains on letterhead from the funeral home, a small metal plate affixed to a required wooden shipping container and an authorized letter from the family stating (what feels like) everything but what the weather was on the day the person was born! Once all that is in order, a pre-paid envelope must be included as well so that a request for authorization from the proper authorities can be returned. In all my career, I have never witnessed so much red tape to simply see that a loved one gets to

a final place of rest...let alone, cremated remains.

Now, there is always the option of the family flying with the cremated remains. Years ago, the undertaker would simply provide the family with a copy of the death certificate and instructions to inform the TSA representative at check in that they are in fact traveling with cremated remains. Afterwards, 99% of the time, TSA would let the individual move through. Today, it is a little more difficult – and ultimately depends on the airline. Most airlines are going to have a policy when it comes to transporting cremated remains. Generally, airlines require that a copy of the death certificate and the cremation certificate accompany the remains, which must be placed in an urn that can be successfully x-rayed, such as plastic or cardboard. NOTE: TSA will not, and legally cannot, open the urn to view the actual cremated human remains, nor do they desire to do so. Ultimately, it all comes down to the actual airline you are traveling on and a preemptive phone call is strongly advised. For example: Southwest does not accept cremated remains as checked baggage, they must be brought on as a carry on. Yet, Delta Airlines allows cremated remains to be carried on or checked in, you just need to show a copy of the death certificate. In summary, it doesn't hurt to put a call into the actual airline prior to travel to be sure you have all prepared before arriving at the airport.

Much like that of international mailing of cremated remains, international air transportation of cremated remains can become complex as well. The starting point for this is to simply contact the embassy of the country that will be accepting the cremated remains. Once you have an understanding of the requirements from the country to which the remains are being transported, you'll then have to contact the airline(s) to be sure their requirements will be met as well. Or... simply let your undertaker see that they arrive at your international destination.

Years ago this article would have been extremely simple to write. Our complex world today has led to more requirements for this very simple need of escorting a loved one to their final resting place. As you make travel arrangements this new year to leave the four walls we have come to know so well, be sure to put a call into your undertaker to assist in preparing any cremated remains for the trip. They can offer guidance and complete oversight in the process to ensure a relative gets to their final place of rest this year. After all, 2020 was stressful enough.



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106 Shamrock Road  
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Centerville, MD 21617  
(410) 758-1151

370 W. Cypress St.  
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(410) 928-5311

# SHORE TIME



PHOTO BY RONALD KETTER

## TUNDRA SWANS GALORE

### CABIN FEVER

If you experience cabin fever this winter, a visit to the Eastern Neck National Wildlife Refuge, seven miles from Rock Hall, may be a possible antidote. This expansive coastal refuge, located at the mouth of the Chester River in a confluence with the Chesapeake Bay in Kent County, is a 2,285-acre island providing habitat for a myriad of wintering waterfowl between October and March.

### WATERFOWL SPOTTER

Common species to see here are Canada geese, lesser scaup, and mallards, as well as American black ducks, canvasbacks, buffleheads, northern pintails, green-and-blue-winged teal, American wigeons, and ruddy ducks. But the star of the show maybe the tundra swan.

### TUNDRA SWANS

Thousands of tundra swans visit the refuge beginning in late October before migrating about 4,000 miles back to the far reaches of upper Canada in March. These majestic birds that weigh 10 to 22 pounds, can fly up to 50 miles per hour and have a wing span of 72 to 88 inches.

### WHAT'S THE ATTRACTION?

The Eastern Neck National Wildlife Refuge supports such a wide variety of waterfowl, including the tundra swans, because these birds find amicable climate and abundant sustenance amid a lush variety of habitats including brackish marsh, natural ponds, upland forest, and grasslands.

### BEST VIEW

Although they are all around the island, the Tundra Swan Boardwalk is the best viewing place to see the swans. Upon your

arrival, on the right as you cross over the bridge to Eastern Neck Island, you will find an accessible boardwalk which will afford the best viewing opportunities of wintering waterfowl.

### BADGE OF HONOR

An important note: this refuge holds the designation of "Important Bird Areas" by the Audubon Society. Over 240 bird species visit the refuge along with small mammals and many other wildlife species.

### GETTING THERE

Eastern Neck National Wildlife Refuge  
1730 Eastern Neck Road  
Rock Hall, Maryland 21661  
410-639-7056  
E-mail: easternneck@fws.gov  
Website: [www.fws.gov/refuge/Eastern\\_Neck](http://www.fws.gov/refuge/Eastern_Neck)



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# ALL HER WORLD'S A STAGE

*A Shakespeare aficionado creates a  
Globe Theatre replica from her kids' Legos*

TEXT AND PHOTOS BY MAIRE MCARDLE



PHOTO COURTESY OF WIKIPEDIA

**WITH A QUIRKY KNACK** for keeping things fun, Suzanne Sanders shyly smiles as she describes her lifelong quest to know a little something about everything.

Reminiscing about raising kids — Ty and Tjasse, both grown — Sanders recounts designing Halloween costumes, baking crazy-decorated cakes, building forts, silly dancing, and making up games, stories, and songs. As a dedicated dabbler, she enjoys freelance writing, jewelry design, volunteering, playing the ukulele, and gardening. Yet, one particularly unusual hobby inspired her to take up teaching at Chesapeake College, the Institute of Adult Learning, and Chesapeake Forum.

“I’ve collected Tarot cards since I was a teenager. Each deck is like a mini art museum. A couple years ago I turned my hobby into a class. I organized it as an overview of history and art seen through the lens of Tarot decks over the past 600 years.”

After the Tarot class success, Sanders felt encouraged to pursue another major interest — her love of Shakespeare. Having attended countless plays throughout her life, this Shakespearean aficionado



The Lego Globe Theatre is on display at the Easton Branch of the Talbot County Free Library. Please call the library for hours. 100 W. Dover St.; 410-822-1626

The Globe Theatre in London, pictured opposite, was painstakingly replicated with Legos by Easton resident Suzanne Sanders over many months during the pandemic.

# ART BEAT

created a class called “Friending Shakespeare” to share her understanding of Elizabethan speech, the humor, the passion, the costuming, and the staging.

“Because Shakespeare wrote for everybody — all classes, all levels of education — he was a blockbuster hit in his day. I’m convinced we can enjoy it just as much now with a little help over the obvious language bumps and such.” Sanders offers more on her latest teaching endeavor, “I just finished doing ‘Macbeth: The Scottish Play’ with John Miller as a co-facilitator for his class at Chesapeake Forum.”

Like so many of us forced to stay home in the spring of 2020, Sanders set out to tackle the daunting task of cleaning out their attic, never imagining that she would encounter her most ambitious creative project yet. Huge storage tubs full of 30 years’ worth of Legos blocked the way. They were so heavy she couldn’t budge them. Her solution was to separate them into smaller

containers so she could continue organizing the attic. Listening to the TV while sorting, she heard some upsetting news.

“When I learned back in May that the Globe Theatre in London might never reopen after the pandemic, I was devastated. I’ve dreamt for years of one day going to see Shakespeare plays there. I felt compelled to do something. I gave a donation, of course, but I felt that wasn’t enough. There I was, up to my elbows in tiny bricks...morose over the prospect of losing the Globe. Then, I had a magical thought — if I could build it, it could not disappear!”

Sanders donned the imaginary hats of an architect, a stage designer, a construction worker, and theater producer. She started with the longest Lego beams to work out a 36” x 32” foundation on an old table in their family room. The toughest task was figuring out how to engineer a sweeping curve using all right-angled blocks. By the time Sanders

had created most of the stage and the first level, she discovered that her design plan would not align correctly at the top. She had to go back to square one.

Sanders’ clever determination to create specific characters from the thousands of Lego pieces at hand lead her to humorous challenges like: “How do I construct a Hamlet? Could I use Luke Skywalker’s blond head on the racecar driver’s black body? What about Falstaff? Do they even make fat mini figures?”

When her pursuit to dig up just the right pieces from the attic for key characters like Shakespeare himself, Julius Caesar, a judge, and several female characters fell short, Sanders took a ride to the Lego store in Annapolis when it reopened in August 2020. She was able to purchase new pieces to finish the missing characters and replenished her supply of white, black, and brown bricks, which would serve as hints of the half-timbers and thatch roof of the original Globe Theatre.



Left: Sanders’ cleverly constructed rendition of the exterior of the Globe Theatre, shown above, conveys the scale of how large her Legos project really is.



PHOTO COURTESY OF WIKIPEDIA

Delighting in the details, Sanders has made tiny cook pots on the fireplace, water in the horse troughs, a patchwork quilt for a bed. She tried to build a bear from scratch for “Exit, pursued by a bear” in “The Winter’s Tale.” She had to admit defeat and buy one online. “At least I managed to make the guy look terrified!”

What’s next after the Globe Theatre Lego masterpiece is finished? Sanders’ husband, pediatrician Dr. Richard Fritz suggests, “What if you do a whole Shakespeare play as a stop-action movie?”

“Well, maybe I will!” she replies with a laugh. “There are plenty of people who make entire movies with just Legos. There’s

even an app to do stop-action animation using your iPhone. And it’s easy enough to put videos online. If this quarantine stuff goes on much longer, I may become a movie mogul. At least, a mini-mogul.”

So, what would Shakespeare have to say? “I’m with Hamlet,” says Sanders. “I could be bounded in a nutshell and count myself a king of infinite space.”

To see this Lego creation in person, Sanders’ Globe Theatre will be on display at the library: 100 W. Dover St., 410-822-1626. 📍

## Coming Soon!

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## A SCOOP OF JOY

*Stam's Luncheonette offers nostalgic atmosphere with comfort foods and treats*

BY MANNING LEE | PHOTOS BY PAMELA L. COWART-RICKMAN

### FOR OVER A CENTURY

on High Street in Chestertown sat Stam Drugs. Generations came to know it as the best place in town to get a cherry coke or a scoop of ice cream. How many generations of kids experienced their first bouts with brain-freeze while sitting at the counter there? We won't ever know, even if Stam's was an iconic hangout for so many generations. Sadly, Stam Drugs closed its doors in 2016. It was the end of an era.

Not long afterwards, an investor purchased the building and began making plans for a complete renovation. The new owner knew the town wanted a sort of food or ice cream shop. Quite serendipitously, Neyah White, a native of Chestertown, moved back to town with his wife, Brandywine, from San Francisco to fulfill a life dream of creating and opening just such a shop.

That was the inception of Stam's Luncheonette that would join the nostalgia of the past Stam Drugs with Brandywine White's vision of what a lunch counter experience could be. They worked towards the opening in Spring 2020, but due to widespread shutdowns, they opened in June 2020.

"We did a lot of research on what soda fountains looked like at the turn of the century. We referenced photos of the building's interior and exterior. Although



we were not able to find the exact replicas of everything, we were inspired by them and are happy with what we have built. Additionally, I loved white marble countertops with a fresh, clean look that reminded me of old-fashioned lunch counters. That's the feeling we're trying to replicate," Brandywine White explained.

With so much effort placed into the design of the actual building, White's challenge was to create menu items that would meet expectations. She wanted to offer the lunch counter experience with classic American lunch and breakfast



Brandywine White greets the day with a smile. Stam's Luncheonette is a step back in time with a new era of old-fashioned ice cream and lunch counter eats, as well as a Cat Colloquium, picture opposite.

# TASTE BUDS



Clockwise from above: Grilled cheese and tomato soup; lighting fixtures made from old ice cream dishes; and a scoop on a sugar cone.

staples with upgraded twists. She wanted them to look like the dishes from traditional lunch counters made with ingredients that appeal to today's more sophisticated tastes and sustainable, locally-sourced ingredients, whenever possible.

The piece de la resistance of Stam's Luncheonette is its made-in-house ice cream. With her background as a pastry chef, her secret weapons are the ingredients she includes in her ice cream flavors. These ingredients make the ice cream flavors virtually irresistible. If she can bake it, chances are White will add it to ice cream flavors like her brownie batter ice cream and birthday cake ice cream. White has also become quite the copycat. She's perfected her versions of Oreos, Nutter Butters, Twinkies, and Animal Crackers. She isn't afraid to use them in her flavors or to build sundaes around them. They are must-haves from the ice cream menu.

"There's something very satisfying about making these treats from scratch. I make them taste as good as the originals (sometimes even better?) with ingredients that I'm proud of," said White. "I guess the novelty is that you can see something

familiar and then taste something new and delicious," she explained further.

One of the most popular features that White implemented from the very beginning is the Pint Club. Members get three pints on the second weekend of every month. It comes with two of their current ice cream flavors and then one exclusive pint club flavor. Membership in the Pint Club grants access to the experimental flavors that Stam's Luncheonette concocts monthly. Some of the exclusive flavors included Mango Pomegranate, Bacon Caramel, Peanut Brittle, and Sunday Morning Waffles. Everyone may join the Pint Club — buyers beware because most members come back for more.

The neon sign on the wall of Stam's Luncheonette reads, "Our Product is Joy." It refers to their family and company motto. Whether it is scoops of ice cream shared with friends, a refreshing drink, or a grilled cheese sandwich — it is made with love and care with the primary goal of sparking joy kept in mind. They strive to create a joyful experience that is more than the sum of its parts. 🍦



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## BAY COUNTRY *Luxe*

*Cambridge retailer, Bay Country Shop, surprises its shoppers with sophisticated selections and extra-special service*

BY REEN WATERMAN

**ONE PLEASURE** of traveling to the ocean is finding numerous places to stretch your legs, soak in the culture, and purchase a remembrance of your trip. The most iconic and welcoming of these waypoints is the Bay Country Shop, located at 2709 Ocean Gateway in Cambridge.

The Bay Country Shop is as much a wonderland of Chesapeake Bay-inspired products as it is a showpiece of the finest in "Shore Hospitality." Owned and operated by founder Connie Tubman and her daughter, Wendy Collins, while managed by Connie's sister, Marilyn Varner, the Bay Country Shop has something for everyone. From the moment you walk in and receive a neighborly welcome, you enter a world of unique décor, clothing, housewares, and jewelry. And if you're looking for a good "beach read," expect to find a large selection of books written by local authors about life on the Shore.



From left to right: Marilyn Varner, Wendy Collins, and Connie Tubman are delighted to greet every customer to their store which offers something for everyone.



# SHOP TALK



Marilyn, Connie, and Wendy, the designing women of Bay Country Shop, bring a level of unexpected retail sophistication to the Shore.

PHOTOS BY MAIRE MCARDLE

During my recent visit, Connie, with an inviting smile, shared one of the keys to the shop's 50-year success, "You may enter our shop as a stranger, but you will leave as a friend." She sagely added, "In an era where customer service has been left by the wayside, we treat everyone with VIP status. We fill our store with products our customers request, enjoy, and which prove to be family treasures."

Originally started in 1970 as an outdoors store selling hunting and fishing gear (on the Talbot County side of the Choptank River Bridge), this eclectic gift and clothing shop is now a beloved landmark of Dorchester County. Moving to its current location in 1985, these three "designing women" totally transformed what was originally a bank and trailer into this traveler's landmark. The renovation project even led them to Maine where they obtained old barn siding for the walls and ceilings. The décor also includes reclaimed wood from both an old packing plant and a ship's floor.

The owners' family history in Dorchester County dates to the 1700s, and their love of Dorchester County and the Chesapeake Bay



are obvious. In fact, this was the Shore's first "Bay Country" store. Everywhere you look you'll find local artwork displayed, including paintings by Connie herself.

While many people may hear you when you speak, Connie is one of those rare individuals who truly listens. Her compassion causes her to take a natural interest in everyone who crosses her threshold. Many locals who over time have shared personal concerns compelled her to become a community advocate. She and her partners even donated the life-sized sculpture of an eagle's nest (that previously adorned the parking lot entrance) to the

Dorchester Heritage Museum. Connie has an outgoing personality, but she is also a humble person of deep faith. With a soft-spoken voice, Connie shared, "While my business is my vocation, listening and helping people is my calling."

Realizing the three women worked alongside one another for decades, I asked Marilyn the secret to their harmonious relationship. With a fond look in her eye, Marilyn replied, "As children, when Connie and I had disagreements, our mother (who was an only child) would sit us down and remind us that we were blessed to have each other. So... over the years we have always looked out for each other with loving care."

There is a special warmth and character to this store that everyone enjoys. The store is laid out in such a manner that wandering around becomes a treasure hunt, with each turn revealing another panorama of extraordinary offerings. So, when heading to the beach, take the time to drop in and experience the unique world of Bay Country.

For further information, visit [baycountryshop.com](http://baycountryshop.com).

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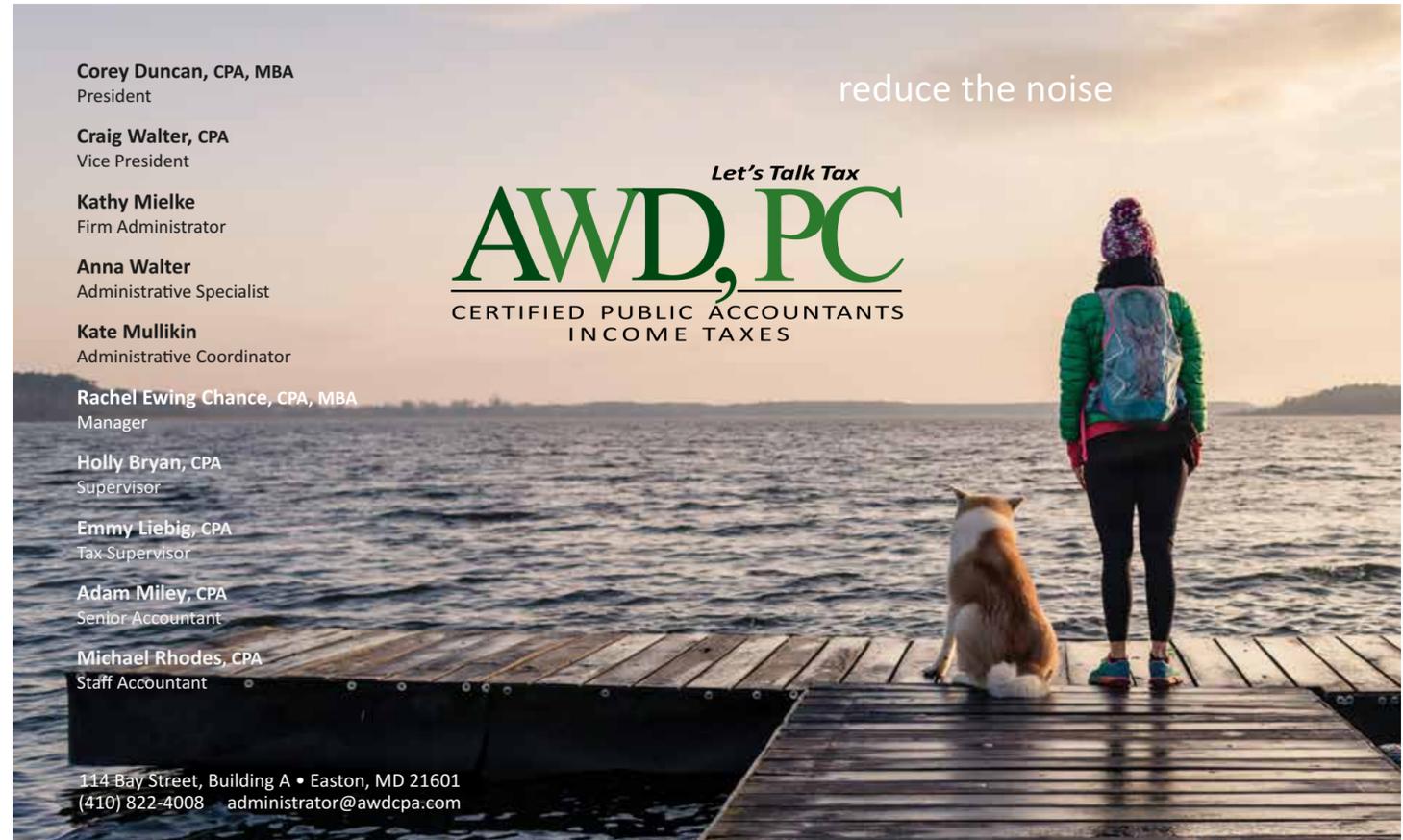
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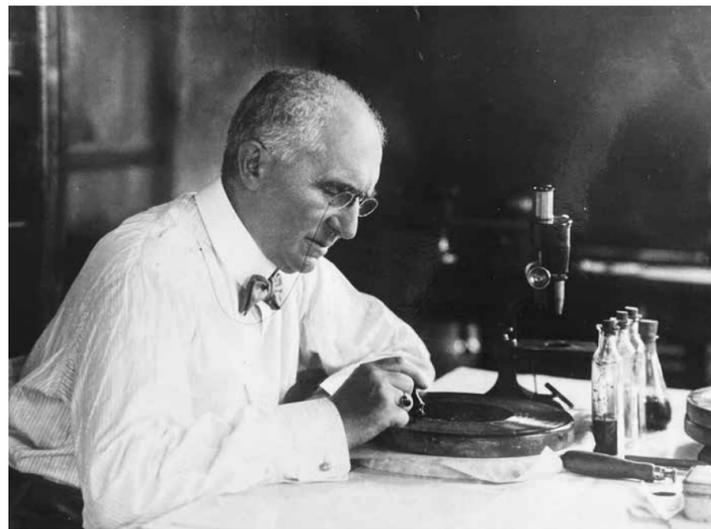
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This page: Oliver Berliner poses with an original gramophone and papier-mâché “Nipper;” Opposite: His grandfather, Emile Berliner, the inventor of the gramophone and microphone, in his lab in Montreal, 1919; Inset: the trademark declarations letter registered on July 10, 1900, from the United States Patent office.

# THE SOUND OF HISTORY

*Oliver Berliner preserves and shares his grandfather’s legacy*

BY DEBRA R. MESSICK | PHOTOS BY STEPHEN WALKER

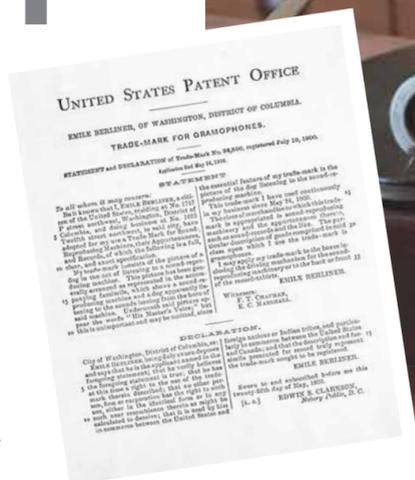
**HIS NAME MIGHT NOT RING** a bell, but Emile Berliner fine-tuned the telephone and phonograph. His grandson, Bozman resident Oliver Berliner, 91, keeps his legacy alive.

Oliver Berliner and his wife Ginny relocated from California to Bozman, Maryland, just outside St. Michaels, in 2003. They share their charming yellow waterfront home with two rescue felines, Nick (aka Rocky) and Nora. But the house also serves as a sanctuary to numerous incarnations of Nipper, the beloved canine captured on canvas by artist Francis Barraud (1856-1924) in the painting entitled *His Master’s Voice*.

Nipper’s cocked head leaning into the vintage machine most Americans call a phonograph began its half-century journey as the world’s most recognized

logo on July 10, 1900, with the Trademark registered to Emile Berliner — Oliver’s grandfather. While the image is popularly associated with the RCA Victor Company, it was Berliner who originally brought it into the marketplace. Nipper initially stared into a cylinder phonograph, but when Thomas Edison passed on using it as a marketing tool, and Berliner’s British company agreed, Barraud painted in the gramophone.

Oliver, now 91, never met his grandfather who died in 1929 at the age of 78, but he takes pride in preserving the legacy behind his “grandpa’s” groundbreaking patents. Though not a household name like Bell or Edison, telephone and recording industry members have long recognized Emile Berliner’s significance.



A full-page ad on November 7, 1987, in “Billboard,” marking the record business’s 100th anniversary, lauded Emile Berliner as the inventor of the Microphone, Disk Record & Player, and the Method of Mass-Production from a Single Master Recording, the word Gramophone, and credited him with adopting the world’s most famous trade-mark, *His Master’s Voice*, along with co-founding industry powerhouses Victor Records (RCA), Deutsche Grammophon (Polygram) and (British) Gramophone Co. (EMI).

Unlike Edison and Bell, Emile Berliner’s contributions came about despite a lack of wealth, connections, or educational accolades. Born in Hanover, Germany in

1851, Berliner left to escape being drafted into a Prussian-controlled army, arriving by boat in the U.S. at the age of 19, basically penniless with only modest family affiliations. But, he had a drive to succeed, along with an innate curiosity about the wonders of electricity.

Berliner earned a meager living as a “drummer” or door-to-door dry-goods salesman, commuting from a rooming house in Washington, D.C., Oliver related. The Library of Congress’ trove of photos, documents, and recordings demarking the inventor’s life and legacy includes a timeline citing work as a “clean up man” in the New York City laboratory of chemist

Constantin Fahlberg, known for discovering the compound that became Saccharine. While there, he attended courses in physics and electricity at the Cooper Union, then a trade school, receiving valuable knowledge though not official credit — unable to afford tuition, he snuck in, Oliver stated.

In 1876, when Alexander Graham Bell demonstrated his telephone at the Philadelphia Centennial Celebration, its widespread press coverage piqued popular interest and attracted inventors seeking to overcome its limited sound and distance capabilities, amateur Berliner among them.

Visiting his friend Alvan Richards’ D.C. firehouse, when Berliner tried striking

an unconnected heavy Western Union morse code key, he was told to push down harder. That revelation — stronger pressure produced more electrical current to flow — inspired Berliner’s breakthrough in designing his battery-powered loose contact microphone ultimately acquired by Bell. Oliver noted that it remained the universal telephone standard for the next 100 years and is still used in landline telephones today.

Bell’s assistant surveyed proposed telephone designs submitted to the patent office then reported the unknown Berliner’s as the most promising. In 1877, Bell offered him \$50,000 in cash or stock

HISTORICAL IMAGES COURTESY OF OLIVER BERLINER

# LONG AGO

equivalent for patent rights, and Berliner took the money, foregoing a fortune ultimately valued at over a billion dollars during the government directed breakup of AT&T in 1984. “When I do see him, I’m gonna ask him, Grandpa, couldn’t you have chosen at least 10 percent stock?” he said, chuckling.

According to Oliver, Berliner next focused on Thomas Edison’s phonograph, which used a tinfoil cylinder to record sound waves read with an up and down moving stylus. The costly, fragile cylinder lasted only through 10 playbacks. Edison was aware of this but discounted the flat disk concept. Berliner, however, picked it up and ran with it, experimenting with a variety of materials. He contracted with Duranoid, a Newark manufacturer of high-end fashion buttons, to press heated and molded liquid celluloid into disks, ultimately replaced by stronger Bakelite. Next, he moved to Philadelphia to learn photoengraving from creator Max Levy and proceeded to “etch the human voice.” Using acid to etch grooves into metal master disks from which innumerable copies could be stamped, a crucial step in creating a profitable recording industry.

Like the cylinder-based phonograph, the flat disk gramophone operated by transferring the sound waves mechanically into a reproduced audio signal, using no electricity. But the hand-cranked turntable mechanism failed to maintain a steady speed, so Berliner contracted with machinist Eldridge Johnson’s Camden, New Jersey shop, teetering on the brink of bankruptcy, to develop a consistent soundbox. After some trial and error, Johnson, a native of Dover, Delaware, perfected the clockwork spring-wound motor which became standard. Johnson also fine-tuned the Gramophone’s exterior design, repurposing a decorative wooden cabinet to house the turntable, horn, and internal mechanism, with dividers to store disks.



**Left: Two depictions of the painting *His Master's Voice* hang in Berliner's personal office; Above: Berliner compares the technology of a modern compact disk with an original celluloid disk for the gramophone; Inset: The two Grammys awarded posthumously to his grandfather for his contribution to the recording industry.**



To steer his inventions towards commercial return, Berliner sought funding support from German toymaker Kaemmer & Rheinhardt, which marketed the first miniature machines, with 5-inch disks, as childrens’ toys. In effect, this essentially launched the record business, by producing recordings of original artists, as well as Berliner’s German-accented English rendition of “Twinkle Twinkle Little Star,” which survives as the BBC’s oldest recording.

While he progressed in the recording field, so, too, did Alexander Graham Bell, now the de facto power behind the Columbia Graphophone Company in Washington, D.C., in part due to his wealthy father in law Gardiner Green Hubbard’s position as Edison Speaking Phonograph Company president and Edison Speaking Phonograph stockholder. Despite owning Edison’s patents, the

company risked financial ruin without improving its output quality.

Hubbard convinced Bell, who had married his deaf daughter, Mable, to move to Washington, and set up the Volta Laboratory, whose research projects included improving the phonograph for commercial viability. But Bell also sought to coop Berliner’s share of the disk-making business, falsely suing him for infringement of Edison’s patent. For a year before the patent dispute’s resolution in Emile’s favor, the Berliner Gramophone Company was legally enjoined from doing business.

Eldridge Johnson’s manufacturing company, initially enjoined, had its injunction lifted. Grateful to Berliner who had thrown him a financial lifeline years before, Johnson offered to temporarily act as surrogate producer. Out of respect

## IN HIS GRANDFATHER’S FOOTSTEPS: *Oliver Berliner’s Journey*

BY DEBRA R. MESSICK

**OLIVER BERLINER NEVER GOT TO MEET** his grandfather Emile. But that fact in no way impacts his capable dedication to keeping his “grandpa’s” legacy alive. His own life also reflects his grandfather’s profound influence.

Born into the family recording business in Montreal, Canada, Oliver moved to Los Angeles as a youngster, but never completely left behind the realm of recording innovation and industry.

“I was 27 years old in 1956, and I decided to get into record and music publishing business,” he recalled. In true Berliner fashion, Oliver broke ground doing both simultaneously. “It was unusual then for a record company to own the song publishing rights as well, but now it’s standard practice,” he said.

Following the sale of his repertoire, his Gramophone Music Co. retains some songs in its catalog, with royalties resulting from Apple, Google, and Spotify streaming among other sources. “Though currently small, the company will be fully intact for my kids to inherit, continue, and grow,” Oliver noted. “Hopefully, it helps keep the word grandpa coined, Gramophone, in the music business forever.”

While dating the daughter of a drummer for Latin bandleader Xavier Cugat, Oliver became fascinated with Latin music, eventually acquiring publishing rights to songs by major Cuban authors. He also brought Cuba’s greatest vocalist, Beny More, to appear at the Hollywood Palladium, as well as Orquesta Aragon, which broke the venue’s all-time attendance record. Until the early 2000s, he continued occasional trips to the island nation via a circuitous route, leaving Tijuana at 5 p.m. Saturdays, returning from Havana on Sunday a week later.

In 1999, one of the two most popular Cha-Cha-Cha he had published caught the attention of a noted New York ad agency. The song, “Los Marcianos” (the Martians), was featured for the full one-minute length (required to return maximum royalty) of the classic Charmin bath tissue commercial for 13 years — the longest-running TV ad in history, according to Berliner.

In 1965, Oliver purchased a small FM radio station near Disneyland, the

for Berliner, he relinquished use of the Gramophone name and operated as The Consolidated Talking Machine Company. In 1901, he added the name to Victor to celebrate Berliner’s court victory. Berliner then sold his patents to Johnson, who became President at his request, with Berliner remaining the company’s second-largest shareholder. In 1906, Johnson introduced the iconic Victrola, a standard Victor machine with an improved exponential horn design radiating sound from a recording more faithfully.

Along with the three major recording companies he co-founded, the E. Berliner Gramophone of Canada began operating

in 1899 in Montreal. Shortly after Emile gave the company to Oliver’s father Edgar in 1924, Edgar sold it to Victor, which operated it as the Victor Talking Machine Company of Canada, later becoming RCA. Today, the Musee des Ondes in Montreal houses a collection of the company and its founder’s memorabilia, along with a recording studio.

As profound as his contributions to audio and recording history are, Emile Berliner also provided valuable aviation-related research and developed an acoustic tile to improve the sound qualities of auditoriums and other large spaces. In 1919, and for the 10 final years of his life, Berliner became a

first to broadcast in stereo in the U.S. In 1970, 11 years before MTV’s cable breakthrough, he suggested to a marketing friend at Warner Brothers Records that videos of artists performing their latest music for record store display and TV advertising would dramatically boost record sales.

Like his pioneering ancestor, Berliner also crafted electronic equipment — the Vector Monitor, Pulse Cross Monitor, and Wave Form Monitor — providing lower-cost versions of TV testing devices used by broadcasters.

And, like Emile, Oliver Berliner has had his share of legal battles, ultimately emerging triumphant. He recalled in a 1975 CBS “60 Minutes” broadcast a song he published and failed to pay performance royalties for its use, claiming that news shows are entitled to use music royalty-free. He convinced Broadcast Music Inc. (BMI), that though produced by CBS’s News Division, “60 Minutes” is a documentary program, not a news show. From that day on, songwriters have received royalties every time their works are in “60 Minutes.” He received payment from PBS voluntarily for use of one published song. While watching the program, Oliver discovered a second undisclosed song, and PBS ultimately paid to use that one as well.

As the “last remaining Berliner” affiliated with the recording industry created by his largely unsung grandfather, he has become its founder’s de facto representative, speaking on behalf of Emile’s historic contributions to the Canadian Antique Phonograph Society, Dover Delaware’s Johnson Victrola Museum, and elsewhere. He appeared at the 2014 Grammy awards to receive the second Grammy posthumously awarded to Emile Berliner by the National Academy of Recording Arts and Sciences (NARAS). According to Reuters, NARAS first considered calling the award “The Eddie,” after phonograph inventor Thomas Edison. But they opted instead to name the award after the Berliners’ gramophone, shortening it to the familiar “Grammy.” The award statuette, a gold-plated replica of Berliner’s iconic record player that launched today’s giant recorded-music industry, represents a most fitting tribute.

# RISING STARS

Meet **five local Millennials** who are making a difference



## SHELTON HAWKINS

Using Art to Strengthen Communities

BY AMELIA BLADES STEWARD

**BY DAY**, Shelton Hawkins of Easton is an art teacher in Charles County, Maryland. By night and on weekends Hawkins parlays his artistic talents to bring communities together around social issues. From creating artistically-designed basketball courts around the country to providing essential workers with inspiring tee-shirts during COVID-19, he is giving back and making the world a better place.

This year, the pandemic has increased Hawkins's creativity, giving him the time to develop more creative projects

and implement them. "I try and use my creative time to push myself. If I have an idea and I execute it, it feels successful," he comments.

Hawkins, who began playing basketball on a community court in Easton as a child, never dreamed his talents would eventually take him on a journey around the world to coach basketball for Nike. This is where he learned about "Destination Art" basketball courts — using public basketball courts as a canvas for art to strengthen communities.

After spending a year in Barcelona,

Spain, working with Nike youth program, he came back to Maryland and started the project "Play in Color." He made Easton the first community in Maryland to have two "Destination Art" basketball courts in one town. Today, Hawkins' "Play in Color" project is aligned with Project Backboard, through a national campaign with Go Daddy. The most recent project of the collaboration was creating a basketball court in Knoxville, Tennessee with WNBA basketball player Candace Parker. The project was funded through the NBA's video game 2K.

He comments, "I have always loved basketball and art. Seeing these artistically-designed courts in the middle of cities around the world inspired me and tied back to my desire to come home and make a difference in my community."

Over the past year, Hawkins has taken his love of the community to a new level. He was one of 20 creatives to participate in Converse's Stay Home campaign, redesigning the Converse logo around the stay-at-home order during COVID. Hawkins also created tee-shirts

PHOTO BY STEPHEN WALKER

for local essential workers, George Floyd protesters, and teachers. He even helped design flavor combinations of ice cream to match the colors of the Easton basketball court and Easton High School's logo with Storm & Daughters Ice Cream in Easton to honor teachers returning to school in August. The Maryland State Arts Council has even given him accolades this year by having him speak on how he is turning his art into community action.

Hawkins' artistic talents can also be seen in the images outside the letters in the Black Lives Matter street mural

that was painted in Cambridge this summer. He also participated in painting a "Destination Art" community basketball court on Martin Luther King Boulevard in Washington, D.C., near the Black Lives Matter mural there this fall.

"It's good to do something for people who may get overlooked," he comments.

"Although through some of my art projects, I realized the real division that is in our country now, I am inspired to keep trying to make a difference through my art."

Shelton Hawkins at the basketball court in Idlewild Park in Easton. Hawkins had dreamed of using public basketball courts as a canvas to strengthen communities and is now being recognized locally, as well as nationally.



## ★ SAMANTHA ARROW

Stylish Reimaginer of Vintage and New BY TRACEY F. JOHNS

**SAMANTHA ARROW** of Rock Hall has risen from her days of waiting tables and working for other people to shine as the owner, artist, and designer behind Walnut & Wool — a clothing, furniture, vintage, and décor shop located on Chestertown's High Street and now online at [walnutandwool.com](http://walnutandwool.com).

Arrow's career in furniture and styling began while attending the Savannah College of Art and Design (SCAD). She was waiting tables and working for a retailer as an in-house painter, thrifting and refinishing furniture and drawn to salvaged pieces with "nice bones."

"I knew this is what I wanted to do full-time," says Arrow. "I started working in an artisan's booth and ended up working in a new position transforming furniture with custom finishes and paint."

These skills, along with Arrow's photography and business studies at SCAD, have developed the creativity and styling behind Walnut & Wool's merchandising and branding.

Arrow grew up in the suburbs of Detroit, Michigan, with her family, and moved to Maryland five years ago during a stopover at her parents' small farm outside of Chestertown, while contemplating a career move. She had loved living in New York City and never considered her visit permanent.

"Then I met James a few months after moving here, and that changed this city-person to living the small-town life on the Eastern Shore of Maryland," says Arrow. They now live in Rock Hall.

She began working on the Eastern Shore with a workshop in Chestertown and started painting furniture on consignment. Arrow was then encouraged to expand into clothing and began carrying fashion accessories, including vintage hats, as part of her offerings.

Arrow opened Walnut & Wool in Chestertown in 2018 and is now located in an expanded space at 321 High Street. Walnut & Wool recently added vintage décor to its offerings, with gifts and a complete mix of new and vintage-styled pieces available for a fresh look.

"I love to bring out the potential in the pieces that I refinish and style, vintage and new. And I find enormous rewards in knowing every person that has one of my pieces is touched by my art."

Arrow says she expanded her business three weeks before the shutdown and couldn't have succeeded without the support of a small town.

"The town has been great," she says. "They wanted to make sure business owners made it through and set up a website to buy gift cards for local businesses. Something you wouldn't see in a big city."



PHOTO BY STEPHEN WALKER

Walnut & Wool  
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[walnutandwool.com](http://walnutandwool.com)  
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**KIM O. PULLEY, JR.**

Takes Kicks to a New Level

BY TRACEY F. JOHNS

**KIM O. PULLEY, JR.** of Grasonville is a shoe curator of sorts. This rising star is the founder and owner of the new shoe store KopKix, located online and in a new retail space on Kent Island. The store’s name comes from Pulley’s initials and the term “kicks,” which describes the trending and collector shoe wear that he carries in the store.

Pulley’s perseverance and optimism guide his every action, with his entrepreneurial knowledge supported by that of his mother and stepfather, who are owners of separate businesses in Queen Anne’s County.

“My original idea was to start with getting brand new shoes for people in the area,” says Pulley. “The outlets have shoes, but they are name-brand shoes. “I’ve always been a sneakerhead, so I’ve always been able to get the latest Jordans for myself, and for family.”

The term is used for people who collect sneakers — which Pulley says his collection includes 30 pairs stored in cases — with celebrity collectors including DJ Khaled, Mark Wahlberg, Lil Yachty, John Mayer, and more.

Pulley’s business focuses on excellence in crafted footwear and custom-engineered wearables, with his long-established resources and relationships used to find newly-released shoes. Think major brands like Jordan, and pre-owned collector’s shoes

like Air Jordan 12s and Adidas Yeezy Boost 350s.

He says his mother encouraged him during the COVID-19 pandemic to pursue opening an online storefront, with kopkix.com going live on October 1, 2020, and the retail store opening on Kent Island on October 17.

“Mom and Dad always made sure I had nice shoes growing up, and I was always excited to receive them,” he says. “I had the latest Timberland boots for winter, and Nike Air Force 1s, New Balances, or Air Jordans for my birthday in June.”

Pulley was born in Easton and grew up in the Grasonville area with an older brother, Demetrio. He attended public schools and recently received an associate degree in Information Technology from University of Phoenix.

Pulley donates five pairs of shoes a month to people facing homelessness through Haven Ministries on Kent Island as a way of giving back to those less fortunate.

Pulley is also a rising star in another’s eyes. His son Kingston was born on September 18, 2020.

“I want something for him to have going forward, I want to build a legacy through my business,” Pulley says. “I want him to see that he can be successful in starting something on his own. And to get a college degree as I have.”

PHOTO BY STEPHEN WALKER



## JORDAN SHOCKLEY

Blue Oyster Environmental Leader

BY MANNING LEE

**JORDAN SHOCKLEY'S** passion for the environment began as a boy fishing on the Chesapeake Bay with his father, Johnny Shockley, a local fisherman, founder of Hooper Island Oyster Company. His love of the Chesapeake Bay steered his curiosity towards Marine Science. Shockley, having graduated from Cambridge South Dorchester High School in 2009, studied at Salisbury University and had a three-year internship at The University of Maryland Horn Point Laboratory in the Oyster Hatchery.

Today, at 30, Shockley is married with a two-year-old son and has become a driving force and CEO of Blue Oyster Environmental, an oyster aquaculture company in Cambridge that among other things, connects municipalities and corporations with local oyster farms to purchase nitrogen and phosphorus credits.

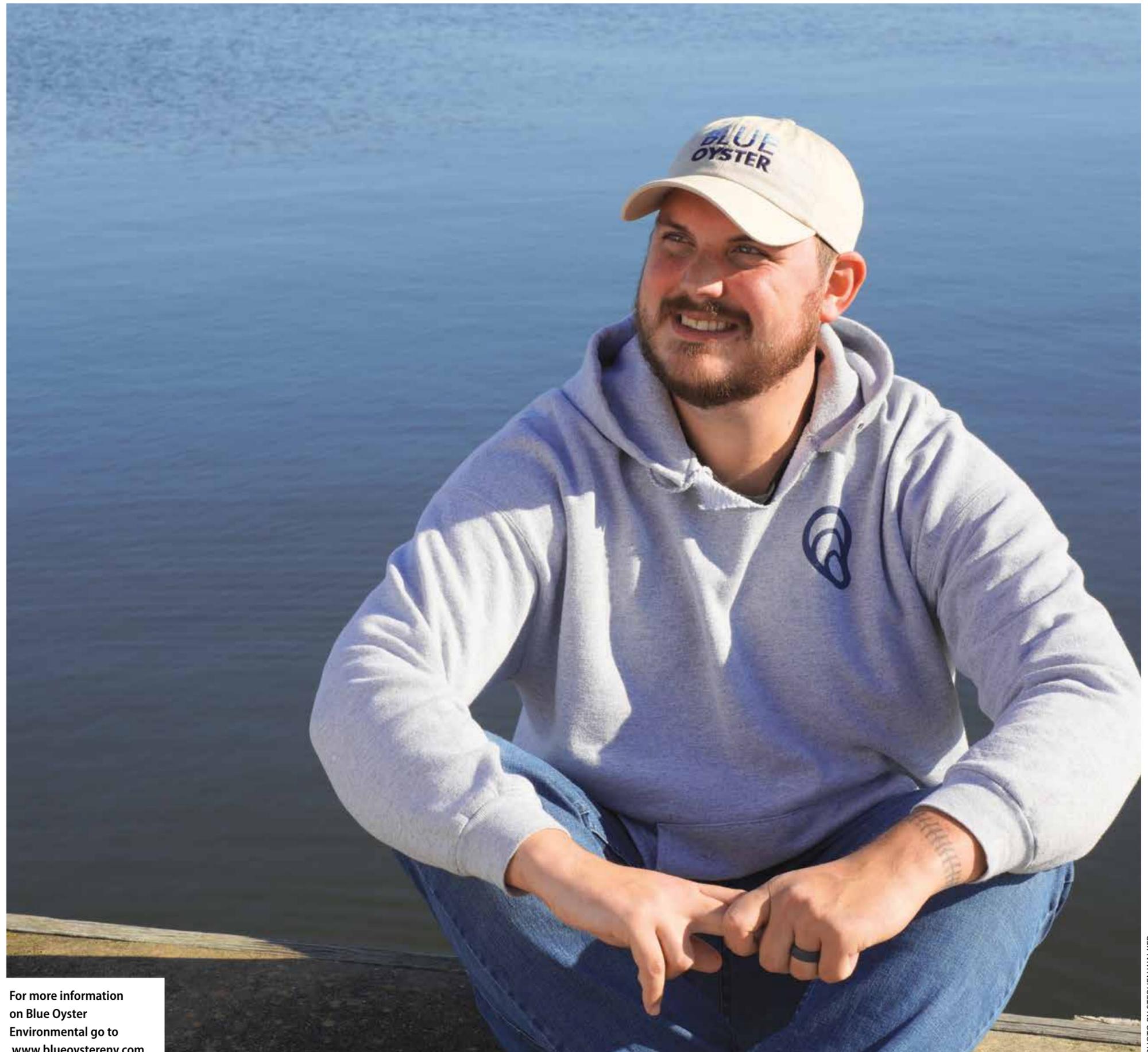
In aquaculture, oysters are grown in small farms expressly marketed to local restaurants. While the oysters mature in the waterways, they act as super filters. They filter up to 50 pounds of nitrogen per 100,000 oysters a year. Science determined that one pound of filtered nutrients can be counted as one credit that a municipality or corporation may purchase and apply

to their yearly allotment of municipal stormwater runoff permit to offset possible overages.

Upon learning that farmed oysters had a measurable scientific value to reduce pollution in the waterways, Shockley described, "Our team worked to develop protocols to collect data from local oyster farms so that it would seem less invasive to their everyday operations. We learned how to calculate precise amounts that individual oyster farms filter a year based on the number of oysters farmed and their average size. Once we determined these protocols, we opened for business."

In early 2019, Blue Oyster Environmental got to work creating additional revenue streams for oyster farms, while simultaneously generating credits for municipalities who need help doing their part to keep the environment clean.

Blue Oyster Environmental helps the Chesapeake Bay while successfully and simultaneously helping the farms and the municipalities/corporations each do their part in mitigating storm runoff pollution. This Cambridge-based company under Jordan Shockley's forward-thinking leadership is a win-win for all involved.



For more information on Blue Oyster Environmental go to [www.blueoysterenv.com](http://www.blueoysterenv.com).

PHOTO BY STEPHEN WALKER



PHOTO BY STEPHEN WALKER

**His Hope Ministries**  
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**DESIREE JEFFERSON**

Helping Others Rise to Independence

BY TRACEY F. JOHNS

**DESIREE JEFFERSON** of Ridgley helps unaccompanied youth transition from foster care and homelessness towards independence through her work as an AmeriCorps Case Manager with His Hope Ministries in Denton.

Jefferson also brings a unique perspective to the position. She was an 18-year-old living in foster care, pregnant with her third child, and homeless. Now Jefferson is a rising star to other 18 to 24-year-olds growing up as she did, helping them to weave their way to independence and adulthood.

Jefferson received help from His Hope Ministries during her rise to independence, which makes the work especially meaningful to her. Now she is completing AmeriCorps nonprofit leadership training before pursuing a bachelor's degree in social work from Salisbury University this spring, all while working her full-time job and being a single mother to three young children.

Jefferson grew up in Lusby, Maryland, and attended public schools before moving to promised reduced living expenses in Cambridge as she transitioned out of foster care. She was working a low-wage job when she fell behind on car payments. After having her car repossessed and losing her housing, she sought shelter through His Hope Ministries.

His Hope Ministries Program Director Loge Knight introduced her to the program and

helped Jefferson and her children move to Greensboro with rent and other assistance. At the end of 2019, Jefferson's drive and determination paid off and His Hope Ministries Executive Director Lynn Keckler offered her a job. Her work taking care of other people, however, began at an early age.

She was watching her newborn sister at the age of 10 and largely in charge of a house full of other siblings before entering foster care at the age of 13. Jefferson says she was excited about the experience of foster care because she thought things would be better, which was true — a relative took foster care classes and took Jefferson in, where she experienced a family bond.

"I want others to learn from my spirit and strength to not be scared and to never think your background is who you are," says Jefferson. "You can come from something horrible and turn it into something great."

"People need to know you can be homeless and start as nothing," she says, "and become something very special in the community."

Jefferson says the most rewarding part of her job is helping herself be a better person, as well as helping others.

"I can never fix the childhood trauma I went through, but I can help it matter in a positive way through my work with people going through what I did." 🌟

# THE RIGHT DOSE

Hill's New Health and Wellness Drugstore offers support in nutrition, hydration, supplements, and mind and body health

BY TRACEY F. JOHNS

**IN JANUARY OF 2020**, Hill's Drug Stores announced their plans to begin construction on a new state-of-the-art Prescription Compounding Lab at their Cynwood Drive location and simultaneously to relocate all prescription medication services to that store.

"When we shared news of this change in January 2020, customers were startled, thinking that Hill's was closing our downtown store," says Mimi Shannahan, R.Ph., a third-generation pharmacist and co-owner of Hill's Drug Stores, the pharmacy her grandfather William D. Hill, R.Ph. — known to locals as the first "Doc" at Hills — started in historic downtown Easton in 1928. "Customers were genuinely concerned. The confusion and concerns escalated when COVID-19 mandates

required us to temporarily close our doors for walk-in service."

The company's initial announcement in January came after months of investigation into rebuilding their compounding lab in its historic location on Dover Street to meet the latest FDA requirements for pharmacy compounding facilities.

"The magnitude of designing and building a state-of-the-art FDA-approved laboratory space is more than a notion," says Shannahan.

After looking at every possible option to accommodate a structure built in 1865 in a historic district and still meet the FDA requirements, the owners had to acknowledge that their beloved "home" downtown was not a good fit for the new laboratory. They then realized that once



Supplements and Wellness Consultant Kate Richards has been with Hill's Drug Stores for more than five years.

PHOTO BY STEPHEN WALKER



PHOTO BY MAIRE MCARDLE

In addition to the shelves of wellness and nutritional supplements, spa and facial products are offered at Hill's Drug Stores' Dover Street location.

Wellness Consultant Kate Richards has been with Hill's for more than five years and says they made a deeper investment in wellness products when expanding their supplement and wellness consultation services in 2015.

"We're grateful to be a connecting point for a community abundant with wellness practitioners, including Reiki, naturopathy, acupuncture, and massage, as well as a great group of proactive physicians and specialists," says Richards. "We're proud of our working relationship with many of these wellness practitioners, helping to connect their clients with high-quality nutritional supplements and vitamins while supporting the growing desire to shop locally.

"We carry high-quality supplements such as Pure Encapsulations, Plus CBD Oil, Gaia Herbs, Designs for Health, Integrative Therapeutics, and many more," says Richards, "and spa and facial care lines like Pursoma, Baudelaire, Alteya, Mad Hippie and Intelligent Elixirs."

Richards says the store's accelerated focus on preventive wellness just made sense because so many customers were already appreciative of Hill's health-minded offerings. There is also some history behind the 'preventive health focus' at Hill's going back into the early '90s when Mimi Shannahan began to explore ways to support patients of local physicians using bioidentical hormone therapy.

"A local physician called when I was on duty asking about bioidentical hormone replacement," says Shannahan. "He told me I needed to learn more about this approach because he thought it could really help many patients. It was from that point that our education led to a deeper understanding of the roles of nutrition and lifestyle choices in health and wellness. There was more to it than starting people on natural hormones," she says, "clients needed to understand

"We're not a big chain and we're from this community. I truly believe that we can give back by supporting our community in health and wellness." — Mimi Shannahan, R.Ph.

how to establish a strong foundation of health to build upon."

"Everyone wants to feel great, but not everyone has access to support systems to take them down that path," says Shannahan, "which is why we have created Hill's five-point approach to wellness that includes nutrition, hydration, and supplements, mind and body health."

She says her passion as a life-long learner developed in pharmacy school and her quest to learn more about supporting her clients "health span" took her to the Franklin Institute in Philadelphia and the American College of Apothecaries, where she joined like-minded pharmacists who

were enthusiastic in learning and solving problems for their patients.

Shannahan says she and her siblings grew up at the Dover Street location and it remains a big part of her family history and who she is. She even remembers her first-grade party, held in the store's basement.

"I wanted to do something with it now to give back to the community," she says. "We're not a big chain and we're from this community. I truly believe that we can give back by supporting our community in health and wellness. This past year has required a new level of tolerance from people," says Shannahan, "and we are grateful for so many who cheered us on during the long months

prior to reopening Dover Street."

Richards provides health and wellness consultations, lifestyle "resets" and coaching, including guidance on supplement use and selection. Shannahan focuses on hormone evaluations and bioidentical hormone therapy consultations. She says consultations are normally done in person, with the COVID pandemic transitioning consultations to video or phone meetings.

"It's important to acknowledge that we've not made a decision to change a legendary spot," says Shannahan, "but rather a decision to preserve a legendary spot by making these changes." ☺

they relocated the team responsible for all of the compounded prescriptions it just made the most sense to have their entire team of pharmacists and pharmacy technicians working cohesively in one location.

"Our workflow and operations are more fluid with all our pharmacists in one location," says Shannahan. "We're grateful to have been able to relocate all our staff through the COVID pandemic, with no layoffs."

Shannahan says Hill's continued drive-thru and delivery services thru the pandemic's beginnings, with the help of five pharmacists and a staff of 25 team members.

Now that Hill's has successfully shifted

all its prescription medication services, including compounded medications, to its west side location on Cynwood Drive, the historic Dover Street location has been able to fine tune its focus as well.

Rebranded as 'Hill's Health & Wellness — Your Drugstore Reimagined,' the Dover Street location will carry a comprehensive collection of professional-grade vitamins, supplements, and herbs to support every body system and targeted health goal, beautifully crafted facial and skincare spa products and tools, essential oils, and some luxurious gift items for health and home.

Hill's Drug Store Supplements and



PHOTO BY STEPHEN WALKER

# RESTORING THE SOUL

BY NIAMBI DAVIS

Above, Clayton Washington, President, Kennard Alumni Association, inside what was the first classroom of math teacher, Madelyn Hollis.

In the days following the Civil War and into the early 20th century, Black communities in Kent and Queen Anne's counties created institutions to serve their own social, economic and educational needs. As the focus of these communities changed, what had once been centers of activity fell into disrepair. Inspired by their significance and by the spirit of the founders, a group of long-time residents, returning sons and daughters and concerned citizens came together. These men and women worked to restore both buildings to their physical and historical standing as the souls of their communities.



PHOTOS BY MAIRE MCARDLE



Displays inside the Kennard African American Cultural Heritage Center.

## KENNARD HIGH SCHOOL KENNARD AFRICAN AMERICAN CULTURAL HERITAGE CENTER, CENTREVILLE

**IN THE EARLY 1900S,** education for Queen Anne's County's African-American students took place in overcrowded, one-room schools. In 1919, Lucretia Kennard (later Daniels) became Supervisor of Colored Schools in Queen Anne's County, the only high school for Black students was the Centreville Colored Industrial High School. Kennard took action, rallying the county's Black community to create their own educational opportunity. Collectively, their small donations added up to make possible the construction of a new high school to serve African-American students. In the fall of 1936, Kennard High School opened its doors. Sadly, Lucretia Kennard Daniels did not live to see her dream realized.

Madelyn Hollis, one of three remaining original Kennard High School teachers, recalls her tiny classroom. "It was so small I had to teach standing in the door." In spite of its modest beginnings, the school became a center for the entire Black community in Queen Anne's County. It brought together students, and by default their families, from the small towns that bordered Kent County to those located near the Chesapeake Bay Bridge. Instead of moving on after a year or two at Kennard, many teachers stayed and became lifelong members of the community, joining churches, serving the community and growing their own families.

In the 1950s, Maryland established the separate but equal doctrine which resulted in the construction of a new Kennard High School across the street from its namesake. With school integration and the opening of

Queen Anne's County High School, the last Kennard High School graduate crossed the stage in 1966.

After being vacant for 40 years, the building was in need of restoration. Hollis recalls a conversation with a county official who recommended tearing it down. "Black people collected dimes, nickels and whatever they could to build Kennard," she told him. "If I have anything to do with it, that will never happen."

When Clayton Washington, a Kennard High School graduate and now President of the Kennard Alumni Association, returned home to Queen Anne's County, he saw a need. "I had a set of skills and a desire to do the best possible job I could." Further motivation was the promise he made to Hollis: "If we start, I promise I'll see it through to the end." In the spirit of the original donors, a group of concerned

citizens and alumni came together to rescue and restore Kennard. Sometimes money ran out. Still, they persevered through various fundraising activities including the annual fall gala, the alumni's signature event and major fundraiser, now in its 13th year.

Restoration to the building began in March 2010. In April 2017, the building opened its doors to the public. Kennard High School is now home to the Kennard African American Cultural Heritage Center. Washington considers the opening of the Center's museum as the most important milestone in the restoration of the school. "Our aim is to tell the story of how we evolved from a one-room school to Kennard High School. We want to tell the story of African Americans in Queen Anne's County, and how we lived and worked together as a community."



In the foreground is Kennard High School in 1936; now the Kennard African American Cultural Heritage Center. The background features Kennard High School in 1951; now the Kennard Elementary School.

# GRAND ARMY OF THE REPUBLIC

## CHARLES SUMNER POST NO. 25, CHESTERTOWN



PHOTOS BY PAMELA L. COWART-RICKMAN



Insets: Artifacts from the Sumner Hall Permanent Exhibit



Above: from left to right: Ruth Shoge, First Vice President; Barbara Foster, Second Vice President; Gordon Wallace, Jr., Media and Communications Coordinator; and Larry Wilson, President of Kent County's Grand Army of the Republic/ Charles Sumner Post No. 25.

**WHEN THE CIVIL WAR** ended, Union Army veterans founded the Grand Army of the Republic, organized on the principles of fraternity, charity and loyalty to the Constitution. Of the 22 African-American posts in Maryland, one of them was Kent County's Grand Army of the Republic/Charles Sumner Post No. 25. Also known as Sumner Hall, it was named for Massachusetts Senator Charles Sumner, a tireless advocate for passage of the 15th Amendment that would grant African-American men the right to vote.

At the height of its membership, 28 men were members of GAR Post No. 25. For Kent County, it was the embodiment of pride and self-sufficiency. The veterans used their pensions to uplift their community by becoming landowners, community leaders, entrepreneurs and employers. Women also played an active role alongside the men while creating their own history. The first Women's Relief Corps in the state of Maryland was created by Post #25. In 1908, after meeting in several locations around

Kent County, a permanent home for Charles Sumner Post No. 25 was built at 206 East Queen Street in Chestertown.

When the last veteran died, the women of the organization continued the work of Sumner Hall until 1950, when they sold the building. The structure changed hands many times before falling into complete disrepair in the 1970s. In 1985, a developer purchased the land. Fortunately, before the building could be torn down, research uncovered its historical significance. What followed was a 13-year labor of love to save its legacy. Dr. Ruth Shoge, First Vice President of Sumner Hall, retired Dean of Library and Academic Technology at Washington College, describes the coalition as preservationists, foundations and philanthropic citizens. "There was nothing to lose and everything to gain in the restoration of one of the most significant landmarks in Kent County, in fact in the country," Dr. Shoge notes. "It is the only one of two African-American GAR posts still standing in America." The other is in Buford, Georgia.

For Sumner Hall President Larry Wilson, a Kent County native and retired Navy Chief, his involvement in history came later in life. "I had no interest in history in school because it wasn't about us," he said. Now his vision for Post No. 25 is that it should be a place for the community, especially its young people, to discover the African-American history of Kent County, to be proud of that history, and to remember and honor veterans.

Inspired by the original purpose, Sumner Hall has returned to the same spirit of collective cooperation. In August, downtown Chestertown comes alive with its annual Legacy Day celebration. Historic exhibits, symposiums, collaborations with artists and national museums, jazz concerts, a children's library and read-in are some of what can be found at Sumner Hall. Everyone involved in the new life of this historic landmark envisions a time when Sumner Hall is recognized, both locally and nationally, as a premiere showcase for the life and memories of Kent County veterans and for the African-American experience on the Eastern Shore of Maryland. 📍

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Lyn Sutton in her home gym giving a Zoom class to her Parkinson's Rock Steady Boxing group.

PHOTO BY MAIRE MCCARDLE

**FEELING “ROCK STEADY” IS**

not what you would normally hear from a person dealing with Parkinson's disease. After spending some time exercising in a new program called “Rock Steady Boxing,” Parkinson's patients on the Mid-Shore are keeping their disease from progressing. They find that they can do the things they enjoy doing every day by practicing non-contact boxing and an intensive exercise routine several times a week.

Parkinson's disease is a degenerative movement disorder that can cause deterioration of motor skills, balance, speech, and sensory function. The Parkinson's Disease Foundation estimates there are more than one million people in the United States diagnosed with Parkinson's disease. Recent studies, most notably at the Cleveland Clinic, indicate that intense “forced” exercise may be neuro-protective, actually slowing the progression of the disease.

Rock Steady Mid-Shore Boxing classes, serving boxers in all stages of Parkinson's disease, have grown beyond their original location at Island Athletic Club in Grasonville. The program expanded to Easton to help meet the needs of people who had more advanced Parkinson's disease. Lyn Sutton of Denton started the program in 2017 at the Island Athletic Club in Grasonville where she has been operating her personal training business 360 Strong. A personal trainer for 24 years, Sutton decided to get her Rock Steady Boxing certification in 2016 in Indianapolis, Indiana, after her father was diagnosed with the disease.

“The program spoke to me after my dad was diagnosed with Parkinson's because these are people who are functioning normally and then suddenly get this life-changing diagnosis. I was already a fitness trainer and this was a perfect complement to my business. I believe everyone with Parkinson's deserves to have this program in their community and I wanted to bring it to the Mid-Shore community as well,” comments Sutton.

Rock Steady Boxing was originally founded in 2006 by a former Marion County (Indiana) Prosecutor, Scott C. Newman, who was diagnosed with early-onset Parkinson's



Wendy Palmer leads her boxing class from the YMCA in Easton. She exudes positive energy that inspires all who participates

PHOTOS COURTESY WENDY PALMER



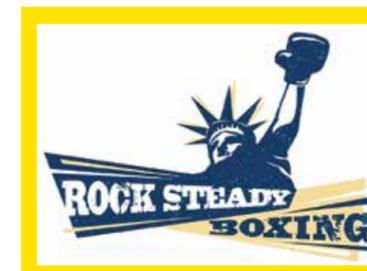
disease at age 40, and his friend Vince Perez, a Golden Gloves boxer who didn't want his friend to go down without a fight. Perez designed a program that attacks Parkinson's at its vulnerable neurological point. The two realized that they could replicate the experience for others and founded the organization with its mission to empower people with Parkinson's disease to “fight back.”

Around the same time that Sutton started Rock Steady Boxing on the Mid-Shore, the Maryland Association for Parkinson Support (MAPS) recognized that none of its programs and activities were available on the Eastern Shore. MAPS, a non-profit organization that seeks to support programs and services that encourage healthy lifestyles for all those affected by Parkinson's disease,

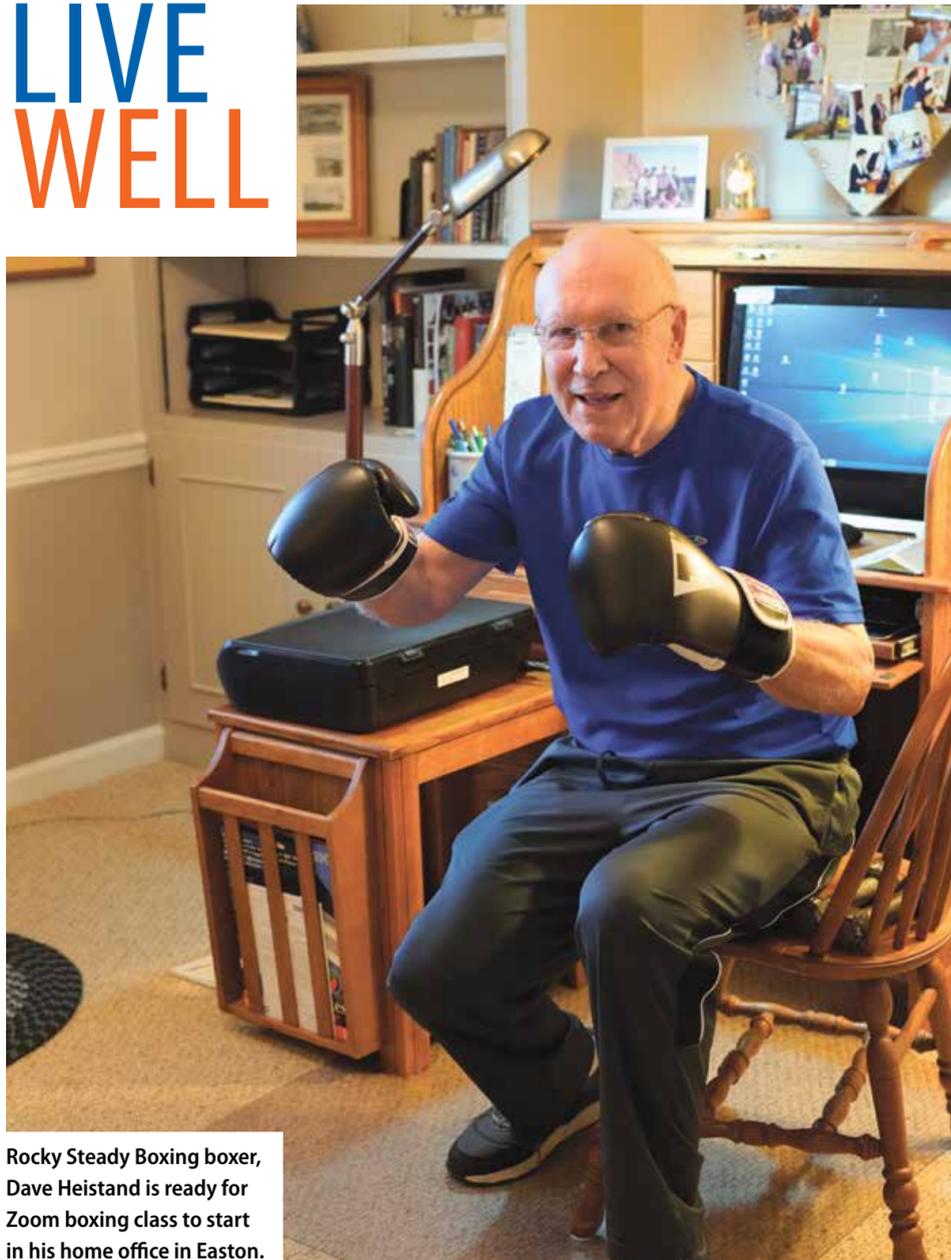
# ONE PUNCH AT A TIME

*Parkinson's boxers are fighting back against their disease with a new fitness regime that is making a real difference.*

BY AMELIA BLADES STEWARD



Rock Steady Boxing is sometimes questioned about the design of its logo — the Statue of Liberty embellished with a boxing glove. According to Scott Newman, one of the founders of Rock Steady Boxing, the words inscribed on the Statue of Liberty inspired him. Lady Liberty symbolizes hope by her presence at Ellis Island. She illustrates Newman's dream that Rock Steady Boxing would be a beacon of light and hope for those suffering from Parkinson's disease.



Rocky Steady Boxing boxer, Dave Heistand is ready for Zoom boxing class to start in his home office in Easton.

PHOTO BY STEPHEN WALKER

## BOXING CLASS INFORMATION

Rock Steady Boxing Mid-Shore — Grasonville has Zoom classes on Mondays and Wednesdays and Rock Steady Boxing — Easton Family YMCA has classes on Tuesdays and Thursdays. For further information on the Rock Steady Boxing Program, visit [midshore.rsbaaffiliate.com/](http://midshore.rsbaaffiliate.com/). Interested participants must contact and/or register by calling 410-703-9162 or email Lyn Sutton at [360strongtraining@gmail.com](mailto:360strongtraining@gmail.com). While classes can be free to boxers and include a minimum of seven classes per month, weather/holidays permitting. Participants are encouraged to donate \$30 per month to MAPS to help other participants continue to have this life-changing exercise program.

then committed to raising the necessary funds to support an exercise program on the Shore. The group then found Sutton's Rock Steady Boxing program, and with funding from the Parkinson's Foundation, the Wells Family Fund, and other donors, MAPS and 360 Strong were able to offer the program free to all participants starting on January 1, 2018.

Within a year, the YMCA of the Chesapeake, 360 Strong, MAPS, and Bayleigh Chase - Acts Retirement Community started a Rock Steady Boxing class at the Easton Family YMCA. Two other coaches, Wendy Palmer and Susan Covey, joined Sutton in offering the Rock Steady Boxing Program in Easton. The

program has been offered free of charge to participants for two years.

Covey, a Fitness Director at Bayleigh Chase - Acts Retirement Community, witnessed the commitment and joy of the participants, called "boxers," when she first observed one of Lyn's Rock Steady classes. She comments, "It made me hopeful for my sister, who had been diagnosed with Parkinson's, and many others like her who could improve their health through the program. I got my Rock Steady Boxing certification in 2018."

Rock Steady Boxing is broken out into high and low-intensity classes which are offered at both the Grasonville and Easton locations. Boxing works by moving

your body in all planes of motion while continuously changing the routine as you progress through the workout. Dave Heistand of Easton has been participating for over two years in the high-intensity classes at both locations. He joined to maintain his physical endurance after he noticed changes as the disease progressed.

"Exercise is the best medicine for Parkinson's disease. While the program centers around non-contact boxing and using a boxing bag, it also includes stretching, strength training, cognitive exercises, and cardiovascular exercises. The exercises get our heart rates up and create endorphins that elevate our moods," comments Heistand.

"But it's more than that. It's the socialization and support system that I have gained through the program, and the love, concern, and care of the personal trainers that has made all the difference."

Heistand's wife, Eileen, is her husband's "corner woman" – a term given for the

significant other who assists the boxer with keeping up their intensity during the class. She comments, "These coaches do whatever they can to improve the lives of their participants. They exude care for everyone in the class."

Sutton explains that the classes serve people ages 50 to 91 years of age and that the drive of each boxer is remarkable. She states, "There are so many obstacles just for them to get to class. After being with them for one hour and 15 minutes in class and watching their perseverance, you develop a real love and respect for each participant."

Both program locations address everyone from the newly diagnosed patients who may have only a few symptoms, as well as those who have a more progressed disease and may be in a wheelchair. Sutton teaches in Grasonville and Sutton, Palmer and Covey teach in Easton, where classes have grown from four boxers to 26 boxers. Since the arrival of COVID-19, the classes are now offered through a Zoom format. The coaches have hopes of resuming in-person classes eventually when the risks of the pandemic have passed.

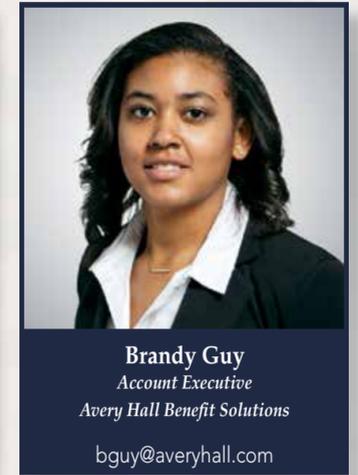
Sutton adds, "People with the most advanced disease can still participate safely even through Zoom. We put safety first and each class has two instructors so that one instructor can watch boxers while the other is leading the class. Participants also usually have cornermen and corner women nearby to observe and help as well."

For Ella J. Haythe of Easton, diagnosed three years ago with Parkinson's disease, says the classes have given her a new outlook on life. She comments, "I thought before I even attended the first class that I would have to come home from class and go to bed. Instead, the program energizes me. After class I can clean the house or go to the grocery store. I am not frightened any more about my diagnosis. I have hope."

Sutton states that they are seeing more neurologists recommending Rock Steady Boxing classes as soon as someone is diagnosed with Parkinson's. Studies have shown that you "lose it if you don't use it."

"The more days our boxers can do the classes, the better they do. The program increases their confidence and gives them a sense of purpose. That is why we have a goal to get Rock Steady Boxing classes in all of YMCA of the Chesapeake's locations on the Shore," states Palmer. 📍

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## TOMORROW AND BEYOND

*Earth Data Inc.: leaving the world a better place*

BY AMELIA BLADES STEWARD

**MARK WILLIAMS**, President of Earth Data Incorporated headquartered in Centreville, Maryland is a self-professed “engineer by training and well driller by the grace of God.”

The company which provides field-oriented water resources and geospatial consulting services using high-tech tools to collect, analyze, manage, and distribute data in sophisticated ways, just landed the biggest contract of its 46-year history. Earth Data was recently selected by the Hampton Roads Sanitation District as lead consultant for its Sustainable Water Initiative for Tomorrow (SWIFT) recharge and monitoring well services project, which is thought to be one of the largest drilling projects in the United States.

“This job was written for us. It is the culmination of my life’s work,” reflects Williams.

Earth Data Incorporated was founded in 1974 by Tucker Moorshead. It provided field-oriented environmental services just as the Clean Water Act of 1972 was signed and America was beginning to clean up its contaminated groundwater. In 2000, Mark Williams joined the company. He had been working in the well-drilling construction

arena when he met Morehead on a project in Anne Arundel County. Williams brought his 17 years of technical and corporate skills to the job and enhanced the company’s standing as a small business. In 2005, Williams became President of Earth Data and by the end of 2013 purchased the company from Moorshead.

Williams recalls, “I told our employees,

I was not buying it to own it, but buying it to grow it. I knew we were good groundwater scientists, but I wanted to take the company to places we hadn’t been.”

Earth Data’s early win was realizing that the company name opened it up to do other things — instead of just collecting data from the surface of the earth down,



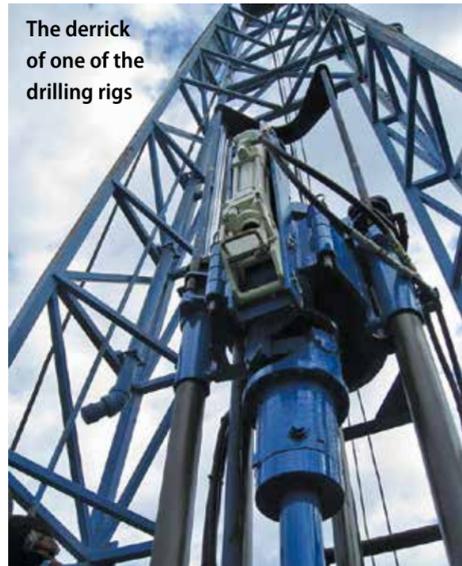
COURTESY EARTH DATA



Mark Williams, a Certified Well Driller (CWD) and Pump Installed (PI) by the National Groundwater Association, stands with a new drilling rig at Earth Data’s office in Centreville; Opposite page: Earth Data performs a deep geophysical log.

PHOTO BY PAMELA L. COWART-RICKMAN

# BUSINESS PROFILE



The derrick of one of the drilling rigs

**Big Water Project:** 2,400 gallons per minute (gpm) of clean water being pumped out of a well for which Earth Data provided design services and construction management and inspection services.



PHOTOS COURTESY OF EARTH DATA

Two pictures of the same thing in the Earth Data parking lot last summer — one a regular image and one a thermal image.

the company could collect data from the surface up. About the same time, Williams met a colleague with geospatial experience, leading Williams to hire him to expand the company's geospatial data work.

"My faith is very important to me. I knew it was the right thing for the company to step out in this new direction, even though initially we didn't have contracts to pay him. My wife Suellen believed in me and my vision and we managed until 2016 when we won a multi-million Federal Government contract for geographic information system (GIS) services in a support of the Warfighter effort for the Army Geospatial Center. That put the 'new' Earth Data on the map."

With 46 years of experience and having completed more than 5,100 projects, Earth Data was selected this year by the Hampton Roads Sanitation District as lead consultant for its Sustainable Water Initiative for Tomorrow recharge and monitoring well services project. Williams' plans for the company were finally realized. Earth Data was the only small business to contend for this highly coveted project. The project includes planning services, design services, contract administration, geophysical

logging services, and field engineering and testing services for approximately 70 recharge wells and 30 monitoring wells. The Southeastern Virginia based project is expected to last 10 to 12 years and will ultimately recharge the Potomac Aquifer with up to 100 million gallons per day of SWIFT Water® — wastewater treated to meet drinking water standards and be compatible with the characteristics of the aquifer.

"In business, we face the fear of the known or the fear of the unknown. At Earth Data, we are continuing to evolve, grow, and change — we are risk-takers, moving and adapting to new things," comments Williams.

"My number one rule of life is to treat every living being with dignity and respect. I believe we need to leave the world a better place than we found it. At Earth Data, we are more than data. We are

people who work hard and want to help, not only our clients, but our community."

In addition to giving back through its environmental work, the Earth Data Giving Program encourages all Earth Data Incorporated employees to help others. It provides employees with paid public-service hours for volunteer work done to support local charities and others, such as helping feed school kids on the weekends, cleaning hiking trails, supporting elementary school reading programs, and teaching kids about the world around them by using maps and GIS.

"Our employees make a difference, and we support their efforts. I am proud of the path we have taken to give back to the community. God has blessed me immeasurably and this is another way of giving back," Williams adds.

For further information, visit [earthdatainc.com](http://earthdatainc.com).



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## REMOVE TOXIC INFLUENCES

Set small, attainable goals towards eliminating harmful habits, and reach out for professional support if needed.



## CONNECT WITH OTHERS

Call, text, or set up a virtual meeting with a friend. Let others know how you are feeling and that you care for them. Connection can happen in many ways.



## BACKYARD BIRDER

The dark-eyed Junco is one of the more common birds here on the Shore, especially during the winter months, and when it snows.

PHOTO BY LORI R. BRAMBLE



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