



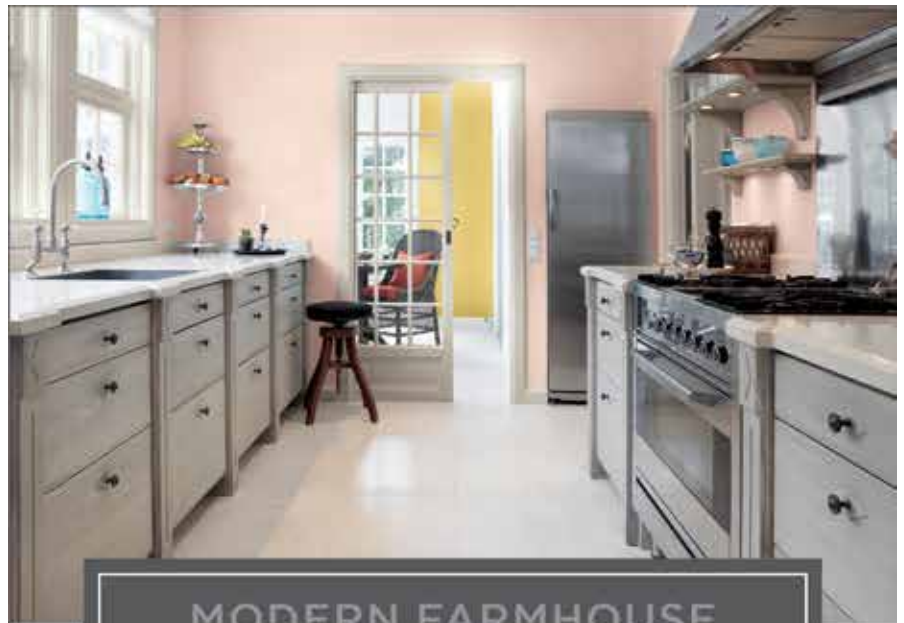
↑ ANNAPOLIS OPERA NAMES NEW ARTISTIC AND MUSIC DIRECTOR

Annapolis Opera named maestro Craig Kier as its new artistic and music director, succeeding Ronald J. Gretz. Kier has led national and international performances, and has conducted at Houston Grand Opera, The Glimmerglass Festival, the Royal Opera House Muscat in Oman, and more. He served as director of the Maryland Opera Studio since 2014 and expanded its programs. Kier will assume his role as Annapolis Opera's artistic and music director on July 1.

Linda Penkala Publishes *THE PAUSE*

Linda Penkala, a licensed massage therapist in Columbia, published *THE PAUSE to Relax Ladies, for Robust Heart Health: A Guidebook for Smart Heart Choices for Life* in November. Penkala's experience with heart disease was her inspiration to create the Wise Heart Heath program, which is featured in her book. In *THE PAUSE*, Penkala offers holistic suggestions for self-care ranging from the use of essential oils to providing simple techniques to enhance deep sleep. *THE PAUSE to Relax Ladies, for Robust Heart Health: A Guidebook for Smart Heart Choices for Life* is available for purchase on amazon.com.

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