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WOMEN
TO WATCH

CHESAPEAKE

HERE'S TO STRONG WOMEN.
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.



THE REAL KNIGHT RIDER

Joanna Crouch

Auto Repair Owner By Day.

Racecar Driver By Night.

FULL STORY ON PAGE 10



DIANE JANOSEK

National Security Agency, Commandant of the National Cryptologic School and PhD Candidate in the Cybersecurity Leadership at Capitol Technology University

“We cannot help our country fill the gap, if women do not feel they are a part of something”

Diane Janosek started off in the legal field in Washington, DC with the Department of Justice, working at the White House and the Pentagon where she served as **[Janosek, Diane M]** in legal positions, then was appointed as the **[Janosek, Diane M]** first chief legal officer for the Privacy and **[Janosek, Diane M]** Civil **[Janosek, Diane M]** Liberties **[Janosek, Diane M]** Oversight **[Janosek, Diane M]** Board **[Janosek, Diane M]** for the federal government. Diane found “the more policy and technology work I did, I realized **[Janosek, Diane M]** at its intersection is really the protection of information and the vulnerabilities and risk to a federal agency and to businesses in the cybersecurity area”.

In 2013, Janosek jumped into the cybersecurity space and never looked back. “There has been so much interest across the nation in shoring up our defenses for cybersecurity attacks, both by criminals and by nation states. It is rewarding to give back, protecting America’s freedoms, intellectual property and our very liberties”.

In addition to Diane’s outstanding work with the NSA, she founded the first Women in Cybersecurity (WiCyS) regional affiliate. This organization serves as a supportive community of “cyber sisters”, encouraging and mentoring other women in the cybersecurity field. WiCyS has grown to approximately 50 affiliates **[Janosek, Diane M]** internationally. To date, women have been largely underrepresented in the field of cybersecurity. It is one of the fastest growing fields in the market and the demand for qualified talent far outpaces the supply. “Throughout my career, I was often the only woman in the room. We cannot help our country fill the gap if women do not feel they are a part of something”.

The US Department of Homeland Security “has identified 16 critical infrastructure sectors whose assets, systems, and networks, whether physical or virtual, are considered so vital to the United States that their incapacitation or destruction would have a debilitating effect on security, national economic security, national public health or safety, or any combination thereof”. In 2020, Diane started the first industry specific affiliate; the WiCyS Critical Infrastructure Community (CIC), **[Janosek, Diane M]** for women who **[Janosek, Diane M]** cross over in both critical infrastructure and cybersecurity roles. The WiCyS CIC is focused on empowering a community of women in critical infrastructure cybersecurity careers in academia, government, and industry throughout the US and abroad. It promotes the recruitment, advancement, and retention of women in cybersecurity critical infrastructure.

Janosek is a PhD candidate in the Cybersecurity Leadership program at Capitol Technology University located in Laurel, MD. Capitol Tech, an institution dedicated to STEM education since 1927, assisted Diane **[Janosek, Diane M]** to establish WiCyS CIC under the joint goal of introducing technologically savvy, intelligent female students to these essential Critical Infrastructure sectors.

CAPITOL TECH: SUPPORTING WOMEN IN STEM FOR NEARLY 100 YEARS

For nearly 100 years, Capitol Technology University has been dedicated to providing a STEM-focused education to individuals of all backgrounds at any stage in life. As a non-profit educational institution that offers undergraduate and graduate degrees, Capitol Tech understands that some groups of learners, such as women breaking into STEM fields, may face disadvantages.



“Capitol Technology University has always had a unique focus on educating women and other underrepresented groups in lucrative STEM careers such as engineering, computer science, and cybersecurity,” said Dr. William Butler, Chair of Capitol Tech’s Cyber and Information Security Department and Director of the university’s Center for Cybersecurity Research and Analysis. “Capitol Tech engages high school and community college students with on campus internship programs and engages current students with university sponsored student organizations such as Women in Cybersecurity (WiCyS), WiCyS Critical Infrastructure Community, National Society of Black Engineers, Institute of Electrical and Electronics Engineers, Society of Women Engineers, and Black Girls Code for professional development.”



Over the last 25 years Capitol Tech has graduated nearly 1,000 female students who have gone on to careers in STEM fields.

All Capitol Tech students receive a hands-on education coupled with valuable internship opportunities with agencies such as NASA, NSA, and the IRS that often translate into job opportunities. These graduates have gone on to key positions in government such as agency chief information security officer (CISO) and chairs of their own cybersecurity programs providing role models for young women.

Kierra Jiles, a 2017 graduate of the Bachelor’s in Cyber and Information Security program, fulfilled her seventh-grade self’s dream when she landed the job of Site Reliability Engineer at Microsoft using her previous experience in software and computer engineering for government agencies including the U.S. Department of State, NASA, and the CIA.

“All the tools we used in our cybersecurity courses were relevant to what we’d be doing in the real world,” says Jiles. “I’m still constantly getting job interviews and opportunities even when I’m not looking. It’s nice to have that job security—to know I’m still wanted in the career force and that’s strictly because of my degree and the skills that my Capitol Tech education provided me with.”

Ludmila Morozova-Buss, an international student enrolled in the Combination Program PhD in Technology with a built in MS in Research Methods and winner of Cybersecurity Accelerator Program’s 2020 Cybersecurity Woman Influencer of the Year title, has found a dedicated support system at Capitol Tech while she pursues her professional goals.

“Capitol Technology University is a unique educational institution that uncovers the best strength, talent, and emotions of a student by giving you as much freedom of choice as it is possible in such highly structured formal education environment,” said Morozova-Buss. “I would love to see more women gaining access to the challenges of digital transformation, upskilling, re-skilling, and re-framing the role of a woman in what will become the future generations’ new normal.”

Ludmila’s journey is one of many at Capitol Technology University, but it is representative of the individual care each student receives and the mindset of the university as it seeks to provide exceptional education to a diverse student body with the hopes of creating a more diverse STEM workforce.



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"I am one of few Latinas in the engineering field, because the engineering field isn't very diverse. It's becoming more diverse as we speak, but it's just not there yet. Capitol on the other hand, is not just becoming more diverse, it is diverse."

Xenia Escobar
BS Computer Engineering, minor in
Cybersecurity, Class of 2021

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HEDY LAMARR

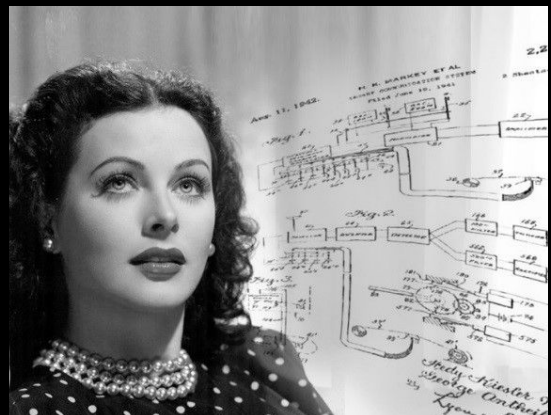
ACTRESS - INVENTOR - MATHEMATICIAN

Born in 1914, Hedy Lamarr was an Austrian-born American actress, inventor, and film producer. She appeared in 30 films over a 28-year career, starring opposite of actors like Clark Gable and James Stewart.

She is most famous for her co-invention of an early version of frequency-hopping spread spectrum communication for torpedo guidance at the beginning of World War II. It's purpose was to defeat the threat of jamming by the Axis powers.

She also helped improve aircraft aerodynamics for Howard Hughes. Various spread-spectrum techniques derived from the inventions of Hedy Lamarr and are incorporated into Bluetooth technology and Wi-Fi.

Hedy Lamarr was posthumously inducted into the National Inventors Hall of Fame in 2014.



I MADE WIFI & BLUE TOOTH

WOMEN IN HISTORY



RUTH BADER GINSBURG

Ginsburg was one of the few women in her law class at Harvard and, when she graduated from Columbia, she was co-first in her class. After graduation, she taught law at Rutgers and Columbia. She spent much of her career advocating for gender equality and women's rights, arguing before the Supreme Court and volunteering for the American Civil Liberties Union. President Jimmy Carter appointed her to the U.S. Court of Appeals for the District of Columbia Circuit in 1980 and, in 1993, she was appointed to the Supreme Court by President Bill Clinton.

Ginsburg became well known for her passionate dissents in cases, often reflecting more liberal views of the law. She became known as The Notorious RBG, embracing the nickname. Initially, Justice Ginsburg was seen as a moderate consensus builder, but her reputation became more liberal as the court shifted right. When Justice John Paul Stevens retired in 2010, she became the leader of the court's liberal wing, assigning authorship of the often-dissenting opinion in cases.

One of her more famous opinions was 1996's *United States v. Virginia*, which struck down the Virginia Military Institute's male-only admissions policy. She emphasized that the government, of which VMI is a part, must show an "exceedingly persuasive justification" to deny entry to women. She was also an influence on her colleagues in *Safford Unified School District v. Redding*, 2009, in which the court found that a school cannot ask a female student to strip in order to search for drugs. Ginsburg said that some of her fellow justices couldn't appreciate the effect of a strip search on a girl, having never been a 13-year-old girl themselves.

Ginsburg was married to her husband, Martin, for more than 50 years, from 1954 until his death in 2010. The couple had two children, Jane and James. Jane Ginsburg is a professor at Columbia Law School. James Ginsburg is the founder and president of Cedille Records, a classical music recording company. Ginsburg died in 2020 of complications from pancreatic cancer.

Joan Ruth Bader Ginsburg was the first Jewish woman and second woman ever to serve on the Supreme Court.

She was born in 1933 in New York City and attended Cornell University, Harvard and Columbia.



HERE'S TO STRONG WOMEN.
MAY WE KNOW THEM.
MAY WE BE THEM.
MAY WE RAISE THEM.



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WOMEN TO WATCH

Contact Michelle Wagner
mwagner@chespub.com

PRESIDENT

Jim Normandin

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MARGARET THATCHER

AN IRON LADY

Margaret Thatcher was the first woman to serve as British prime minister and the longest-serving prime minister of the 20th century.

Born in 1925, she worked briefly as a research chemist before becoming a barrister, then Member of Parliament for Finchley in 1959.

Thatcher became the first woman to lead a major political party in Britain. She won the 1979 general election to become prime minister under Queen Elizabeth II. Thatcher introduced a series of economic policies intended to reverse high inflation and deregulate industry. Her popularity was buoyed by a victory in the 1982 Falklands War against Argentina and she won re-election in 1983. Thatcher survived an IRA assassination attempt in 1984 and scored a victory in the 1984-1985 miners' strike, propelling her to victory in the 1987 election as well. She retired from the House of Commons in 1992 and was given a life peerage as Baroness Thatcher of Kesteven, Lincolnshire, which allowed her to sit in the House of Lords.

In 2007, Thatcher became the first living British prime minister to be honored with a statue in the Houses of Parliament. She was ranked as one of the 100 Greatest Britons by the BBC in 2002 and 100 of the most important people of the 20th century by Time. Her nickname was the Iron Lady, a moniker first given to her by a Soviet journalist, that eventually became associated with her uncompromising politics and leadership style.



Congratulations
Dawn M.B. Resh, ESQ, MBA
CEO & General Counsel



**on being
named one of
APG
Chesapeake's
"2021
Women to
Watch"**

"I'm extremely grateful every day to have found a career that 's energizing and provides me with a balance between practicing law and helping others grown professionally. As CEO & General Counsel of Linkd Healthcare, I'm able to offer creative soltuions that eliminate the burden of practice management and legal compliance, thus allowing clients to focus on patient care. Whether you give back or pay it forward, we can all make a difference."



Jamie Como

Jamie Como is currently in graduate school where she will earn a Master of Science degree in Emergency Management this fall. A former law enforcement officer, Ms. Como is currently a Natural Gas Pipeline Inspector with Chesapeake Utilities, where her responsibilities include assuring the quality of natural gas pipelines and pipe joining methods; the safety of construction sites; as well as enforcing compliance with local, state, and federal regulatory agencies.



Teresa Gretencord

If there is something Teresa Gretencord understands, it is technology. With a forward-thinking mind and seasoned leadership skills, she has worked to transform business systems into modern and sustainable processes using technology since the early 1990s. Ms. Gretencord considers herself a servant leader, empowering her team every step of the way.



Jennifer Clausius

Jennifer Clausius is the Director of Business Planning for Chesapeake Utilities Corporation. Ms. Clausius is responsible for the strategic and organizational planning for the natural gas distribution businesses in Delaware, Maryland, and Florida. Ms. Clausius is also on the steering committee of the corporations' Women in Energy committee.



Melissa Koenig

Melissa Koenig is a professional engineer and the Engineering Manager – Integrity for Chesapeake Utilities. She holds a Bachelor of Science in civil engineering from West Virginia University. Ms. Koenig is committed to improving the operation of the company's energy delivery system through acute attention to detail and proven engineering practices.



Marissa Stipa

Marissa Stipa has 25 years of experience in the natural gas business. At Chesapeake Utilities, she is now the Director, growth and commercial services for the transmission segment, focused on the Florida, Delmarva, and Ohio regions. Ms. Stipa creates opportunities to bring market participants together to transport clean, reliable natural gas.



Melissa Stamper

Melissa Stamper, a native of New Jersey, transitioned to Delaware in 2013. She has been married for 22 years and is the proud mother of two young men. She received a BS degree in Accounting from Virginia State University and a MBA from University of Phoenix. Melissa is an HR Experience Coordinator with Chesapeake Utilities Corporation.



Jacqueline Mayan

Jacqueline Mayan is a business development manager for Chesapeake Utilities Corporation. Ms. Mayan works with stakeholders to provide safe, secure, and reliable energy solutions that are environmentally responsible and economically beneficial to communities and industries. Her mission is to live a life of purpose, meaning and integrity while fostering an environment which builds relationships and values diversity.



Autumn Chalabala

Autumn Chalabala is Director of Business Operations at Chesapeake Utilities where she is responsible for providing a consistent approach to continuous improvement for business teams pursuing process innovation. Mrs. Chalabala's goal is to build strong, long-term relationships, share knowledge and practices amongst change agents in the business to promote a positive culture. She enjoys leading and empowering her team every day.

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WOMEN TO WATCH

JOANNA CROUCH

Written by John Niswander

For nearly the last decade, Joanna Crouch has been a staple in the Cecil County community as the owner of Crouch Automotive with her husband Dale.

“In February of 2012, my husband and I decided that instead of working for other people, we would open up our own automotive repair shop,” Crouch said. “Dale is a great mechanic among other things, and I have an education and experience in the customer service and paperwork side of running a business.”

Crouch graduated from the University of Delaware in 1998 with a bachelor’s degree of science in Business Administration with a concentration in Management. She also worked for the Altria Group, formerly known as Philip Morris USA, as a territory sales manager, sales development associate and unit manager from 1998 until January 2012 when she was laid off as the company restructured.

“We opened and launched Crouch Automotive in February 2012 by renting a small, two bay shop in Rising Sun, and we purchased it later that year,” Crouch said. “Once cars and trucks were lining not only the front parking lot, but the highway and behind the building in 2014, we purchased a larger shop a few miles down Route 1 in Conowingo. In 2018, the owner of Foster’s Auto offered us a chance to own their location in North East, so we purchased it. North East is our busiest store, where I currently spend most of my time.”

In 2020, Crouch Automotive was voted as the Cecil Whig’s Reader Approved Best Auto Repair Shop for the third consecutive year.

When Crouch isn’t busy in the shop, she drag races a 1968 Camaro along with her husband.

“Dale and I met at Cecil County Dragway where we both used to race weekly,” Crouch said. “The Camaro runs low nine’s in the one-quarter mile at approximately 150 miles per hour.”



Outside of racing and working on cars, Crouch contributes to her community by volunteering at various animal shelters and rescue programs in the area to help spay and neuter people’s dogs that couldn’t afford it.

“I have always been a dog lover, and I currently have four dogs. Over time my focus is on spay and neuter after seeing the sheer numbers of abandoned and homeless companion animals in Delaware and Maryland,” Crouch said. “A few years ago a rescue friend and I started Pet Food Pantry out of the Ray of Hope Mission Center in Port Deposit. We collected pet food from retail stores and handed it out free to low income families that had dogs or cats visiting the mission weekly.”

Throughout her success in the community, Crouch credits her mother as her inspiration.

“My mother was a single mom from the time I was five years old,” Crouch said. “She worked a corporate job throughout my childhood to take care of her and I the best she could. She has always been my number one supporter and fan.”

“Crouch Automotive was voted as the Cecil Whig’s Reader Approved Best Auto Repair Shop for the third consecutive year”

CONGRATULATIONS TO OUR VERY OWN
ANTONIA SCARLATA
 AS A WOMAN TO WATCH IN 2021



Antonia Scarlata, known as Toni to her work family, patrons and friends, graciously accepted her nomination as a Woman to Watch in the Upper Chesapeake region. Although the nomination and recognition was unexpected, her co-workers, customers, co-volunteers and friends

provided many reasons why she is a leader and an inspiration in her industry.

For the past 2 years, Toni has been the Taproom Manager at Midnight Oil Brewing Company, where she has increased patronage and camaraderie, making Midnight Oil Brewing Company (MOBC) a second home to many. Even through a pandemic, Toni was able to organize events to stay connected to the community as well as operate the taproom safely with outdoor and virtual gatherings. From hosting a virtual happy hour or a virtual comedy show, to an outdoor movie night, Saturday vendor markets or carrying out Newark Oktoberfest, she has successfully helped MOBC pivot and thrive during an unpredictable market.



In addition to her savvy business sense, Toni has been recognized for her time spent giving back to the local community. Partnering with other small businesses and non-profit organizations, she has organized 5Ks with Fusion Racing, organized events for charity, and is currently working on an MS fundraiser and disc golf tournament with Delaware Parks and Recreation. At the very least, it's safe to say that Toni is an asset to both Midnight Oil Brewing Company and the Newark community. Cheers to you, Toni!

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Cecil County, Maryland

I have been a stay at home Mom to my 3 children for 27 years and have undoubtedly been the best days of my life. I would have never believed, I would be successfully starting and running 2 businesses at this stage in my life. When my husband approached me about buying Grand Elk Estate and running the wedding venue side of the business, I was scared, but my nest was emptying, and I needed a new "Baby". With my wonderful staff, of TWO, and my husband, we literally built the business from the ground up. Over the past four years, the venue has been gaining recognition as one of Maryland's premier venue and seeing couples start their journey here, enjoying what I and my team have created, makes my heart happy.

Our winery, Blue Elk Vineyard, which is also on the estate, recently opened in September of 2020, and has added a fun twist to my job. Seeing guests' eyes open wide when they walk in the barn to see they are going to sit in their own personal horse stall, is so cool. Then when they compliment the wines, I just can't help but smile and think, who me? Did I really do this? I did indeed, and I am proud.

It's been a tough 4 years, I am not going to lie, but so rewarding and wouldn't change a minute. I am so thankful for this opportunity given to me by my husband.



I was so honored to find out someone had nominated me for this issue. I thank everyone for believing in me and my crazy ideas, and making them happen!

Denise Novak



*Bohemia Overlook
Wedding Venue Estate*





HARFORD

COUNTY

BARRY GLASSMAN, COUNTY EXECUTIVE

Congratulations

Cindy Mumby

Director, Governmental & Community Relations

on being named to

2021 WOMEN TO WATCH CHESAPEAKE






BONNIE O'CALLAGHAN-PECK

General Manager

Nature's Care & Wellness

"...is an exceptional woman to say the least. Bonnie is a Baltimore Girl born and raised. She is a mother of two and has become known as the MD Canna Mom. Bonnie is a Founding Member of Life City Church in Cecil County. She has orchestrated fundraisers for the church which are helping rebuild and shape the building. Bonnie has dedicated her life to fighting to end the stigma against cannabis and provide safe access and education for those in need. Bonnie leads the way and sets the example for women in our community and in her industry. Let's ask Bonnie a couple questions and see what she has to say:"

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WOMEN TO WATCH

CHESAPEAKE

HOW DOES IT FEEL TO BE AN EXCEPTIONAL WOMAN IN YOUR INDUSTRY?

It is a lot of responsibility being an exceptional woman in my industry because there are a lot of people looking up to me. It feels very rewarding, but at the same time there is a lot of pressure. Young women look up to me. If I fail, then I fail them, and that is just not an option. It fuels my drive to continue on and get better every day.

WHO HAS BEEN A ROLE MODEL FOR YOU?

Lainy LeBow-Sachs. I watched her climb the corporate ladder at Kennedy Krieger Institute to become Executive VP of Public Relations. I watched her power through in the height of a man's world. She was not a "yes" person. She smashed the glass ceiling at the hospital and set the example for females in the industry.

WHAT ARE YOU MOST PROUD OF?

I am most proud of my kids. My son Connor and my daughter Ashling are such impressive young people. Connor is an Eagle Scout who was accepted to his first choice college, St. Mary's. Ashling is top of her class at Old Field's School for Girls. She is an accomplished equestrian with championships in the jumper ring and hunter equitation. I love them both - they are my world!

WHAT IS YOUR ADVICE TO OTHER WOMEN LOOKING TO EXPAND THEIR CAREERS IN NON-TRADITIONAL FIELDS?

You have to be tough. Don't let drama and personal issues ruin your career. Don't pay attention to what anyone is saying. Go to work, work hard and don't buy into gossip. Stand up and stand strong. No one is going to give you anything. You have to take what you want and if you want it bad enough you may get it.



2021 WOMEN TO WATCH

WHAT IS A WAY YOU CONTRIBUTE TO YOUR COMMUNITY?

Using my experiences as a nurse and leader provides me with the ability to influence change for both the Cecil County campus inpatients and outpatients. I find that being part of the campus executive leadership team also provides me insight into strategic planning opportunities that extend well into the community. I hope to have the greatest impact through the development of health equity programs that create access to people struggling with behavioral health issues and for our LGBTQ+ community members. As we make these resources more accessible for people admitted to our hospital, it is vital to ensure that there are accessible resources after they are discharged. Healing does not begin and end within the walls of our Union Hospital within the Cecil County campus – it must extend into the community.

Recently, I have had the opportunity to assist in providing members of our community with COVID-19 vaccinations. It was a privilege not only to vaccinate our employees – whom we refer to as caregivers – but also to administer vaccine to our neighbors in the community. That experience has been one of the most rewarding during this pandemic. Seeing the relief and literal tears of joy on the faces of so many has given me such a feeling of fulfillment and pride.

TELL US ABOUT SOMEONE OR SOMETHING THAT INSPIRED YOU.

At this point in my life, I look to my own family for inspiration – my husband and our three sons. I hope my sons see me as a role model, but at the same time, I find that they provide me with the encouragement to meet my goals to create a better future for our community. Another source of inspiration for me is knowing that, in my position, I have the ability to positively influence young girls and young people who aspire to drive change.

There are so many other inspirations. Witnessing how my fellow caregivers rose to take care of their colleagues and our communities with ChristianaCare’s values of love and excellence also served as an inspiration. We had no playbook to follow in responding to this once-in-a-century global pandemic. We were challenged to think and work differently, and to be flexible and nimble. The commitment by our bedside nurses, as well as all my colleagues in patient care – also has been an inspiration. The willingness of our caregivers to be open to change by leveraging technology also was an inspiration. Even in the absence of human touch, we found a way through technology to help families connect with patients and prevent the spread of COVID-19. The way the families of our patients embraced this new way of connecting was yet another inspiration. Observing a patient’s smile or seeing a positive interaction with a patient’s loved one, assures me that we are delivering care with our organization’s values of love and excellence, and putting behaviors tied to those values into action!

JOAN PIRRUNG

MSN, APRN, ACNS- BC, Vice President of Patient Care Services, ChristianaCare, Cecil County Campus

“We found a way through technology to help families connect with patients and prevent the spread of COVID-19”

TELL US A LITTLE ABOUT YOUR EDUCATION AND CAREER.

Joan received both her Master’s of Science and Bachelor’s of Science in Nursing from the University of Delaware. She earned a certificate in Healthcare Leadership from the University of Delaware and is enrolled in the Health Management Academy GE Fellows Program for Nurse Executives and slated to graduate this year. She is board certified as a clinical nurse specialist in adult health. The former president of the Society of Trauma Nursing, Joan has spearheaded research that has been published in peer-reviewed journals and she routinely educates clinicians on a variety of nursing and health care topics.

WOMEN IN HISTORY



*Marie Skłodowska Curie
was born Nov. 7, 1867, in
Warsaw, Poland.*

MARIE CURIE

She studied at the clandestine Flying University, which operated from 1885-1905, then again from 1977-1981. Institutions like the Flying University were instrumental in resisting Germanization and Russification under occupation.

In 1891, she followed her sister Bronislawa to study in Paris, where she earned degrees. She married French physicist Pierre Curie in 1895 and shared the 1903 Nobel Prize in Physics with him and physicist Henri Becquerel for their work in radioactivity. She also won the 1911 Nobel Prize in Chemistry for her discovery of polonium, named after her native country of Poland, and radium, using techniques she invented for isolating radioactive isotopes.

The Curies had two daughters, Irene and Eve. Marie, who never lost touch with her Polish identity, hired Polish governesses to teach her daughters Polish and took them to Poland for visits. After the accidental death of Pierre in 1906 — he was hit by a horse-drawn vehicle — she became the first woman to become a professor at the University of Paris.

Marie also founded the Curie Institute in Paris and the Curie Institute of Warsaw, both of which are still major centers of medical research. In 1910, she succeeded in isolating radium and defined an international standard for radioactive emissions, the curie.

During World War I, Curie developed mobile radiography units, the “Petites Curies,” to help assist battlefield surgeons and save soldiers’ lives and limbs. Marie served as the director of the Red Cross Radiology Service and set up France’s first military radiology center, assisted by her daughter Irene. The Petites Curies would eventually treat more than a million wounded soldiers.

After the war, she was awarded a stipend from the French government and toured the U.S. to great applause and success. Marie traveled broadly, giving lectures and making appearances in Belgium, Brazil, Spain and Czechoslovakia. Her daughter Irene and son-in-law won their own Nobel Prizes for their radioactive research. She was named a member of the League of Nations’ International Committee on Intellectual Cooperation in 1922, along with Albert Einstein. Marie also won the Cameron Prize for Therapeutics of the University of Edinburgh and was named to the International Atomic Weights Committee.

In 1934, Marie was confined to the Sancellemoz sanatorium in Passy, Haute-Savoie, suffering from aplastic anemia, thought to have been caused by her long-term exposure to radiation. The dangerous effects of radiation weren’t known at the time of her work, and she frequently carried test tubes containing radioactive isotopes in her pocket and was also exposed to unshielded radiation during World War I.



2021 WOMEN TO WATCH

TELL US A LITTLE ABOUT YOUR EDUCATION AND CAREER.

I'm a native Washingtonian who attended the University of South Florida. I graduated in 1994 with a Bachelor of Arts degree in Communication. After graduation, I began working at the University of South Florida in the athletic department as the assistant director to the athletic association. My primary responsibilities were fundraising, donor engagement and the annual student-athlete scholarship auction. After two years in the sunshine state, I returned home as the new assistant women's basketball coach at Georgetown University. In 2004, after six years on the hilltop, I became the assistant coach at Wake Forest University. During my eight-year stint, I was responsible for coaching, mentoring, recruiting and serving in various roles within the athletic department. My dream of becoming a head women's basketball coach became a reality in 2012 as the first black head coach in any sport at the College of Charleston. While at the helm, we broke over twenty school records. In two years at the College of Charleston, we had back-to-back winning seasons and earned postseason tournament appearances two years in a row. Ten years after my departure from the hilltop, I returned to Georgetown University as their head coach for three seasons.

NATASHA ADAIR

Head Coach at the University of Delaware

"She's the strength of our family and has never let her circumstances affect the outcome"

WHAT IS A WAY YOU CONTRIBUTE TO YOUR COMMUNITY?

Currently, I'm in my fourth season at the University of Delaware. We are called the 'Fightin' Blue Hens' and, as their head coach, I'm honored to help our players use their platform and voices to fight for what they believe in. As a coach, I work to prepare our ladies to compete and win on the court, but as their leader, I'm proud to help them serve in their community. I stand with them as we bring awareness to mental health by erasing the stigma around it. I was eager to assist with voter education and registration for our players and all student-athletes here at the university. I've helped lead our players in their efforts to impact change locally and on the national level as they took a stand against social injustice and systemic racism. Their relentless pursuit for justice aided in the passing of executive order Number 41, which banned the use of chokeholds and excessive force by local and state law enforcement here in the state of Delaware. This, by far, is one of the biggest wins in my career as a head coach.

TELL US ABOUT SOMEONE OR SOMETHING THAT INSPIRED YOU.

My drive and motivation as a mother and coach comes from my own mother. She is fearless, stylish, witty and led by her faith. I apply those characteristics daily as I lead my team of young women on and off the court. My mother is currently living with an aneurysm, but is still full of life. She approaches every day with a can-do, will-do attitude. She's the strength of our family and has never let her circumstances affect the outcome. I look at her as my source of strength, power, perseverance and love.

WOMEN IN LEADERSHIP



MIA MOTTLEY

In 2018, Mia Mottley became the first female prime minister of Barbados, after her Barbados Labor Party won over 70% of the popular vote and all 30 seats in the legislature.

With a 30-year career in politics, she has become known for her advocacy for education and women.

LIFE AND CAREER

Born Oct. 1, 1965, Mottley's father and uncle were politicians. She trained as an attorney at the London School of Economics before beginning her political career in 1991. She was first elected to parliament in 1994. She served in the Ministry of Education, Youth Affairs and Culture, and became general secretary of the Barbados Labour Party in 1996.

In 2001, she was the first woman appointed attorney general and minister of home affairs. Other roles she has held include deputy prime minister and chairman of the Social Council of Barbados, as well as deputy chairman of the Barbados Economic Council. In 2008, she became the chairwoman of the BLP.

Mottley was also the youngest Queens Council for Barbados. During the 2018 election, she was endorsed by Barbadian pop star Rhianna.

BARBADOS' FINANCIAL CRISIS

From the day Mottley was sworn in as prime minister, she faced the task of hauling the country out of an economic slump that had lingered since the Great Recession. Mottley also serves as the minister of finance, economic affairs and investment.

With the country's credit rating in junk status and debts at 175% of gross domestic product, it was in dire financial shape. Within a year of Mottley's election, the government had a financial support plan approved by the International Monetary Fund and received a \$290 million loan, and the European Union had lifted its financial blacklist of the island, opening the country up to foreign investment, according to Caribbean Life.

At the time, the IMF announced that, "Barbados continues to make strong progress in implementing its ambitious and comprehensive economic reform program."

The COVID-19 pandemic posed more challenges to Barbados' economy, driving it down by 18% in 2020 alone. The IMF reported, however, that Barbados continued to reduce its debt and make progress toward economic reform.

With a 30-year career in politics, she has become known for her advocacy for education and women.

MALALA YOUSAFZAI

WOMEN'S RIGHTS ACTIVIST

Malala is a Pakistani activist for female education and the youngest Nobel Prize laureate. She is known for human rights advocacy, especially the education of women and children in her native Swat Valley in Khyber Pakhtunkhwa, northwest Pakistan, where the local Pakistani Taliban had at times banned girls from attending school. Her advocacy has grown into an international movement, and according to former Pakistani Prime Minister Shahid Khaqan Abbasi, she has become "the most prominent citizen" of the country.



In early 2009, when she was 11, she wrote a blog under a pseudonym for the BBC Urdu detailing her life during the Pakistani Taliban occupation of Swat. The following summer, journalist Adam B. Ellick made a New York Times documentary about her life as the Pakistani military intervened in the region. She rose in prominence, giving interviews in print and on television, and was nominated for the International Children's Peace Prize by activist Desmond Tutu.

On 9 October 2012, while on a bus in the Swat District, Yousafzai and two other girls were shot by a Pakistani Taliban gunman in an assassination attempt in retaliation for her activism. Yousafzai was hit in the head with a bullet. She improved and was transferred to the Queen Elizabeth Hospital in Birmingham, UK. The attempt on her life sparked an international outpouring of support.

A group of fifty leading Muslim clerics in Pakistan, governments, human rights organizations and feminist groups around the globe denounced the Pakistani Taliban.

Yousafzai became a prominent activist for the right to education.

She co-founded the Malala Fund, a non-profit organization with and in 2013, she co-authored "I Am Malala", an international best seller. In 2012, she was the recipient of Pakistan's first National Youth Peace Prize and the 2013 Sakharov Prize.

In 2014, she was the co-recipient of the 2014 Nobel Peace Prize. Aged 17 at the time, she was the youngest-ever Nobel Prize laureate. In 2015, Yousafzai was a subject of the Oscar-shortlisted documentary He Named Me Malala. The 2013, 2014 and 2015, issues of Time magazine featured her as one of the most influential people globally. In 2017, she was awarded honorary Canadian citizenship and became the youngest person to address the House of Commons of Canada.

Yousafzai completed her secondary school education at Edgbaston High School, Birmingham in England from 2013 to 2017. From there she won a place at Oxford University and undertook three years of study for a Bachelor of Arts degree in Philosophy, Politics and Economics (PPE), as an undergraduate at Lady Margaret Hall, Oxford a college of the university. She graduated in 2020.



CONGRATULATIONS DANIELLE HEMLING

**“DANIELLE WORKS
TIRELESSLY TO REACH THE YOUTH IN THE
COMMUNITY, ESPECIALLY
THOSE MOST IN NEED, AND TO TRULY HELP THEM
WITH TANGIBLE THINGS SUCH AS FOOD AND CLOTHING AND
IN-TANGIBLES SUCH AS HOMEWORK
AND LIFE SKILLS. DANIELLE
IS AN ASSET TO THE COMMUNITY.”**
~ **MS. DENISE BREDER,**
PERRYVILLE TOWN ADMINISTRATOR

**“MRS. HEMLING IS THE DIRECTOR OF THE PERRYVILLE POLICE DEPARTMENT
OUTREACH PROGRAM. THIS PROGRAM IS VITAL TO MEETING THE VERY BASIC
NEEDS OF SOME OF OUR MOST VULNERABLE POPULATION. SHE IS A KEY FACTOR
TO REACHING THE CHILDREN AT AN EARLY STAGE IN LIFE, PROVIDING A SOUND
FOUNDATION FOR VALUABLE LIFE SKILLS. HER WORK IS ESSENTIAL TO THE
MISSION OF THE PERRYVILLE POLICE DEPARTMENT AND SHE SHOULD BE
COMMENDED FOR HER EFFORTS.”**
~ **ROBERT S. NITZ, CHIEF OF POLICE**



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SYBIL LUDINGTON

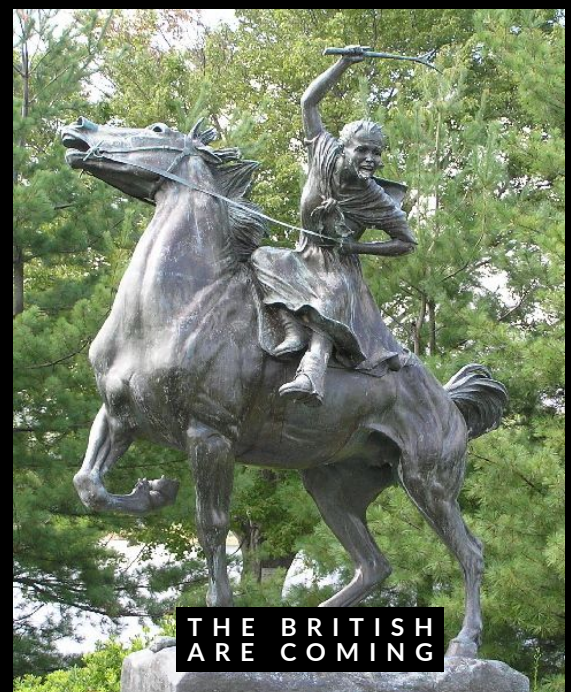
AMERICAN REVOLUTIONARY

Sybil Ludington was born on April 5th, 1761 and was a heroine of the American Revolutionary War.

On April 26, 1777, at age 16, she made an all-night horseback ride to alert militia forces in the towns of Putnam County, New York, and Danbury, Connecticut, of the approaching British forces.

Sybil Ludington spread the word to the approximately 400 men under the command of her father, Henry Ludington, a colonel in the Dutchess County Militia. Sybil road about 40 miles — SEVERAL times the distance of Paul

Revere's more famous ride — through the dark night, heroically sounding the alarm and alerting the men under her father's command.



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Adrian McCullough,

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Alexa Raab,

Global Brand and
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Alissa Morkides,

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Allison Nicolaidis, President,
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Amanda Zinn, President
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Amy Evans,

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Amy Quan, Chief of Optometry,
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WOMEN TO WATCH NOMINEES 2021

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Business Owners, Serenity Spa
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Business Owner, Sizzling Bombay



2021 WOMEN TO WATCH

DR. BEULAH SABUNDAYO

PharmD, MPH Senior Research Associate; Department of International Health in the Bloomberg School of Public Health (BSPH) & Johns Hopkins Center for Immunization Research (CIR) & Johns Hopkins John G. Bartlett Specialty Practice

“We cannot help our country fill the gap, if women do not feel they are a part of something”

Though honored to be considered a Woman to Watch, Dr. Sabundayo says she has a hard time calling herself an exceptional woman.

“I work in a facility that is almost exclusively women. I am on a team with exceptional women like Dr. Anna Durbin and Dr. Kawsar Talaat. I have such respect for their work ethic and passion to advance our studies to make a difference in the world.”

Dr. Sabundayo had many female role models in her life.

“As a young person, I was determined to be the first woman in space.”

Dr. Sabundayo followed the work of Sally Ride and Marie Curie in fields that were traditionally male dominated. She pointed to the work of strong women like Hillary Rodham Clinton and Michelle Obama and stated that she has tried to apply it to her own work and life.

Fresh out of pharmacy school, Dr. Sabundayo recalls coming to Baltimore as a young woman with a huge southern accent and lots of blonde hair.

“Walking into a room, I was not taken seriously. I was very studious and serious”. To stop the judgements, she shed her accent and got rid of her blonde hair. “As you age things do change, but the fact that women are judged by appearance is difficult. Men don’t typically have that in the industry and that needs to be addressed.”

When asked what she was most proud of, Dr. Sabundayo happily said, “I have two daughters who are 16 & 20.” During the pandemic they spent lots of time together. Dr. Sabundayo saw the opportunity to witness her daughters’ resilience, perseverance and kindness as a silver lining.

Dr. Sabundayo is also extremely proud of the work being done within the Johns Hopkins Center for Immunization Research on the COVID-19 vaccines.

“We’re continuing to work with two of the vaccines that are in research. Being able to say that we are part of the solution to get us out of this pandemic, has been remarkable. I’m enormously proud of all the work we’ve done on COVID vaccines.”

In addition to her work at the Center for Immunization Research, Dr. Sabundayo sits on the board for the Pratt Library.

“We’re a community center, trying to address the digital divide, trying to provide connections to social work services, lawyer services and others that support the city of Baltimore.”

Dr. Sabundayo encourages women to pursue education.

“The more education you get, the more it will broaden your views. Do not let it pigeonhole you into what you are going to do. I went to pharmacy school; I maintain a pharmacy license, but I do not work as a pharmacist. I draw on those experiences.”

“Find what it is that you love, and then figure out how to make a living doing that. You’re going to have your job for a long time so find something you love.”

WOMEN IN SCIENCE



SALLY RIDE

Ride was born in 1951 in Los Angeles and earned a Ph.D. in physics from Stanford University, where she studied the interaction of X-rays with interstellar medium. She was chosen to be part of NASA Astronaut Group 8 in 1978, which was the first class to include women. She worked as the ground-based capsule communicator for the second and third space shuttle flights and helped develop the shuttle's robot arm.

In 1983, she joined the crew of Challenger for STS-7 to deploy communications satellites and the first Shuttle Pallet Satellite. Ride conducted experiments in the cargo bay and operated the robot arm to deploy and retrieve the Shuttle Pallet Satellite. Her second flight happened the next year, also aboard Challenger. After the deadly Challenger explosion in 1986, Ride was named to the Rogers Commission to investigate the incident. She was also later named to the commission to investigate the Columbia shuttle disaster.

Ride worked at NASA headquarters in Washington, D.C., leading a strategic planning effort for the future of America's space program. She also worked at the Stanford University Center for International Security and Arms Control and founded Sally Ride Science, a company that creates entertaining science content for students. Ride also continued to work for NASA, directing public outreach and educational programs.

During her career, she won NASA's von Braun award, the NASA Space Flight medal, the Lindbergh Eagle and the NCAA's Theodore Roosevelt Award. Ride also posthumously received the Presidential Medal of Freedom. She was also inducted into the National Women's Hall of Fame, the Astronaut Hall of Fame, the California Hall of Fame and the National Aviation Hall of Fame. In 1994, she won the Samuel S. Beard Award for Greatest Public Service by someone under the age of 35.

Ride died in 2012 at age 61 of pancreatic cancer. At that time, it was revealed that the intensely private Ride was a lesbian, living with her life partner, Tam O'Shaughnessy. In 2013, the Navy named a research vessel, RV Sally Ride, after her.

Sally Ride was the first American woman in space and the third woman overall, behind Russian cosmonauts Valentina Tereshkova and Svetlana Savitskaya.



2021 WOMEN TO WATCH

TELL US A LITTLE ABOUT YOUR EDUCATION AND CAREER.

I was the first person in my family to attend college. I had an amazing family who were so proud of every step forward and a great group of mentors who helped guide me through college. With the help of academic scholarships, and a dedicated group of professors, I earned my degree from the University of Charleston. Neither of my parents had a formal education, but they taught me the value of hard work and convinced me that everything was 'figure-out-able.'

I always knew I would move on from my small town, and after graduation my husband and I moved to Chicago where I started my career at a large bank. I joined Protiviti in 2005 and moved to Northern Virginia seven years ago to lead our Metro DC offices. I think one of the keys to my career success has been a willingness to say yes to opportunities. Saying no is easy. It doesn't require any additional thought or action, but yes requires you to do something, maybe outside your comfort zone. It can be risky, and yes comes with uncertainty and maybe some pain, but it is the key ingredient to growth.

WHAT IS A WAY YOU CONTRIBUTE TO YOUR COMMUNITY?

It is heartbreaking to me that there are so many children and veterans who experience hunger. There are so many families in communities of color who live in food deserts and don't have access to healthy foods, even in this community with so much wealth. It is easy to take for granted how simple it is to go to your pantry and pull out a meal or pick up the phone and order delivery. I often think about opening the pantry and seeing empty shelves or having no money for delivery, and it reminds me how fortunate I have been and renews my sense of obligation to help.

Addressing hunger is one of my key commitments to this community. I have prepared and served meals at shelters, packed meals at food banks, volunteered at the DC Central Kitchen and the Capital Area Food Bank. Our local Protiviti office has packaged more than one million meals over the last four years, and many of those were delivered right here in the DMV.

TELL US ABOUT SOMEONE OR SOMETHING THAT INSPIRED YOU.

I'm inspired by so many people, it is impossible to pick just one. I am inspired by my husband and our children who believe that I am capable of accomplishing things that I think are impossible. The leaders at Protiviti inspire me with their unwavering support and advocacy. They invite me to the table and provide the space and time I need to excel. I am inspired by my colleagues who set a high bar for excellence. They challenge me to be a better leader and I'm so thankful for their support and friendship. I am inspired by the long list of mentors and advisors I have had over the course of my career who took the time to help me even though they didn't have to. It is the collection of these people and the experiences of my life that inspire me.

KIMBERLY DICKERSON

Protiviti Consultant

“Yes requires you to do something, maybe outside your comfort zone”

WOMEN IN LEADERSHIP



KAMALA HARRIS

Women and girls were able to say for the first time in 2020 that they saw someone of their own gender win the nation's second-highest office. She also is the first woman of color, the first Black woman and the first South Asian woman in the role.

The rise of Kamala Harris to the vice-presidency has inspired and encouraged many women, making real the possibility that the highest levels of our government could reflect the diversity of its citizens. Here's a closer look at how Harris became a political superstar and trailblazer.

HER LIFE

Harris was born in Oakland, Calif., to Indian and Jamaican immigrants, who were civil rights activists. She was raised primarily by her mother, Shyamala Gopalan, a breast cancer scientist.

She graduated from Howard University and the University of California, Hastings College of Law, and her law career led to her role as district attorney of San Francisco and then attorney general of California. She was elected to the Senate in 2016 and became President Joe Biden's running mate in 2020.

THE SIGNIFICANCE

Harris has been breaking barriers for her whole career. She was the first female district attorney of San Francisco, the first female attorney general of California and the first Indian American in the US Senate.

She took office as vice-president in January 2021, just as a record number of women had been elected to serve in Congress.

Her election came just months after the centennial of the ratification of the 19th amendment, which gave women the right to vote.

Debbie Walsh, director of the Center for American Women and Politics at Rutgers University, put it this way: "To women and girls of all walks of life, of every political persuasion, Harris's ascension to the vice presidency broadens the horizons of the possible."

Harris herself acknowledged the significance in her first speech as the nominee for vice-president. She said, "While I may be the first woman in this office, I won't be the last, because every little girl watching tonight sees that this is a country of possibilities."

*Kamala Harris' election
as vice-president
shattered many barriers.*

‘Blessed to serve others’



with Dr. Danita Tolson, Baccalaureate Nursing Education Chairperson at Coppin State University Helene Fuld School of Nursing



HOW DOES IT FEEL TO BE AN EXCEPTIONAL WOMAN IN YOUR INDUSTRY?

I feel blessed to have the opportunity to serve others, make people feel better, and share my knowledge to produce future effective nurses that can also serve the public. There is still a lot of work to be done to make exceptional changes. Oprah stated, “Life is a reciprocal of exchange. To move forward you have to give back.”

WHO HAS BEEN A ROLE MODEL FOR YOU?

Oprah Winfrey stated, “Lots of people want to ride with you in the limo, but what you want is someone who would take the bus with you when the limo breaks down.” My role models are Mr. & Mrs. Jerry Tolson, Dr. B. Lacey, Dr. J. Wolfe and Mr. Tony Fuggett. The role models have equipped me to ride the bus, drive the bus and mentor others to take the bus when the limo breaks down.

WHAT CHALLENGES HAVE YOU OVERCOME AS A WOMAN IN YOUR INDUSTRY?

The first challenge is when you are a woman and a black woman; you have to be three times better than a male or other races. Another challenge was being diagnosed with breast cancer and fearing upon my return the position would be reassigned.

Another challenge was being called the “N” word when starting off my nursing career.

WHAT IS YOUR ADVICE TO OTHER WOMEN LOOKING TO EXPAND THEIR CAREERS IN NON-TRADITIONAL FIELDS?

I would tell them to remember the quote, “I can do all things that strengthens me and I can do it all.” Do not get blind sighted or off track when people tell you that you can’t do something, you should wait, or don’t go back to school. Stay focus. The people who do not jump on board will miss your ride. Get a mentor

in various areas; I have mentors and role models from various areas, like nursing, administration, the community and personal; they have all have equipped me with their wisdom and knowledge. The best leaders also knows how to serve others.

WHAT ARE YOU MOST PROUD OF?

I am most proud of assisting the community to get their Covid vaccines, attending Harvard University for a leadership program, and becoming the NAACP Baltimore County Branch President.

WHO DO YOU ADMIRE MOST?

I admire my parents, Mr. & Mrs. Jerry Tolson most because I was always taught a quote growing up this “I can do it all.” My sisters, brothers and I were always taught to work hard and you can accomplish whatever your dreams desire. This quote is very similar to “I can do all things through Christ that strengthens me” (KJV Philippians 4:13). My parents were great role models who did not have it all but they worked to make sure we had the tools to be successful in whatever we desired.

WHAT DO YOU ENJOY DOING FOR THE COMMUNITY?

I enjoy giving the Covid vaccines and being the chairperson for the Baccalaureate Nursing Program at Coppin State University. As a chairperson, it allows me to produce effective & qualified nurses to serve the community.

DO YOU ACTIVELY MENTOR IN YOUR ROLE IN YOUR HOME, BUSINESS OR COMMUNITY WORK?

I currently mentor other potential nurses and other experienced nurses. I also work with the male nursing students to provide support while in nursing school and increase males in nursing. There are about 9% of males who are nurses; therefore, there is a shortage of males in nursing.

WOMEN IN HISTORY



Magdalena Carmen Frida Kahlo y Calderon was a Mexican painter known for her portraits, self-portraits and works inspired by Mexico.

FRIDA KAHLO

She was born in 1907 in Mexico City to a German father and a mestiza mother, spending most of her life at the family home which is now the Frida Kahlo Museum.

Kahlo was disabled by polio as a child and also suffered a bus accident at 18 which caused her lifelong medical problems. During the recovery from this accident, she returned to a childhood interest in art. In 1929, she married fellow artist Diego Rivera and spent the late 1920s and early 1930s traveling throughout Mexico and the United States, developing her artistic style that drew from Mexican folk culture, including pre-Colombian and Catholic beliefs.

Kahlo held her first solo exhibit in New York in 1938, which was followed by another in Paris in 1939 that resulted in the Louvre acquiring one of her works, "The Frame." Kahlo continued to work and teach art, landing at the Escuela Nacional de Pintura, Escultura y Grabado. She became a founding member of the Seminario de Cultura Mexicana. However, her fragile health caught up with her, and she died in 1954 at age 47.

Her work remained relatively obscure until the 1970s, when her work was discovered by feminist scholars and the Chicano movement. In 1977, "The Tree of Hope Stands Firm," painted in 1944, became the first Kahlo painting to be sold at auction, fetching \$19,000. A retrospective of her paintings opened in London in 1982 and traveled the world, followed by 1983's bestselling art history book "Frida: A Biography of Frida Kahlo."

In 1984, Mexico declared her works part of the national cultural heritage, which prohibited their export from the country. Now, her paintings seldom appear in international auctions but have still managed to break records when they do. In 1990, "Diego and I" sold for \$1,430,000 and in 2016, "Two Lovers in a Forest" sold for \$8 million.

Kahlo's life and work have inspired a variety of fashion looks and merchandise. She has become an icon for minority groups and political movements and a symbol of non-conformity and the cultural minority.



2021 WOMEN TO WATCH

JANE BLOCK

Ambassador for Project Heal / Billing Manager

“Don’t stop performing if you don’t hear applause.”

My family emigrated from the former Soviet Union in 1988 as political refugees to the U.S. at four years old. When I started school in Baltimore, I felt different because I was an immigrant. We finally had food security and I was pushing away every plate of ethnic food. I realize now that I have always been uncomfortable around food and this is when my eating disorder started. I was not emaciated so I suffered in silence for fourteen years. When you do not fit the part, you get overlooked. In 2004 and 2005, I went on disability for Bulimia Nervosa when I was working full-time in marketing to receive treatment that was covered 80% by my father’s insurance through his employer. Thirty-million U.S. residents struggle with eating disorders yet only 20% have access to life-saving treatment like I did.

In July 2021, I will celebrate my 16th year of recovery. At first, my advocacy came from a place of catharsis, but now, I donate my time and fundraise for non-profits to break the stigma of mental illness within marginalized communities and raise awareness to support women in understanding that their weight is the least interesting thing about them. In March, I was chosen as an Ambassador for Project HEAL and I am most proud of this accomplishment. Eating disorders do not discriminate; they do not care about your ethnicity, body shape and size, age, gender, sexual orientation, or socioeconomic status. As an Ambassador, I uphold Project HEAL’s goal, to break down barriers to treatment and give every person a chance at recovery. Project HEAL provides insurance navigation, equitable treatment placements and cash assistance for their beneficiaries.

I consistently post facts on social media and raise awareness about this deadly illness, even if I do not get “likes”. Recently, I received a response that said, “Don’t stop performing if you don’t hear applause.” It made me think about the seeds that I plant for those who read my posts but may not engage. My advice to women is to realize that our bodies do so much for us other than carry our weight. I want women to invest in self-care and education instead of the latest diet fad. We are taught to place value on our looks over our internal qualities and I want to eliminate this harmful practice.

I found a home for my unique skills at SH Block Tax – everyday, I help taxpayers get their lives back in order which is what I struggled with for so long. I am reminded of my strengths when clients tell me that they feel better after speaking with me - it has nothing to do with my appearance, but the value and service that I can offer to them. This reinforces that I am much more than my weight and my looks. I am proud to be an advocate and hope that my future will be brighter through philanthropy and helping women realize the best version of themselves comes from within.

Congratulations

The Johns Hopkins Department of Otolaryngology–Head and Neck Surgery congratulates **Carole Fakhry, M.D., M.P.H.**, on her nomination as a 2021 Adams Publishing Group Woman to Watch.

A professor of otolaryngology–head and neck surgery and oncology, Carole Fakhry is leading the way in her roles as:

- Director, Johns Hopkins Head and Neck Cancer Center
- Chief, Division of Head and Neck Surgery
- Executive Vice Director, Department of Otolaryngology–Head and Neck Surgery



Coming Soon!

Johns Hopkins Otolaryngology–Head and Neck Surgery specialists are coming to the Johns Hopkins Health Care & Surgery Center — White Marsh this year.



JOHNS HOPKINS
MEDICINE

CONGRATULATIONS TO ALL SELECTED AS A WOMEN TO WATCH IN 2021!



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RISE 'N GRIND

It is an honor to inspire others to follow their passion, while joyfully serving my community.

Thank you so much for nominating me as one of Maryland's Women to Watch!



Angelina Vanderhoef

Owner of Rise 'N Grind Cafe
in Rising Sun, MD



MAJOR GENERAL LINDA SINGH

“Peace came over me where I knew through the power of prayer and presence, and you could feel the spirit”



TELL US A LITTLE ABOUT YOUR EDUCATION AND CAREER.

For the last 40 years, working in public service or public service clients is my career foundation. I started with the MD National Guard in 1981, spent six years in the Army Reserve, and came back to the Guard in 1989, where I culminated a 38-year journey as the Adjutant General for Maryland. Serving as a traditional Guard member, I worked in the civilian sector most of that time as a consultant doing large technology systems implementations.

As my education expanded, my career further expanded. While dropping out of high school, my focus was on getting my high school diploma a year after joining the National Guard. Education became an obsession as I tried to gain credibility and stability. Having a college degree during that time was critical to being offered and obtaining the right roles.

WHAT IS A WAY YOU CONTRIBUTE TO YOUR COMMUNITY?

I am very passionate about engaging in the community so that I feel I can make the most significant impact. I serve on two non-profit boards, Easterseals DC MD VA and Headstrong, where I focus on Veterans and Well-Being. Investing in and developing future leaders is at the top of my list for community engagement. Serving as Towson University’s Leader in Residence provides me the opportunity to connect to students, faculty, staff, and the community to discuss important topics for leaders today and tomorrow.

TELL US ABOUT SOMEONE OR SOMETHING THAT INSPIRED YOU.

I often talk about how my grandmother was such an inspiration to me as a young girl into adulthood. But there are times when you have an experience that is so profound and emotional, and it is forever in your mind. During a visit to Bosnia and Hergovenia in the summer of 2019, I visited multiple locations throughout the country, meeting with key leaders in their home region. The objective was to learn more about the leaders, their culture, and critical issues. While there were many memorable stops, this one, in particular, was a sense of awakening. I visited Medjugorje, a site in which six individuals encountered the Virgin Mary in June 1981. First, going up the mountainside, there were so many people going up to this site. Once there, this peace came over me where I knew through the power of prayer and presence, and you could feel the spirit. It was then the tears first stung my eyes. As we made our way back down to visit with one of those visionaries, it hit me as I listened to him tell his story. It was June of 2019, 38 years ago, he saw Mother Mary. At this time and 38 years ago, I was at this place that June, I had joined the Maryland National Guard and was now the Adjutant General of the MD National Guard. In a far-off land, I was connecting with my spiritual self. I knew I was where I was supposed to be at that moment as the tears streamed down my face with no regrets.

WOMEN IN LEADERSHIP



STACEY ABRAMS

Although Stacey Abrams came up short in her bid for the Georgia governor's office in 2018, since then, it has seemed that everything has been going her way.

Her efforts have largely been cited as crucial to Georgia's recent blue wave. Abrams has been on a mission since she started her nonprofit Fair Fight in 2019. The 2020 national elections and Senate runoff in 2021 showed the fruits of her labor, as Georgia's two Senate seats flipped to blue, propelling Democrats to equal footing with Republicans in the Senate.

LIFE AND CAREER

Born in Madison, Wisconsin, on Dec. 9, 1973, Abrams grew up in Gulfport, Miss. and Georgia. She studied political science, economics and sociology at Spelman College and holds a master of public affairs from the University of Texas at Austin, as well as a law degree from Yale Law School. In 2002, at age 29, she became Atlanta's deputy city attorney.

She was first elected to the Georgia House of Rep-representatives in 2006, serving for 11 years, and in 2010, she was the first woman to lead a party in the Georgia General Assembly.

2018 ELECTION

Abrams was the first black female nominee for governor by a major party in the United States.

Following the 2018 election, Abrams did not concede, citing voter disenfranchisement. "Let's be clear: This is not a speech of concession," she said. "Because concession means to acknowledge an action is right, true or proper. As a woman of conscience and faith, I cannot concede that." She soon got to work on efforts to make change.

She launched Fair Fight to "ensure every American has a voice in our election system," according to the organization's website. This included a goal of registering at least 800,000 new voters in Georgia ahead of the 2020 general election, as well as funding and training voter protection teams in 20 battleground states.

Abrams is also an accomplished writer, having written eight novels and two New York Times best-selling non-fiction political books.

Abrams was the first black female nominee for governor by a major party in the United States.

WOMEN IN HISTORY



Elizabeth Blackwell, 1821-1910, was the first woman to receive a medical degree in the United States and the first woman on the Medical Register of the General Medical Council.

ELIZABETH BLACKWELL

Blackwell didn't start out in medicine. She first became a schoolteacher, but an interest in medicine kindled after a friend fell ill and remarked that she might not have suffered so much had her doctor been a woman. Blackwell applied to and was rejected from medical schools except for Geneva Medical College, where the male student body voted to accept her.

Blackwell wrote her inaugural thesis on typhoid fever. It was published in 1849 by the Buffalo Medical Journal. The medical community deemed the paper — which showed empathy and advocacy for justice — feminine. In 1852, she began delivering lectures and research on the physical and mental development of girls. She established a dispensary in New York in 1853, which eventually became the New York Infirmary for Indigent Women and Children. Women served as trustees and Blackwell, her sister, Dr. Emily Blackwell, and Dr. Marie Zakrzewska served as attending physicians.

During the Civil War, the Blackwell sisters helped nurse Union soldiers even though male-dominated United States Sanitary Commission refused to work with the sisters. In response, Blackwell organized the Woman's Central Relief Association, which eventually did work with the USSC.

Blackwell, though educated in the United States, was a British native. In 1858, a clause in the Medical Act of that year recognized doctors with foreign degrees practicing in Britain before 1858, paving the way for her to return permanently to the country in 1869. There, Blackwell established a women's medical school in London, where she worked until her retirement in 1877.

Blackwell was also an active reformer, working for moral reform, hygiene, women's rights and more. She contributed to the founding of two utopian communities and published Christian moral literature, including the 1878 "Counsel to Parents on the Moral Education of Their Children." During her career, she worked with Florence Nightengale, Sophie Jex-Blake and Elizabeth Garrett Anderson. She worked in active practice and lecturing until her death.

CLAUDETTE COLVIN

CIVIL RIGHTS ACTIVIST

This is the story of Claudette Colvin, a pioneer of the 1950s civil rights movement and the first African American to refuse to give up her seat on a segregated bus. On March 2, 1955, Claudette Colvin was arrested at the age of 15 in Montgomery, Alabama, for refusing to give up her seat to a white woman on a crowded, segregated bus. This occurred nine months before the more widely known incident in which Rosa Parks, secretary of the local chapter of the National Association for the Advancement of Colored People (NAACP), helped spark the 1955 Montgomery bus boycott.[3]

Colvin was one of five plaintiffs in the first federal court case filed by civil rights attorney Fred Gray on February 1, 1956, as *Browder v. Gayle*, to challenge bus segregation in the city. In a United States district court, she testified before the three-judge panel that heard the case. On June 13, 1956, the judges determined that the state and local laws requiring bus segregation in Alabama were unconstitutional. The case went to the United States Supreme Court on appeal by the state, and it upheld the district court's ruling on November 13, 1956. One month later, the Supreme Court affirmed the order to Montgomery and the state of Alabama to end bus segregation. The Montgomery bus boycott was then called off.



For many years, Montgomery's black leaders did not publicize Colvin's pioneering effort. "Young people think Rosa Parks just sat down on a bus and ended segregation, but that wasn't the case at all." Colvin has said, "black organizations felt Parks would be a good icon because she was an adult. They didn't think teenagers would be reliable. Parks had the right hair and the right look. Her skin texture was the kind that people associate with the middle class," says Colvin. She fit that profile".

Claudette's case was dropped by the civil rights campaigners.

Claudette Colvin is an unsung hero who risked everything for racial equality.

WOMEN IN HISTORY



Maya Angelou, a Black poet, memoirist and civil rights activist, was born in 1928 in St. Louis.

MAYA ANGELOU

She was sent at an early age to live with her paternal grandmother, Annie Henderson, in Stamps, Ark. After suffering sexual abuse in her mother's household, Angelou became mute for almost five years. Cloaked in silence, Angelou developed an extraordinary memory, coupled with a love for books and an ability to listen and observe.

At 16, Angelou — then living with her mother and brother in Oakland, California — became the first Black female cable car conductor in San Francisco. Soon after, she gave birth to her son Clyde. In 1959, after a failed marriage and song-and-dance career, novelist John Oliver Killens urged Angelou to move to New York to concentrate on her writing. She did, and met Black authors and was published for the first time. In 1960, she and Killens organized the Cabaret for Freedom to benefit the Southern Christian Leadership Conference and was named the SCLC northern coordinator.

She moved to Africa with South African freedom fighter Vusumzi Make in 1961, where she worked as an associate editor at *The Arab Observer*, an English newspaper. By 1962, her relationship with Make was over and she and her son lived in Accra, Ghana, where she was an administrator at the University of Ghana, a feature editor for *The African Review* and worked and performed in Ghana's National Theatre. She became close friends with Malcolm X, and eventually returned to the U.S. in 1965 to help him form the Organization of Afro-American Unity. She was living in Watts during the 1965 riots and, devastated by the deaths of Martin Luther King Jr. and Malcolm X, she wrote. She produced and narrated "Blacks, Blues, Black!" a 10-part series of documentaries about the connection between blues music and Black heritage for the precursor of PBS. This work was followed by her first autobiography and one of her most famous works, "I Know Why the Caged Bird Sings," published in 1969.

This was followed by work as a composer, screenplay writer, authoring short stories and documentaries and poems. Angelou was nominated for a Tony Award for 1973's "Look Away" and appeared in "Roots" in 1977, chalking up more than 30 honorary degrees from universities around the world. She taught at Wake Forest University until 2011 and also lectured around the country, winning a Grammy, directing a feature film ("Down in the Delta"), even receiving the Presidential Medal of Freedom in 2011 from President Barack Obama.

Angelou died in 2014 at 86. Her papers were donated to the Schomburg Center for Research in Black Culture in Harlem.

WOMEN IN LEADERSHIP



ANGELA MERKEL

At the helm of Europe's largest economy, Merkel's tenure has been marked by economic and social reforms, as well as strong leadership on the environment. For 18 years, she led Germany's Christian Democratic Union (CDU) party, and she's worked with four U.S. presidents, four French presidents and seven Italian prime ministers, according to CNN.

LIFE AND CAREER

Born on July 17, 1954 in Hamburg, Merkel grew up the daughter of a Lutheran pastor in Communist East Germany. She obtained a doctorate in quantum chemistry from the University of Leipzig in 1986 and worked as a chemist at the Central Institute for Physical Chemistry, Academy of Sciences until 1990, when she was elected to the German parliament, the Bundestag.

Merkel served as minister for women and youth, and later as minister for the environment and nuclear safety, in Helmut Kohl's cabinet. She became secretary-general of the CDU in 1998 and became the party leader in 2000. In 2005, she was elected chancellor, narrowly defeating Chancellor Gerhard Schröder.

She has led Germany through financial and immigration crises, and is known as a deal-maker and a diplomat. She has been named 12 times to Forbes' list of the most powerful women in the world. In 2011, President Barack Obama awarded her the Presidential Medal of Freedom in 2011.

CHALLENGES

Merkel has faced her fair share of challenges in office. Kohl sometimes referred to her as "the girl." CNN writes that when she was elected chancellor, "many deemed her too inexperienced and uncharismatic to last." She was not only the first woman chancellor but the youngest.

Merkel has even faced intimidation tactics from her own colleagues. Vladimir Putin once brought a dog into a meeting with Merkel, who is known to be afraid of dogs.

During Merkel's fourth term, she faced a fractured government after the far-right Alternative for Germany party took 13% of the Bundestag, and her party had difficulties forming a government.

Through it all, Merkel has remained popular. Even as she announced her retirement, she was experiencing record popularity. A 2020 Pew Research Center survey of 14 countries around the world showed Merkel to be the most highly regarded head of state.

One of Europe's most popular leaders, Angela Merkel will retire in 2021 after 16 years as the first female chancellor of Germany.

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GRETA THUNBERG

ENVIRONMENTAL ACTIVIST

Born in 2003, Greta Thunberg is a Swedish environmental activist who is internationally known for challenging world leaders to take immediate action against climate change.

Thunberg initially gained notice for her youth and her straightforward speaking manner, both in public and to political leaders. Greta's main focus is to draw attention to our climate crisis and to hold world leaders accountable for their failure to take sufficient action to address it.



Thunberg's activism started after convincing her parents to adopt several lifestyle choices to reduce their own carbon footprint. In August of 2018, at age 15, she started spending her school days outside the Swedish Parliament, calling for stronger action on climate change by holding up a sign reading *Skolstrejk för klimatet* (School strike for climate). Soon, other students engaged in similar protests in their own communities. Together, they organized a school climate strike movement under the name "Fridays for Future".

After Thunberg addressed the 2018 United Nations Climate Change Conference, weekly student strikes took place around the world. In 2019, there were multiple coordinated multi-city protests involving over a million students each. To avoid flying, Thunberg sailed to North America where she attended the 2019 UN Climate Action Summit. Her speech there, in which she exclaimed "how dare you", became famous across the globe.

Her sudden rise to world fame has made her both a leader and a target for critics, especially due to her age. Her influence on the world stage has been described by *The Guardian* and other newspapers as the "Greta effect". She received numerous honors and awards, including an honorary Fellowship of the Royal Scottish Geographical Society. Greta is also the youngest person to be named the "Time Person of the Year" in the *Time's* 100 most influential people, and was also included in the *Forbes* list of The World's 100 Most Powerful Women (2019). To date, Greta Thunberg has received three consecutive nominations for the Nobel Peace Prize (2019–2021) and reminds us daily that every single girl has the power to positively change the world.



We invite you to read about extraordinary women in our community and their accomplishments! This new program spotlights the work, dedication, talents and community service of women of the Chesapeake who continue to lead in their respective fields and those who embody strength, vitality, leadership and integrity for our community.

We invited readers to nominate and vote for these women who exemplify excellence, both in navigating their career path and as community leaders. Our portal that accepted nominations was open on our Baltimore, Cecil and Newark websites from Friday, January 22, 2021 through Friday, February 19, 2021. During this 3-week period, we received (420) nominations of extraordinary women who work or reside in the Upper Chesapeake counties of Baltimore, Harford, Cecil and New Castle counties. The Women to Watch committee ultimately decided to keep the nomination portal open for an extra week to accommodate the volume of nominations flooding in during the period the nomination portal was open.

An APG Media of Chesapeake internal committee then embarked on the extraordinarily difficult task of identifying 15 women to interview for the 2021 Upper Chesapeake, Women to Watch Magazine. The committee worked through a set of criteria for the nominees. The criteria includes nominees' community service, professional accomplishments and entrepreneurship as well as their work with mentoring and inspiring others.

As you can imagine, it was an exceedingly difficult decision. Each nominee had invaluable contributions indelible both in the community and workplace. The names within these pages represent women who are breaking stereotypes to positively impact our world today while inspiring future generations.

Next year, we anticipate the program to grow and develop even further. We will be augmenting our internal selection committee to include female leaders in several vital categories like education, health, philanthropy and science. We would also like to develop mentoring opportunities from this program to pair the extraordinary women recognized within the magazine with younger girls in our communities for role modeling. We envision this effort to become Mentoring Mondays over the course of the next year. So, enjoy, read on and join us in saluting the trailblazers featured within.

— The Women to Watch 2021 Committee





Lynn Bollinger
Owner / Operator
Snatchers Creekside located on
Main Street in North East, MD

“Quitting is not an option. Keep fighting for what you want and what you deserve. Don’t let anyone tell you that you can’t, stay focused and do it!”

2021

WOMEN
TO WATCH

CHESAPEAKE

HOW DOES IT FEEL TO BE AN EXCEPTIONAL WOMAN IN YOUR INDUSTRY?

What an honor it was to receive the phone call that I was nominated as A Woman to Watch in 2021. It took me a couple days to digest what this meant, I had to sit back and absorb all the information before mentioning this to my family and friends.

WHAT ARE YOU MOST PROUD OF?

We will be Celebrating our 3rd Anniversary in April and it would not be possible to Celebrate without our Creekside Crew and Our Rocking Customers. We are more than a Team, we are a Family. All the local places know that when one of us enters the Building that there is a string of us coming in behind him/her. They all say here comes Snatchers!! Larry, Marina, Tanner and I are a package deal. We are doing what we Love to do and having fun while doing so. 2020 was challenging, but we Survived, and we will continue to strive to be our Best.

WHAT IS YOUR ADVICE TO OTHER WOMEN LOOKING TO EXPAND THEIR CAREERS IN NONTRADITIONAL FIELDS?

Quitting is not an option. Keep fighting for what you want and what you deserve. Don't let anyone tell you that you can't, stay focused and do it!

WHAT IS YOUR FAVORITE QUOTE?

Love the Life you Live Live the Life you Love

HOW DO YOU REFRESH AND RESTORE YOURSELF?

I do not need a lot of me time, I get my energy by being around people. However, I do love to sit on the beach and soak up the Sun.