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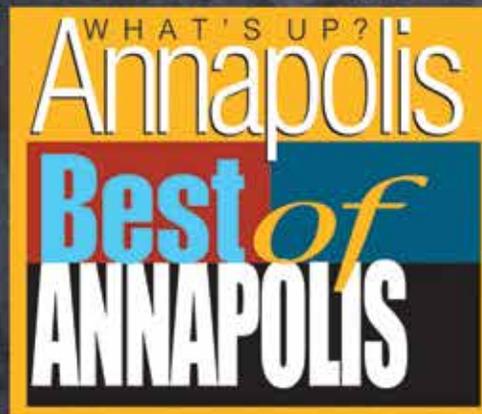
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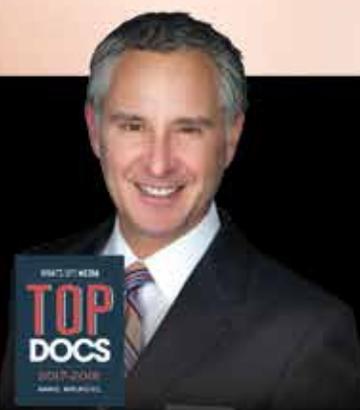
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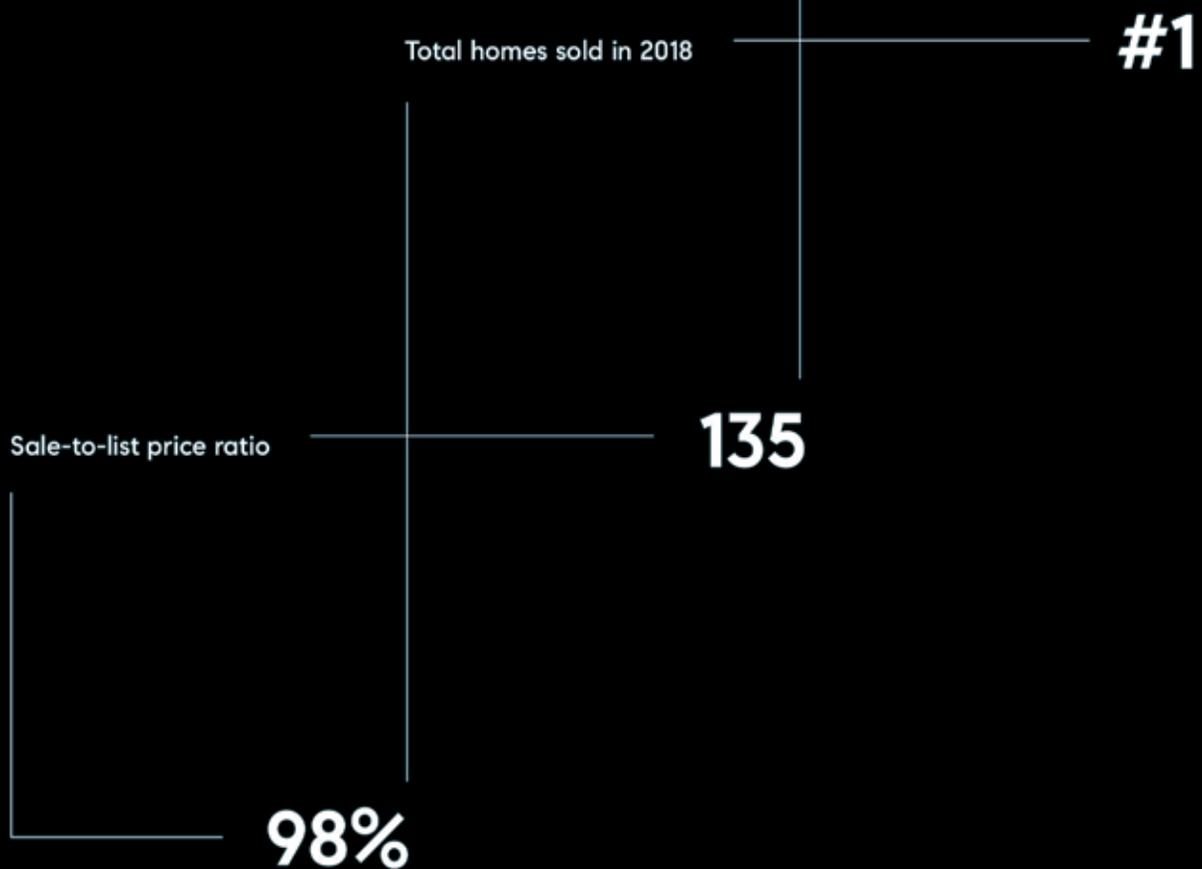


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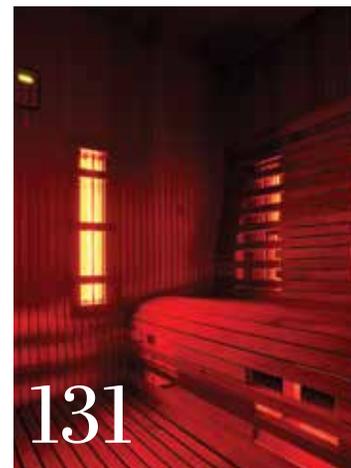
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January contents

On the Cover: We explore many paths toward the pursuit of happiness. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com
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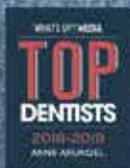
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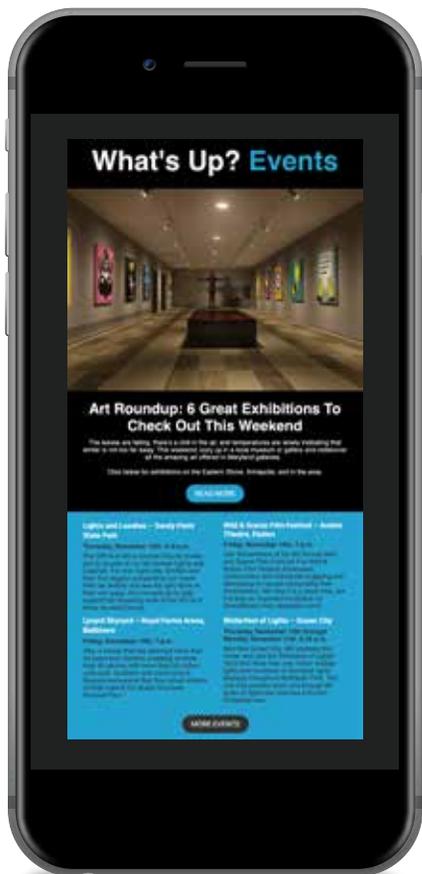


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From the editor

James Houck,
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I was recently perusing a Reddit thread—the worldwide social media platform founded by former Ellicott City resident and Howard High School graduate Alexis Ohanian—about entrepreneurship, and the topic was along the lines of famous business quotes. Of course, Henry Ford’s quip about the importance of advertising was mentioned (“A man who stops advertising to save money is like a man who stops a clock to save time.”) But another quote stood out to me, if only because What’s Up? Media and our publications had been experiencing the quoted phenomena and trying our darndest to break out of it. There are variations of the quote—which is more of a statement, as I can’t pin down who may have said it first—but it goes something like this (you’ve probably heard it before); “The six most dangerous words in business are: We’ve always done it that way.”

When I review our yearly editorial calendar each summer and begin planning for the following year, it’s easy to plug and play what’s worked well in the past. Feature topics and service projects that our readership has come to expect over the years; subject matter that’s our bread and butter. It’s an easy trap to fall into—planning future content just as we’ve done in the past.

As the bones of the 2019 editorial schedule fell into place and when our team began reviewing the schedule, there were nods and “yeses” and, yet, something was missing; that genuine sense of excitement that only comes when you’re experiencing something new. You know the feeling. We wanted that feeling.

So, our team of directors went to task, brainstorming ideas, which ultimately led to two main objectives for this year: (1) develop more in-depth column content and substantive feature articles and (2) a visual redesign of the magazine. What you have in your hands is the first issue of this effort.

In effect, the new year not only brings a *sense* of rejuvenation, but it is also the start of a reimagined publication. The changes herein may seem subtle at first glance (new fonts, white space,

and layout concepts not easily detectable), but if you stay the course and keep reading, you’ll find fresh perspectives and enhanced content inside.

What’s new in the new year? An “Economic & Finance” column by acclaimed economist Anirban Basu; “Annapolis in 2020,” a forward-thinking interview series that explores what, why, and how the city of Annapolis should evolve culturally and in all municipal facets; a rebranding of our departments and several longstanding columns; and, of course, our feature articles.

and beauty editor, has delivered an encyclopedia of facts, perspectives, and resources in her feature “Maryland’s Mental Health Crisis.”

I’ve only scratched the surface of what’s inside the pages of this issue. There’s more. Lots more. And I’d be remiss if I didn’t mention that the voting for the “2019 Best of Annapolis” contest kicks off this month. New this year: voting for *all categories* (food, shopping, home, health, beauty, and more) will take place during a two-month voting window, January 1st through

THE SIX MOST DANGEROUS WORDS IN BUSINESS ARE:

“We’ve always done it that way.”

In this issue of *What’s Up? Annapolis*, staff writer Fred Schultz’ “A Lone Voice Pursues the American Dream” explores the ripple effect that national immigration policy is having on Maryland industries and individuals. In another anchor article, “Making the Student into the Master,” staff writer Diana Love offers in-depth analysis of mounting concerns in children’s education and real solutions (being test driven at our local schools). And Kelsey Casselbury, our contributing health

February 28th. The ballot is inside and can be found online at whatsupmag.com. Oh yeah, we have a new website launching, too! Check out its debut later this month.

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Baltimore Boat Show ↑

The 2019 Progressive Insurance Baltimore Boat Show will drop anchor at the Baltimore Convention Center Thursday, January 24th through Sunday, January 27th. With more than 300 boats from the region's top dealers, there's something for every budget. Enjoy activities for the whole family, including a crab pickin' contest, the Touch-a-Boat tour scavenger hunt, model boat building, and more. Snag the best deals and head into summer ready to hit the water! Show hours are Thursday through Saturday, 10 a.m.–8 p.m., and Sunday, 10 a.m.–5 p.m. Admission is \$14 for adults and free for children 12-and-under. For more information, visit Baltimoreboatshow.com.



Photo by Cecille Storm Pictures

↑ COVER YOUR CHIN FOR CHARITY

Mark your calendars for the sixth annual Cover Your Chin for Charity closing ceremony Saturday, January 19th, 7:30 p.m. at the Waterfowl Building in Easton. This charitable beard growing contest kicked off in October when men shaved their facial fuzz, and traded their razor for three months of scruffiness to raise money for local charities. Anyone who donates will receive a ticket to the party, which includes awards for many categories, including the participant who collects the most donations. Cheers to beards! For more information, visit Coveryourchin.com.

↓ POLAR BEAR PLUNGE

More than 10,000 people from across the state will plunge into the chilly Chesapeake Bay at Sandy Point State Park to raise money for Special Olympics Maryland. The Polar Bear Plunge is the largest state-wide fundraiser with several different plunges to participate in, including the Super Plunge on Friday, January 18th; the Cool Schools Plunge on Thursday, January 24th; the Police and Corporate Plunge on Friday, January 25th; the Pee Wee and Family Plunge on Saturday, January 26th; and the Polar Bear Plunge on Saturday, January 26th. Enjoy live music, food and drinks, activities for all ages, and the satisfaction of freezing your fur off to benefit a great cause. Are you brave enough to take a dip into the 30-degree bay? Come find out and celebrate 23 years of the "coolest" Maryland tradition. A pledge of \$75 or more is required. For more information, including plunge times and registration, visit Somd.org.



The Three Little Pigs: A Children's Opera

Annapolis Opera presents *The Three Little Pigs: A Children's Opera* on Saturday, January 26th, 11 a.m. This exciting adaptation of a classic fairy tale is the perfect way to share the magic of live opera with the children in your life! This show is presented in partnership with Towson University's Opera in a Can. Tickets are \$16. For more information, call 410-267-8135 or visit Annapolisopera.org.



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BRUCE IN THE USA ↓

Bruce In The USA is much more than just another tribute. Coming to Rams Head On Stage Friday, January 4th and Saturday, January 5th, 8:30 p.m., this high-energy musical experience is a note-perfect and visually accurate re-creation

of a Bruce Springsteen & The E Street Band show. Matt Ryan, from the Legends In Concert cast, began playing the Springsteen character in 2000 in the Legends' full scale Las Vegas show. That great success led him to performances across the world. Tickets are \$35. For more information, call 410-268-4545 or visit Ramsheadonstage.com.

Photo by Joe Andrucyk



↑ Bosom Buddies Ball

Show your support for Bosom Buddies Charities at their 2019 "Turning Tears Into Triumph" Ball on Saturday, January 26th, 5:30 p.m. at the Westin Annapolis Hotel. Enjoy an elegant evening of dining and dancing, all while supporting Bosom Buddies Charities' mission to promote breast cancer awareness, encourage early detection, support treatment, and celebrate healing. Tickets are \$250 per person or \$3000 for a reserved table for ten. For more information, visit Bosombuddiescharities.com.



Party for the Arts

What's Up? Media, in partnership with the Arts Council of Anne Arundel County, will host a Party for the Arts on Thursday, January 31st, 5:30-7 p.m. for its newest exhibition, *New Hope*. Enjoy light refreshments while admiring the originals on display in the reception area of 201 Defense Highway. Guests will have the opportunity to meet the artists and vote for a "Best in Show" winner. The exhibit will be on display through April 12th. The reception is free to attend, but RSVP is requested. For more information, call 410-266-6287 or visit Whatsuptix.com.



NAVY HOCKEY

Head over to the McMullen Hockey Arena to cheer on the Navy Men's Division I Hockey Club team for its only home game this month. The Midshipmen will take on West Chester University on Friday, January 11th, 7:30 p.m. Admission is \$10 for adults, \$5 for youth, and free for Midshipmen. For more information, visit Usnahockey.com.

JUSTIN TIMBERLAKE: THE MAN OF THE WOODS TOUR ↓

Following the success of his highly anticipated album *Man of the Woods* and his Pepsi Super Bowl LII Halftime Show performance, Justin Timberlake announced the second leg to his North American tour. The 10-time Grammy Award-winning artist will bring The Man of the Woods Tour to Capital One Arena on Friday, January 4th, 7:30 p.m. Ticket prices vary. For more information, visit Capitalonearena.com.

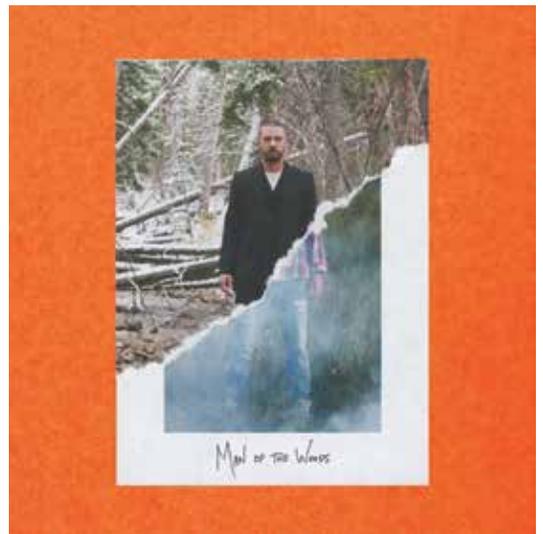


photo by ryanmoghileystudio

FOR MORE EVENTS VISIT OUR CALENDAR ON pg. 163 OR GO TO **WHATSUPMAG.COM**



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15 MINUTES WITH

Peter Bondra

Former Washington Capitals Star and Annapolis Resident

By Tom Worgo

Peter Bondra came close once to winning a Stanley Cup ring in his 14 years as a player with the Washington Capitals. Now, Bondra has one 11 years after retiring. The Annapolis resident received a ring for his contributions during the championship season working as Capitals' Director of Alumni Affairs and Business Development.

"I didn't win it, but I am part of the organization," Bondra explains. "Somehow, when I look at the ring, I think I am part of it."

Bondra, a native of Slovakia, began his current job in October of 2017. The timing was perfect. "It was so much fun having the year we had," Bondra says. "It made my transition easy for everything on the business side."

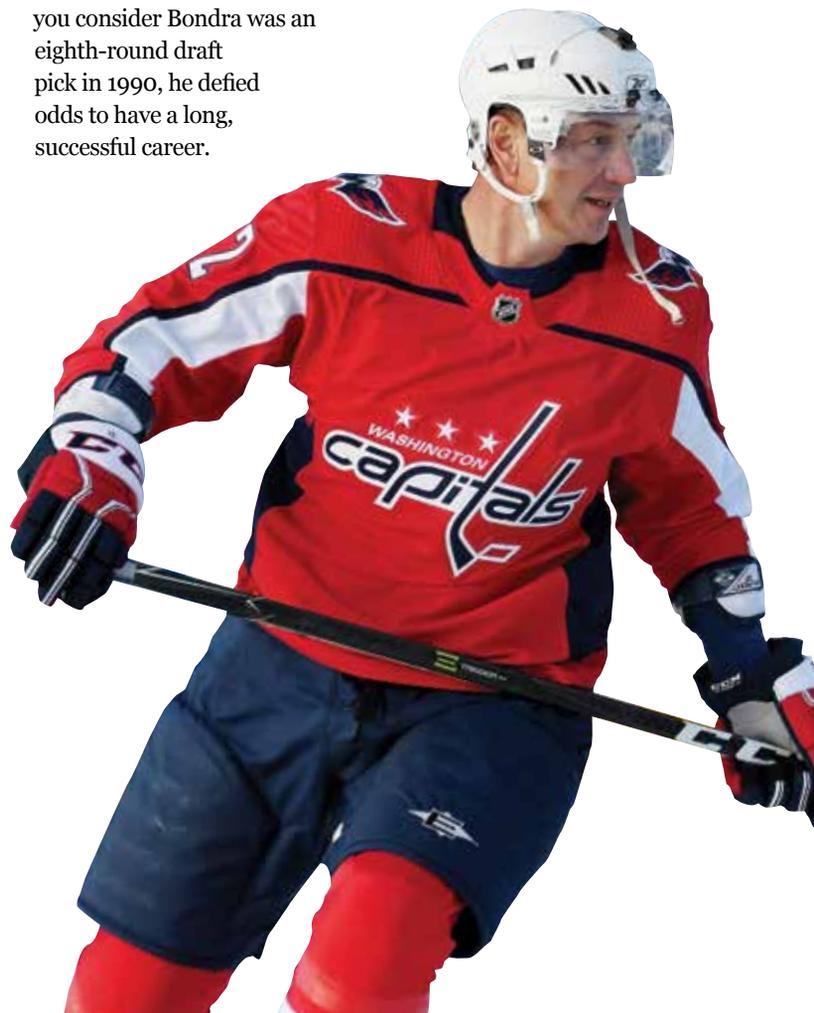
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I FELT FROM DAY ONE I WAS PART OF THE TEAM. I WAS PART OF THE TEAM BEFORE I GOT HIRED.

The 50-year-old Bondra loves his current hockey job, but he also has an interest in being an NHL coach or holding a front-office position. He's been a general manager before, serving in that role for Slovakia's national team. Bondra still looks like he can play, breezing through workouts at an area gym and hitting the ice for a light skate during alumni games.

For his accomplishments with the Capitals, the D.C. Sports Hall of Fame inducted him last year, and the International Ice Hockey Federation Hall of Fame in 2016. Before Alexander Ovechkin and Nicklas Backstrom, the 6-foot, 200-pound Bondra held several franchise offensive records. He's a five-time All-Star who finished his 17-year career, which also included time with Atlanta, Ottawa, and Chicago, with 503 goals, which ranks 43rd in NHL history. When you consider Bondra was an eighth-round draft pick in 1990, he defied odds to have a long, successful career.

Bondra also helped the Capitals in 1998 reach the Stanley Cup final, when the Detroit Red Wings swept the Cinderella team. What's Up? Media recently sat down to talk to Bondra about the Capitals winning the Stanley Cup, the ring he received, the satisfaction of his job, and watching his two sons play collegiate and professional hockey.



What was your reaction to the Capitals winning the Cup?

I am close to the team. The reaction was overwhelming. I think I almost cried. I was at Capital One Arena for a viewing party of 18,000-plus people and there were so many more people outside. It was a moment of joy and relief after 44 years of not winning. It really felt great. I am proud of it and it still feels great now when I think about.

Does winning the Cup bring a great sense of pride to the alumni? Are you hearing from alumni who haven't been engaged as much before?

It does. Whoever played for the Capitals should feel part of this celebration. We have tried to be more active. We are bringing more guys into town and making sure the fans see them on the JumboTron and interact with them. People are calling, saying hi, and sending notes. It's a good time to build my association deeper and create some new opportunities. We have the last couple of years.

How do you enjoy your job with the Capitals so far? What do you do?

I work with a great group of people, including (Capitals owner) Ted (Leonsis). It's a lot of fun to be honest with you. I felt from day one I was part of the team. I was part of the team before I got hired. This made it official. I am like in an ambassador role.

Peter Bondra retired from the National Hockey League in 2007, but he still skates in Capitals' alumni games. Photos Courtesy of The Washington Capitals.



There's meet-and-greets and Q-and-As with our clients who are the sponsors in the building. I interact with the fans. We try to be more active in the community and involve more guys to do good things.

What kind of changes did you bring to the Capitals Alumni Association?

To be more active. I created two events. One event in Annapolis was an alumni fantasy game. That was for a good cause. I sold the spots to fill up each team. We brought in over \$100,000 to Monumental Sports Entertainment charities. It was a good event, we got great feedback, and most of the participants are CEOs of companies. We did a Bourbon & Cigar Fundraiser. I had a chance to bring in a lot of guys who haven't been associated with the Capitals in the past. They came and we spent a good weekend together. It was all for a good cause.

How satisfying was it for you to watch your two sons play college hockey?

I was lucky because my kids got a chance to see me play. I am glad they got a chance to pursue their dream and play hockey. Nick is playing at Amherst College. My oldest son (David) decided to pursue a hockey career after Michigan State. He's having fun playing professionally (in Slovakia). He made the Slovakian National Team for the world championships. I was so proud of him and overwhelmed to see him play on that level.



From left: Peter Bondra, Capitals forward Alex Ovechkin, David Bondra, Nick Bondra

What do you do nowadays to stay in shape?

I am lucky to leave the game healthy and be active. I am a guy who has a lot of energy so I never sit on the couch. I always find myself doing something like going for a run, rollerblade, bike, playing tennis, or golf. When I retired, I tried playing soccer, but I took a beating. I work out (at an Annapolis gym) in the cold months three or four times a week. I do spin classes. I also have a gym in my house.

Do you spend a lot of time in your home country?

We usually go to Slovakia in the summer months. The reason we go there is we want to see family. We also like the weather. It's in the 80s and dry. The town is Poprad. It's located right on the mountains. I grew up there. I went to school and played hockey there. I see the coaches who I played for in my younger days.

After you retired, you could have moved anywhere. Why did you stay in in Annapolis?

It has to be over 20 years. I don't think I could find a better place to live. My kids grew up here. We are close to D.C. and Annapolis offers a lot of good stuff. You have downtown and the Town Centre. If you travel, you have three major airports.

What did it mean to you last year when you were inducted into the D.C. Sports Hall of Fame?

It means a lot. You don't think about that during your playing career. Now, you look back at what you have done and how long you have played here. It's good to get a hockey guy in to represent the Washington Capitals.

Annapolis Symphony Orchestra's Opening Night Celebration

On October 5th and 6th, the Annapolis Symphony Orchestra launched the start of its 57th season with an elegant Opening Night Celebration at Maryland Hall for the Creative Arts in Annapolis that included both Prelude and Encore parties, each with celebratory décor, international food, and an open bar.



Photography by Stephen Buchanan **1.** Festive décor mimicked a Parisian café **2.** Dick and Diane Fox **3.** Mary Kay Riehard and Patrick Nugent **4.** Buffy and Sandy Jordan **5.** Faith Diehl, Faith Goldstein, and Jesse Kunitz



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5

TOWNE SOCIAL

“Trying to Reason with Hurricane Season” Hurricane Party

On September 15th, the Annapolis Maritime Museum & Park hosted a Hurricane Party—making the most of difficult situation brought on by Hurricane Florence, which had led to the cancellation of the organization’s Boatyard Beach Bash just a week prior. Attendees enjoyed the music of Jimmy Buffet’s renowned band-mates, food, drink, and camaraderie to benefit the museum’s educational programs.

Photography by Stephen Buchanan 1. Gretchen and Pete Peters with Bill Bethke 2. David Meade and Candice Hilliard 3. Jack and Erica Kammer 4. Tom and Imogen Weaver 5. Patricia Nathanson, Kathy Wright, and Teri Nachazel



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Physicians Realty Trust Crab Feast

Physicians Realty Trust held their first annual crab feast on September 30th at the Annapolis Maritime Museum in Annapolis. The event benefitted the Champion Way Foundation, with proceeds supporting melanoma and pancreatic cancer research. Attendees enjoyed delicious crabs next to amazing views of the Chesapeake Bay.



Photography by Ted Mueller **1.** Guest enjoy picking crabs **2.** Terry Sullivan, Denise Keegan, Tracey O'Brien McGee, Mary Glauber, and Frank Fumich **3.** Steve and Sarah Moysey **4.** Kevin and Wesley Pehlke with Phil and Shaun Simonides **5.** Katie and Christopher DiLullo

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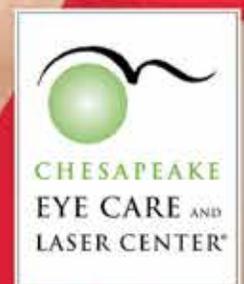
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Whiskey & Spirits Festival

What's Up? Media hosted its second annual Whiskey & Spirits Festival at the Navy-Marine Corps Memorial Stadium Akerson Tower Club on October 11th. Attendees enjoyed live music, light bites, and sips of premium whiskey, bourbon, vodka, rum, and more spirits. A portion of the proceeds benefited local charities.



Photography by Stephen Buchanan **1.** Stephen Holt (center/white shirt) of Premier Planning Group (lead event sponsor) with his staff **2.** Charlie and Carol Ann McCurdy **3.** Matt Lehman, Justin Mullin, Ryan Beard, and Tim Jaeger **4.** Brian and Anita Morgan **5.** Lynne Forsman, Erik Chick, and Melanie Quinn



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TOWNE SALUTE

Jenna Patcella

Senior Dog Sanctuary

By Caley Breese

A self-proclaimed “crazy dog lady,” Jenna Patcella has always had a strong love and connection to dogs. From owning a Dalmatian-Pit Bull mix named Rocky when she was young to her two Pit Bulls—George and Skye—Patcella has never met a dog she didn’t like.

Her love for these animals inspired her to volunteer with the Senior Dog Sanctuary, which provides a safe haven for older dogs. There, she helps with coordinating events and adoption days, as well as spending some quality time with the dogs. We recently sat down with Patcella to talk about her volunteer work and love for dogs.

How did you first get involved with Senior Dog Sanctuary?

I volunteered at the SPCA in Annapolis from October of 2013 until August of 2015, and then moved to Laurel, so the commute was a big commitment every day. I found the Senior Dog Sanctuary and started volunteering with them in August of 2015.

I really love volunteering and working with the dogs, so I was just there often, and they needed help with events, and that’s how I got started with helping on that side of things. This was my first time not really directly [working with the dogs]. Don’t get me wrong, I still go work with the dogs and cuddle them in their kennels and stuff like that, but I’m doing more stuff on the administrative side.

You helped run the Sanctuary’s first major fundraising event, “Senior Dog Prom,” last March. Can you talk about that event and your role in coordinating it?

The idea came from a woman I volunteered with at the SPCA. She was a social worker for Anne Arundel County, and one of her students at the school she worked at had the idea of having a dog prom. We were like, “What if we did the senior prom?” It was a great idea that we were able to run with.

There was a silent auction, which was our main fundraising, and people were able to sponsor it. We included them on our website, did social media shout-outs, and put them in our program. It was a buffet-style dinner with a DJ, dancing, table games, and casino-like games. People received raffle tickets, and then they were able to purchase

“I really love volunteering and working with the dogs, so I was just there often, and they needed help with events, and that’s how I got started with helping on that side of things.”

additional raffle tickets, and the tickets were votes for dogs, so we had them vote for prom king and queen. (Save the date for this year’s Senior Dog Prom, which will be held on Saturday, March 30th).

The Senior Dog Sanctuary’s first “Senior Stroll” took place in November. What gave you this idea for it? Tell me about the event.

We needed a walk. Walks are the most lucrative fundraising event. We were thinking of doing something that related to seniors, and so Senior Stroll.

It was a fun, family-friendly event at Quiet Waters Park. There was a one-mile and a 5K walk option for people and dogs of all ages; not just seniors. We had a bunch of vendors, music, and food trucks. It’s just a great time to spread awareness about our facility and raise some money.

When people help raise these funds and donations, what are they helping the Sanctuary accomplish?

Medical care. One thing Senior Dog Sanctuary does not ever skimp on is medical care. It is privately funded by our executive director. All the donations, though, go toward supplementing that

medical care. They make sure everything possible is tried to care for the dog and make sure that they're not in pain. Every dog gets joint supplements and things they need, and we make sure that they're comfortable with their food; they don't eat whatever food comes in. They're a little older, so they sometimes need a little bit better quality food. It all goes toward medical care.

You run the "Live in the Green Room" Facebook videos. Can you talk about that? What motivated you to start these videos?

Social media live videos seemed to be what reaches the largest audience, so we started to do "Live in the Green Room" as a way to highlight dogs because they don't always show the same way in kennels that they do when

they're out of the kennels. It is a way to show the dogs and their personalities. A picture only goes so far, so it's nice to be able to see them live. A different dog is featured every time, and it's just a couple of minutes. Short, sweet, and to the point.

What do you hope Senior Dog Sanctuary can accomplish in the future and do you have any personal goals with them?

My personal goal is to see them be able to be self-sufficient, being able to raise enough money to cover all the costs that we need. Just because no money source is limitless; you're going to run out. I would like to see them be able to be self-sufficient and sustainable for the years to come.

You've fostered one of the dogs from the Sanctuary for a few years now. What has that experience been like?

Seniors are different. They're more laid back. I sound so crazy saying this, but they really appreciate what you give them, and you can just tell how much. It's just so rewarding, especially because when you first bring a dog home, they're not really attached to you. She didn't know who I was. She was very distant, and now it's like the second she sees me, her little nub goes a mile a minute. It's so rewarding to be able to earn their love.

She's been a foster because she was terminally ill. We thought she was going to pass. She has a couple of issues with medications and

prescription food, so it's a little more than I'm able to afford. Which, again, is really nice about the program because they provide the food and medical and everything. She goes to the vet often. We provide all the love. It's going to be so hard now because I was mentally trying to prepare myself for just a week or two, and now that it's been so long, she's a member of my family.

For more information on Senior Dog Sanctuary, visit seniordogsanctuary.com

Do you have a volunteer to nominate? Send What's Up? an email to cbreeze@whatsupmag.com.

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Editorial Director James Houck and Publisher and President Veronica Tovey. Photo courtesy of Folio.

What's Up? Media Wins 2018 Folio Eddie and Ozzie Award

What's Up? wins again! In October, What's Up? Media was awarded a 2018 Folio Eddie and Ozzie Award for best single article in the City and Regional North East Region. The winning article was "Hot Summer Night" by Marimar McNaughton, and was featured in the February 2018 issue of *What's Up?* magazine. Editorial Director James Houck and Publisher and President Veronica Tovey accepted the award at the gala celebration in the Trianon Ballroom at the New York Hilton Midtown.



Left to right: Annapolis Symphony Orchestra Executive Director Patrick Nugent; Meals on Wheels of Central Maryland Deputy Executive Director Holly Blackledge; Community Foundation of Anne Arundel County President and CEO Mary Spencer; Jeff Jacobs and Richard McClure of Carrol's Creek Cafe; USNA Glee Club members Midshipmen 1st Class Jackie Neville and Sam Baker; and USNA Professor and Glee Club Advisor Dr. Aaron Smith. Photo by Tony J Photography.

The Blackwall Barn & Lodge Opens

The Blackwall Barn & Lodge, which replaced J. King's restaurant, opened in October. The farm-to-table restaurant, located in Gambrills, includes a dining room and bar for up to 120 people, a banquet room that can seat 180 people, and a covered patio with a fireplace, which can accommodate around 45 people. In addition to lunch, dinner, brunch, and happy hour, the rustic-inspired Blackwall Barn & Lodge also serves as a venue for weddings, parties, and corporate events.



Photo by Madison Short



Photo courtesy of The Brass Tap

Maryland Local Opens Second Brass Tap Location in Annapolis

Following the success of his Baltimore location, Barry Lowenthal, opened his second franchise location of the craft beer bar, The Brass Tap. Located in the Westfield Annapolis Mall next to The Cheesecake Factory, The Brass Tap is a high-end beer bar that offers 50 drafts, focusing on local and regional premium craft beers, such as Union Skipjack (Baltimore), 3 Stars Southern Belle (D.C.), and Jailbreak T-Funk (Laurel). The Brass Tap also serves pub food, including burgers, wings, pretzel bites, and house-made tater tots.

Carrol's Creek Café Gives Back to Community in Honor of Its 35th Anniversary

Carrol's Creek Café celebrated its 35th anniversary in October. In honor of this milestone, the Eastport-based restaurant, which overlooks Spa Creek, gave back to the community by donating \$35,000 to local nonprofits, as well as offered its customers a special three-course dinner menu special for \$35. Carrol's Creek presented \$5,000-checks to seven organizations, including the Annapolis Symphony Orchestra, the Community Foundation of Anne Arundel County, Eastport Elementary School, Food Allergy Research at Johns Hopkins Children's Center, Lighthouse Shelter, Meals on Wheels of Central Maryland, and the Naval Academy Glee Club.

EVOLUTIONS ANNAPOLIS RECEIVES MINDBODY VISIONARY AWARD →

Evolutions, a health club in Annapolis, was honored with the inaugural 2018 MINDBODY Visionary Award, which recognizes business excellence. MINDBODY, which presents the nationally-recognized award, is the leading technology platform for the fitness, beauty, and wellness industries. Evolutions has been in business for 17 years, and offers a variety of services, including group classes, free weights and machines, nutrition consulting, massage, and more.



Photo by Coyle Studios for Evolutions Annapolis

Labbe Family Orthodontics Partners with Walk the Walk Foundation

Labbe Family Orthodontics (LFO) and Walk the Walk Foundation (WTWF) have partnered up to give back to the community. In August, members from LFO and WTWF worked together to fill hundreds of backpacks for students for the current school year during WTWF's Backpacks for Kids drive. Along with various school supplies, the backpacks also included a supportive and encouraging note for each child. The orthodontic group plans to partner with WTWF again in 2019.

CHILDREN'S THEATER OF ANNAPOLIS RECEIVES GRANT TO FUND LED LIGHTING PROJECT

Phillips Charitable Foundation awarded Children's Theater of Annapolis (CTA) a grant in the amount of \$20,952. This money will assist CTA's theatre lighting system, allowing them to install state-of-the-art LED lights, which will help save energy, reduce energy costs, and bring its production capabilities up to a higher level. Replacing the theatre's current lighting system with LED lights will allow it to have safer-hanging lights and offer a larger variety of design and color choices.

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Café Mezzanotte Reopens After Renovations ↓

In September, Café Mezzanotte reopened after undergoing six weeks of renovations. The renovation celebrates 10 years of ownership under Kosmas "Tommie" Koukoulis, who bought the space in 2008. The updated restaurant includes new tables, chairs, flooring, lighting, décor, a new exterior restaurant sign, and more. Moreover, the dining room, lounge, and banquet rooms were expanded. Twenty new menu items were added, including new additions to the beer and cocktail selection.



Photo by Tony J Photography



PASTICCIO FRESH ITALIAN KITCHEN OPENS IN ANNAPOLIS

Pasticcio Fresh Italian Kitchen opened in May. The restaurant, located on Jennifer Road, offers a casual fine dining experience with a diverse menu, including handmade pastas, New York-style pizzas, subs, and more. Italian-born chef and owner Antonio Capuano designed the restaurant with a large kitchen and limited seating area, making the restaurant perfect for quick takeout and delivery. Pasticcio also offers catering for various party sizes.



Left to right: County Executive Appointee Sunhee Kim Jung; Arts Council of Anne Arundel County Executive Director April Nyman; What's Up? Media Publisher and President Veronica Tovey; and Arts Council of Anne Arundel County Board President Michael N. Russo, Jr. Photo by Steve Buchanan Photography

What's Up? Media Gives \$1,000 to Arts Council of Anne Arundel County

Veronica Tovey, publisher and president of What's Up Media, presented a \$1,000 check to the Arts Council of Anne Arundel County.

Executive Director April Nyman, County Executive Appointee Sunhee Kim Jing, and Board President Michael N. Russo accepted the check during the opening of What's Up?

Media's sixth art show, *The Ordinary*. This money will support the Arts Council of Anne Arundel County and its mission in advocating for artists in the county. At the event, the first-place artist for Best in Show was awarded to Jeanne Fryer for her oil painting, *AYC Frostbiting*.

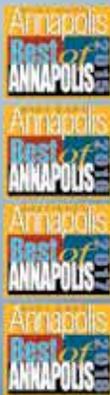
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TOWNE ATHLETE

Rachel Spilker

Severna Park High School
Lacrosse, Basketball, Soccer

By Cate Reynolds

Rachel Spilker can't remember a time when she wasn't playing a sport. For Spilker and her three siblings, playing sports has always been a family affair, and they've always kept their parents busy with a full schedule of practices and games. It's clear that lacrosse has become the family favorite, and now, the Spilker name and lacrosse seem somewhat synonymous.

Spilker's older brother, Logan, plays midfield for the Naval Academy (c/o 2021), while her sister, Erika, a defender, captained Penn State for three years.

Rachel, a senior at Severna Park, has played for the Falcons' varsity lacrosse team since her freshman year, and served as captain last spring. She recently finished her final season with Maryland United Club Lacrosse team, where she has played since fifth grade.

"Rachel is such a hardworking, determined, relentless player who is always giving her best effort on the field," Severna Park's Girls Lacrosse Coach Kaitlyn Fuller says. "Her teammates rely on her abilities, positive attitude, and leadership."

It didn't take long for Spilker to gain the attention of college recruiters, and she began to seriously consider her options. When it came down to Penn State and Yale, Spilker knew exactly where she wanted to go. She verbally committed to Penn State for a lacrosse scholarship in the fall of her sophomore year, and signed a National Letter of Intent this past November.

"I talked to some other schools, and there were many that I was interested in," says Spilker, who plays midfield. "But when it came down to it, I knew Penn State was the right place for me."

After spending so many years watching her sister play for the Nittany Lions, Happy Valley already feels like a home away from home for 17-year-old Spilker. She began to get to know the program through her sister's involvement, which made her decision to commit that much easier.

"My coaches played a super big role in me sticking with sports for so long, and wanting to play in college, even when I've doubted myself and my abilities, their support has always motivated me."

"It's a bit stressful going into it, living up to [my sister's] name," Spilker admits. "But it's also comforting to know she went through the same thing. She's always been a big supporter of me, and that's something that means a lot."

Though lacrosse is a huge part of Spilker's life, she's made it clear that it isn't her only priority. She plays on both the Severna Park varsity soccer and basketball teams, and captained her basketball team last season. The 5-foot-8 point guard helped the Falcons' basketball team to an 18-9 record and the Class 4A regional championship game appearance.

"This past year, we had a very young team as all five starters had graduated the previous year," Severna Park's Girls Basketball Coach Kristofer Dean says. "We put a lot on Rachel's shoulders, and she responded better than we could have imagined. I do not think there is a player that works harder than she does on the floor."

Spilker is also a member of her high school's Leadership Institute, one of the school's signature programs. Students involved in the program participate in service projects

that benefit local charities and organizations. This past summer and fall, Spilker, along with other members of the group, raised money and collected supplies for a school in need.

Despite her busy athletic schedule, she still makes her school work a top priority. Spilker has a weighted grade point average of 4.43. She's taken honor courses throughout high school, has taken a total of six advanced placement courses, and has been a top scholar athlete every season.

"I really like to challenge myself in school," Spilker says. "I just think it's really important. [My schedule] can get a little bit chaotic, but in a way, I feel like that's a good thing because it keeps me in a routine and on top of things."

Though Spilker isn't sure what she'll study in college yet, she's looking forward to playing lacrosse, which starts in the fall with practices and scrimmages. The First Team All-County pick credits her high school coaches for her development.

"My coaches played a super big role in me sticking with sports for so long, and wanting to play in college," Spilker says. "Even when I've doubted myself and my abilities, their support has always motivated me."

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



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R-E-S-P-E-C-T

Current economic expansion has not felt the love, until lately

By Anirban Basu

This has been the Rodney Dangerfield of economic recoveries. One would think that the current economic expansion would garner much respect. The recovery is now neatly into its 10th year, and is now the second longest on record. Absent the onset of what would be a very surprising recession by mid-year 2019, this will become the longest period of economic growth in America's history. That's impressive given how much the U.S. economy has achieved over the course of nearly a quarter-millennium.

Over the course of time, the expansion has produced nearly 20 million net new jobs, driven unemployment toward multi-decade lows, and produced an unprecedented level of available job openings. Additionally, it supported a stock market boom that has produced previously unknown levels of financial wealth, and which has supported a substantial rebound in both nonresidential and residential values. The expansion has also provided support for state and local governments to recover financially, which in turn has translated into significant growth in infrastructure spending even absent a federal stimulus package. Between August 2017 and August 2018, construction spending in many infrastructure categories grew robustly, water supply (plus 37 percent), conservation and development (plus 34 percent), transportation (plus 23 percent), and highway/street (plus 14 percent).

Despite all of this, for years, the current economic expansion was viewed as disappointing. People complained, and many still do that wage growth was too soft. Yet others complained about sub-par Gross Domestic Product and productivity growth.

But that has changed more recently. Consumer and business confidence have been surging. Tax cuts passed late last year seem to have unleashed some positive animal spirits, creating a level of enthusiasm for the economy that had not been observed during its early years.

While many fretted about tariffs and trade wars, thus far the damage has been minimal for most economic actors. Trade agreements have already been reached with Mexico, South Korea, and Canada. The U.S. and European Union remain engaged in trade negotiations, and there is every reason to believe that America's European allies will eventually see fit to

open their markets more fully to producers representing the world's largest national economy. The wildcard, is of course, negotiations with the Chinese, who are associated with the world's second-largest economy. However, several months ago, it appeared to be America versus the world. Now, it's the U.S. versus China, with the implication being that the level of prospective disruption to trade will likely end up being far smaller than what was feared in early-2018.

Peak around the curtain, however, and there remain items to be concerned about. The national debt has crossed the \$21 trillion mark. The federal fiscal year that began on October 1st will be associated with an annual budgetary shortfall exceeding a billion dollars, according to the nonpartisan Congressional Office. This is occurring at a time of relatively rapid national growth, which means that America has yet to constrain its habit of excess federal spending.



Then there is the matter of burgeoning inflationary pressures and rising interest rates. For now, asset prices, whether stock prices, home prices, or commercial real estate values, have managed to increase even in the context of rising costs and tighter Federal Reserve policy. In late-September, the Federal Reserve raised interest rates again, this time bumping the Fed Funds rate up to 2.25 percent from two percent. That marked the third time this year and the eighth time over the past three years that the Federal Reserve has tightened monetary policy in this manner. While raising rates, Fed officials expressed confidence in the near-term performance of the economy.

But all good things must come to an end, and if inflation becomes more apparent in the year ahead, financial markets are unlikely to perform nearly as well as they have been, especially if the

Fed continues to tighten in response. A significant decline in asset prices likely represents the leading threat to the U.S. economy in 2019 and beyond. The next downturn is unlikely to be nearly as severe as the 2007–2009 episode, and may look far more like the 2001 recession, which lasted less than a year, but which also destroyed a considerable amount of financial wealth in the process.

The wildcard, is of course, negotiations with the Chinese, who are associated with the world's second-largest economy.



About

Anirban Basu

Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, with offices in Pennsylvania and Cambodia. The firm provides strategic analytical services to energy suppliers, law firms, medical systems, government agencies, and real estate developers among others.

In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. He also serves as chairman of the Baltimore County Economic Advisory Committee. He is also the Chief Economist to Associated Builders and Contractors and Chief Economic Advisor to the Construction Financial Management Association. He serves similar functions for Visit Baltimore, the Maryland Association of Realtors, and Marcum, LLC.

He lectures at Johns Hopkins University in Global Strategy and has also taught international economics, urban economics, micro- and macroeconomics at Hopkins. His radio show can be heard weekdays on 88.1FM, WYPR, Baltimore.

In both 2007 and 2016, the Daily Record newspaper selected Mr. Basu as one of Maryland's 50 most influential people. The Baltimore Business Journal named him one of the region's 20 most powerful business leaders in 2010.

Basu has been on many boards including First Mariner Bank, the Baltimore City Public School System, Port Discovery, the Baltimore School for the Arts, and Union Memorial Hospital. He is currently on the boards of St. Mary's College, the University System of Maryland Foundation, the Center for Emerging Media, the Lyric Opera House, and the Archdiocese of Baltimore School System.

Basu earned his B.S. in Foreign Service at Georgetown University in 1990. He earned his Master's in Public Policy from Harvard University's John F. Kennedy School of Government, and his Master's in Economics from the University of Maryland, College Park. His Juris Doctor was earned at the University of Maryland School of Law.



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THE 2019 MARYLAND LEGISLATIVE SESSION PREVIEW

NEW GUN-RELATED LAWS, MORE CASINO-BASED SCHOOL FUNDING, A CONTINUING OPIOID EPIDEMIC, AND A 20-YEAR TRANSPORTATION PLAN | **BY MARK CROATTI**



Last year, the Maryland General Assembly focused on transportation projects delayed since the 2017 session, an opioid epidemic that had claimed more than twice as many lives in 2017 than in 2016, and the local impact of a national focus on Confederate-era statues. That issue came to the forefront after a Charlottesville, Virginia, march on August 17, 2017, by white supremacists ended with the killing of 32-year-old Heather Heyer, who was run over by a car driven by a

neo-Nazi. While it had already been in the planning stages, right after Heyer was killed—in the dead of the night—Maryland quietly removed the statue of Supreme Court Chief Justice Roger Taney, who had ruled against Dred Scott in 1857. While for many, a painful chapter in Maryland's past had been removed from public display, no one could have foreseen that Maryland was about to endure an extremely heartbreaking 2018.

A YEAR OF TRAGEDY

Last March 14th, a 17-year-old killed a classmate, Jaelyn Willey, at Great Mills High School in St. Mary's County—Maryland's first student-student shooting fatality on a school campus. On May 10th, Baltimore County Executive and Democratic gubernatorial candidate Kevin Kamenetz died of a heart attack (Ben Jealous then won the Democratic Party's nomination). On May 27th, the second major flood in three years (and the third in seven years) roared through Ellicott City, killing Eddison Hermond. On June 13th, University of Maryland freshman offensive lineman Jordan McNair died from heatstroke after the coaching staff waited almost a full hour to call paramedics (several coaches, were placed on paid administrative leave, including Head Coach DJ Durkin, who was eventually fired). On June 28th, Jarrod Ramos, long disgruntled by a 2011 *Capital-Gazette* article about him (and the dismissal of his defamation lawsuit in 2015), went to the newspaper's headquarters with a shotgun and killed editors Gerald Fischman, Rob Hiaasen and John McNamara, reporter Wendi Winters, and sales assistant Rebecca Smith. It was the first major attack on a newsroom in American history. An exhausted Governor Larry Hogan, himself recovering from cancer treatment, raced to crime scenes and police barricades and memorial services seemingly round-the-clock. "That's our hometown newspaper, and it was a shock to all of us," Hogan told What's Up? Media. While most of these events occurred after Maryland's 2018 General Assembly session ended, legislators responded after the Great Mills High School shooting; a record 3,101 bills were submitted by the end of the session, many targeting crime-related issues ranging from reducing violence in Baltimore to increasing school safety in general. On April 24th, Hogan signed into law three new gun regulations, including banning bump stocks— "rapid-fire trigger activators" that accelerate fire in semiautomatic weapons—allowing judges to seize guns from people planning to cause harm, and requiring people convicted

of specific domestic violence offenses to prove they do not have a firearm. The governor also signed two other major laws in 2018, one to provide free community college to qualified applicants and another to usher in the “Maryland Model” of health care by “adopting the first alternative payment model to shift hospital payments to full global budgets,” according to Seema Verma, Administrator of the federal Centers for Medicare and Medicaid Services (CMS). It’s all part of a record \$45 billion budget, which is up from \$43 billion the year before.



WHAT’S AHEAD IN 2019 SCHOOL FUNDING

Maryland’s budget for 2019, extending into the fiscal year 2020, is expected to top a record \$47 billion. Education, health care, and transportation projects will once again lead the way as budget priorities. In fact, by the time a new Maryland legislature is seated in January, one issue will have already been decided regarding school funding from Maryland’s six casinos, a topic highlighted in last year’s legislative session preview. Voters will determine in November if the state should be mandated to spend 100 percent of casino revenue on K–12 education. This could supplement school funding from casino revenue by up to \$500 million annually when fully phased in over a four-year period.



OPIOID CRISIS

The biggest issue left over from the 2018 legislative session is the horrific opioid epidemic. Maryland remains one of the top five states in opioid-related deaths nationwide with totals that have exceeded the national average since 1999. The Maryland Department of Health said that fentanyl, combined with heroin or cocaine, was responsible for a 20 percent increase in opioid-related deaths in 2018 (after setting a record in 2017). Maryland is expanding its crackdown on those who provide these

drugs. After Hogan suggested suing opioid manufacturers and distributors, Attorney General Brian Frosh called for an outside law firm to help go after them by providing special litigation counsel in his ongoing investigation.



MARIJUANA

Last year, State Senator Richard Madaleno sponsored a bill to legalize recreational marijuana and levy a nine percent tax to pay for community college tuition and treatment for opioid dependency, among other things. It didn’t pass, but the General Assembly did approve an increase in the number of medical marijuana-grower licenses from 15 to 22. While Democratic gubernatorial nominee Jealous was advocating legalizing marijuana as part of his criminal justice reform plan, a General Assembly bill that would have decriminalized possession of one ounce of marijuana (up from the current ten grams), proposed by Baltimore County State Senator Bobby Zirkin, did not advance after passing in the Senate. Ten grams “was a number picked out of the sky by the House Judiciary committee,” Zirkin told *The Baltimore Sun*. Other states have decriminalized amounts ranging from 21 to 42.5 grams.



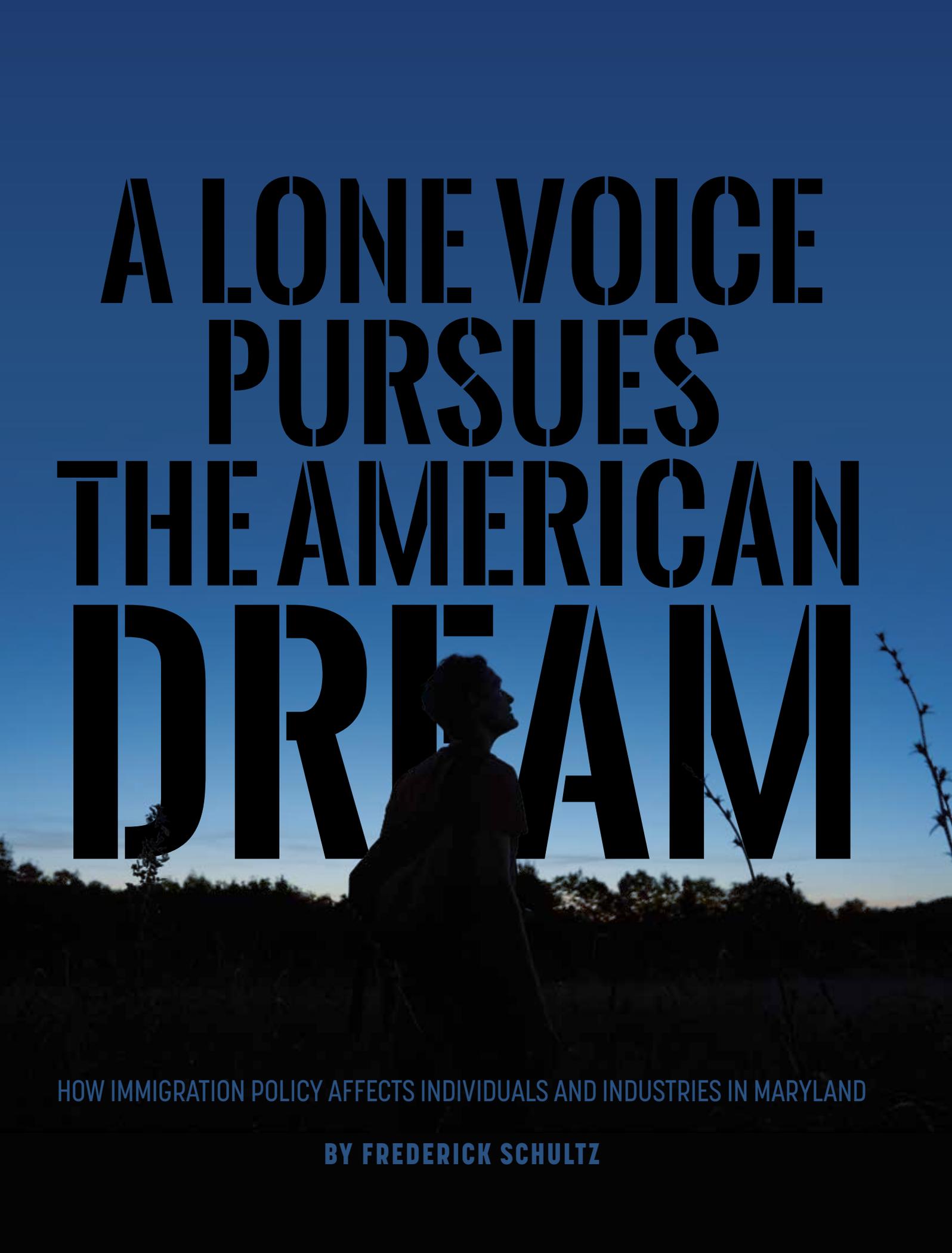
TRANSPORTATION

In August, the Maryland Department of Transportation (MDOT) announced a new reconstruction project that will start in Wicomico County at a 60-foot-road intersection on U.S. Route 50 costing \$3.14 million that won’t finish until the 2019 legislative session ends, one of several recent Eastern Shore state highway initiatives. These and other related projects will become commonplace under the 2040 Maryland Transportation Plan to be unveiled in 2019 as part of a 20-year strategy to “modernize Maryland’s multimodal transportation system,” according to MDOT. Every five years the department updates its identification of specific aviation, bikeway, bridge, pedestrian, port, road, and transit projects that will

be funded. A more immediate concern is old Ellicott City. Estimates of what it would take to make the city safe have gone into the tens of billions of dollars—and even that might not work, some say. There are several reconstruction ideas being considered, including destroying some of the remaining historic buildings along the Patapsco River and designing a river walk to accommodate future flooding. There may be a new face in store for a city that dates back to 1772 and boasts the ruins of the Patapsco Female Institute and such Civil War-era history as a makeshift Union army base and the theater where a young John Wilkes Booth allegedly first performed.

The General Assembly will also take interest in the final report of the investigation into the death of University of Maryland football player Jordan McNair. Those include allegations by *The Washington Post* that the school had rejected a plan to place the health care of its football players in the hands of an independent body so that doctors, rather than coaches, would decide if an athlete needed immediate medical attention. The rest of the agenda for 2019 will come into focus “after the general election, given the turnover in the legislature,” Alexandra Hughes, Chief of Staff to House of Delegates Speaker Michael Busch says. Indeed, after November, old Ellicott City might not be the only Maryland landmark with a new face, since this is shaping up as one of the most intriguing midterm elections in Maryland’s history, with the looming fight over redrawing Maryland’s electoral districts in 2020 waiting in the wings for the next body of legislators.

Mark Croatti teaches Comparative Politics at The United States Naval Academy and The George Washington University. He is also the Director of The Hall of Presidents Before Washington at the Westin Annapolis hotel. He has covered state politics for various publications since 2004.



A LONE VOICE PURSUES THE AMERICAN DREAM

HOW IMMIGRATION POLICY AFFECTS INDIVIDUALS AND INDUSTRIES IN MARYLAND

BY FREDERICK SCHULTZ



The largely silent people who comprise the immigrant Latino population in this region are scared in the current political climate, so much so that no one is willing to talk—except one.

“America: Love It or Leave It” was a derogatory slogan in the 1960s and early ’70s aimed at anyone who opposed U.S. involvement in the Vietnam War. Some of their convictions were so strong that people did, in fact, “leave it” and made new lives for themselves elsewhere, Canada being a preferred destination.

Today, most immigrants in this country do “love it,” for various reasons, and they desperately don’t want to “leave it.” But many are confronted with uncertain futures and the prospect of deportation. They are mostly from Latin America, they are a legion among us, and they are the principal force behind this story.

IT’S ALL COME DOWN TO THIS

On any given night, headlights shine through windows at 2 a.m. and shut off quickly when unrecognized vehicles drive up. Full pickups and cars park haphazardly in the dark. Doors opening and closing make a loud thump after mattresses and other rudimentary furniture are hastily loaded and unloaded. School children, making no eye contact as they hurry by, scramble to catch the bus in the morning and scurry to open front doors whence they came after being dropped off in the afternoon.

Spanish-speaking men in landscaping-company T-shirts, 17 of them in all, file out of a parked Winnebago motor home and into a Mexican food takeout on a day when tacos are the special. An English-speaking construction worker waiting in line says to no one in particular, “I bet they even live in that thing.” One of the braver young men speeds to the front door atop a stand-up Gravely mower to pick up his own quick lunch so he can get back to work, maybe unnoticed. Short-order cooks across the city usually just nod and smile when asked a question as they try to find somebody else to answer it while they slave away over a hot grill.

Anyone who speaks anything but English seems more frightened these days, with seemingly constant looks of distrust on their faces. In at least one case, a man admits that even his wife, a Canadian, is now apprehensive about living in the United States.

But still no one wants to tell their story, and understandably so.

NO ONE TO DO THE WORK

For those having watched these scenarios and at least indirectly allowed them to play out, the old saying “Be careful what you wish for” is now rearing its ugly head. The impact of deportation and other crackdowns on illegal immigrants goes mostly unnoticed at worst, and underappreciated at best, until it starts to affect the lives of larger and larger parts of the consumer population.

The more affluent among us have begun noticing that fewer workers are available to perform menial tasks like tree-trimming, fence-building, swimming-pool digging, housekeeping, and landscaping. For example, as anecdotal accounts have it, weekly lawn-mowing last summer had gone to

every two weeks, attributed mostly to the worker shortage.

Hit especially hard—and well-reported by local media—has been the seafood-processing industry, where visas for temporary seasonal Mexican laborers last spring went from “first-come, first-served” to a lottery system with no guarantees. According to Tom Jockel, a manager at Annapolis Seafood Market, “The visa lottery has had a big impact on both product and availability—and thus price.” Those temporary visas for migrant workers are what kept the same people coming back to the Eastern Shore for decades “just to pick crabs and shuck oysters,” Jockel explains. “And nobody local wants to do that work.”

From someone who helps run one of the largest retail seafood operations in the area, Jockel says “the atmosphere has a lot of people nervous—what the next ‘rule change’ is going to bring to immigrant status in general.” The bottom line for this part of the business, Jockel warns, has changed at an astonishing rate in less than a year: “One of the packers we buy from got no visas for their annual seasonal migrant workers, and the company’s production is only at 30 percent. No one else local wants to step in and do the work at entry-level wages. Even base-pay raises haven’t worked.”

One wholesaler of Chesapeake Bay seafood products is reportedly considering moving his entire operation to Mexico, seeing it as more cost-effective to bring the jobs to the workers and not buy into the current visa trend.

IN SEARCH OF IMMIGRANT STORIES

We wanted to learn first-hand how immigration policy is now affecting the “American Dream” for immigrants. We started by speaking with Ward 5 Annapolis Alderman Marc Rodriguez, a native of Mexico, soon after his return from a trip in August to Dilley, Texas, which was covered thoroughly in *The Capital*. He had assisted at the South Texas Family Residential Center for



Women pick crabs at the W.T. Ruark Seafood Co., on May 17th, 2018 in Hoopers Island, Maryland. Due to a new lottery system this year several seafood companies failed to get temporary H-2B visas for their mostly Mexican workforce that has been coming to the Maryland eastern shore for over two decades to pick the crab meat that is sold in restaurants and stores on the east coast. (Photo by Mark Wilson/Getty Images)

asylum seekers with children separated from their mothers before what is called a “credible fear” interview. Most are from the triangle countries of Guatemala, Honduras, and El Salvador, and, Rodriguez says, “they had been literally running for their lives.”

Tying that experience to Annapolis, the alderman says that Central American organized-crime groups more easily “threaten and extort” their countrymen in this region because asylum seekers are afraid of local law enforcement officers, the main reason being that they have never had good experiences related to people with badges. He told us that he might be able to persuade a couple he knew to talk to us. But after a rather long wait, the Mexican man and woman he was pursuing decided against it.

Rodriguez suggested that we contact Adriana Lee, the city’s first full-time Hispanic Community Services Specialist, who is a font of knowledge concerning the exhaustive services being made available to help immigrants in Annapolis. But telling the stories of some of the people she has helped, much less hooking us up with someone willing to

talk, was understandably out of her purview. So, she offered the business card of Sean Schneider, executive director of Centro de Ayuda (Center of Help), with the motto “Building lives for new Americans.”

According to Schneider, the nonprofit center’s mission is “to assist all immigrants—not only Latinos, but, to date, also people from Macedonia, Korea, Japan, China, and Bangladesh—to integrate into the local society.” He offered to try finding someone who would agree to an interview, but our conversation went in an unexpected direction. “No wonder you’re having a problem getting people to talk,” he says, “because there’s that fear among them that is pervasive, especially among Salvadorans.” Schneider went on to recall an article he wrote last spring for the *Capital-Gazette*, promoting an event his organization hosted. “I subsequently received vehement emails, with racial epithets and threatening violence. And they all hid behind anonymity, sending their messages from trash email accounts.”



A CONVERSATION WITH 'SALVADOR'

At this point, it was decided to go with the one and only interview we had done with an actual immigrant. Because of his home country, we'll just call him "Salvador." And he will remain anonymous here, not because he demanded it, but because we didn't want this discussion to have any repercussions.

A word here about anonymous sources: In politics, they are a dime a dozen these days, when the only consequence to the source is perhaps losing a plum position in government because he or she secretly tried to undermine the boss. In top-tier journalism, anonymity is equally pervasive, most often because it has become the only way to get to the "truth"—using here the classic definition of that term. When it comes to expressed views and reports on immigration reform—especially from the people it affects the most—the stakes can be quite high.

Here's what Salvador had to say in our interview, edited here for brevity and clarity and with his approval:

WHAT MADE YOU COME TO THE UNITED STATES?

Family. I'm always willing to help. My family is hungry for help. I have four brothers and four sisters. Neither my mom or my dad had a professional education there. They and their parents were born to generations of being poor. Education wasn't too much there to reach out.

WHAT IS THE MAJOR DIFFERENCE BETWEEN THERE AND HERE?

They don't have jobs like I have here—six days a week, making certain money. To get what we need, the trouble was a lot. Now, I

have a daughter here, and I have to look out for her. But I do send a little bit of money home to my parents.

WHAT WAS IT LIKE TO BE A CHILD IN EL SALVADOR?

I started work there at about 11 years old. My parents couldn't buy us all shoes or clothes. So, every time we had a chance to do something to make some money, we did it. Me and my brothers went through a lot. Sometimes we were hungry, not having much clothes, only had one pair of shoes and wore them until they were no good anymore. We were poor, and it was bad.

WHAT HAPPENED THAT GAVE YOU A WAY OUT?

I do have a few friends from school here in the U.S. I told my mom one day, I said 'Look, the first opportunity I get to live the American dream, I'm gonna take it.' My mom looked at me and said 'I don't want any of my children to separate from here. I want to keep them all.' But I said I wanted to buy my little brother shoes. I wanted to buy my sister a dress. And that's what I did. A few friends from here told me they could help me out.

DID YOU GO TO SCHOOL?

I went to school in El Salvador to the ninth grade. We had English class three days a week. So, I started to learn the basics, like how to say hello to someone. But I couldn't really keep up a whole conversation at that point.

WHAT THINGS FRUSTRATE YOU ABOUT LIVING HERE?

Sometimes people don't realize that we come from different cultures and different countries. They just pretend that we all come from the same place. I'm

not Mexican, and neither are a lot of us. But people call us that. I've never been to Mexico. I came here to do better. I don't want to do anything wrong and do want to keep my record clean. No one has anything on me that they can judge I did anything wrong.

HOW HAS VIOLENCE AFFECTED LIFE IN YOUR HOME COUNTRY?

Violence in my country now is getting worse. My brother had a bad experience a few months ago. Where he used to work, one of the gangs killed one of his coworkers. So my brother said he had to leave the job site because he was scared that they would also come and look for him, only because he was working with that other person. But my brother—any of my brothers—have nothing to do with gangs. My parents are very Catholic, and they taught us well. But yes, it is very dangerous and getting worse.

The gangs go against each other. The bigger problem is, they don't just hurt each other, they hurt innocent people. They threaten, they steal. If you have a business in one of their territories they come and make you pay monthly for being there. Supposedly, that way, they don't hurt you or hurt your business.

The way that President Trump started, he started pretty hard, judging a whole group of people based on only a few. You can't just judge a whole group that way, when you don't know who they are and where they're coming from. It bothers me. I know some people do bad things, but that's their choice—and it's their problem, not mine. When you judge a whole group, that means you're judging me.

I'm not doing anything wrong. I'm just here doing the job I'm supposed to and being a good father and a good son and a good employee. Every time I have a chance to help someone, I help. Nearly all the money I make I'm spending in this country. I don't send it all home.

WOULD YOU LIKE TO BRING YOUR FAMILY HERE?

I wish I could bring my family here. I wish I could bring my dad and my mom. I'd like to try to get them a

visa somehow. They're getting older. It would be easier for them to get a temporary visa. You have to prove that you own something there (in El Salvador), property or animals. Now my plan is to work harder, to buy them something in their name. They know that they would have something and they would not need to stay here. I have a cousin, and I'm pretty sure she can help me out with that, so I can see my parents again.

IS YOUR "AMERICAN DREAM" COMING TRUE?

My American dream is getting there. I'm very busy. I work six days a week for the last five years. I'm okay with that, and I like what I do. Good people who are trying to do their best are all affected by the bad people. That's the sad part. I want for everybody to know what I do and that when I work for people they can trust me. On my day off, I take care of someone's house. It's a big house owned by business people who treat me like a son. They trust me. Not all of us are the same. We all have different points of view.

WHAT'S YOUR BIGGEST FEAR ABOUT THE FUTURE OF EL SALVADOR?

The gangs are an infestation out of control. The police are not keeping up. It's everywhere now. The only quiet places are out of the city. I'm from north of San Salvador city, close to Honduras. Elections are next year. He [the leading candidate] is already doing more right now without being president. The past few presidents stole money from the country—millions of dollars.

YOU SEEM TO BE WELL ACCLIMATED TO LIVING HERE. WHAT'S YOUR SECRET?

I'm keeping my head up and trying to do the best I can and trying to help others. And I always have a good appearance, because that helps in the long run.

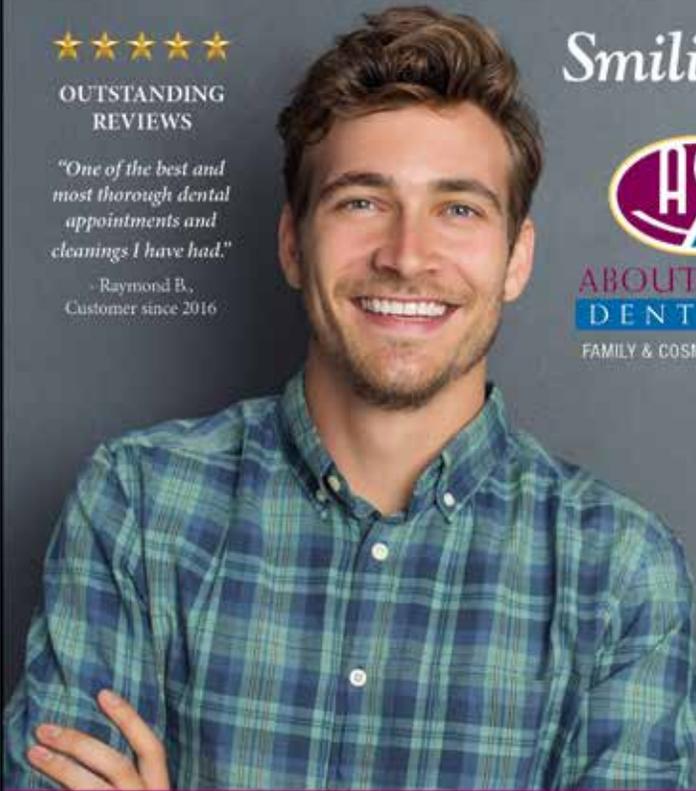
Frederick Schultz' journalistic work has appeared in numerous national and international publications, including American Heritage, American History Illustrated, the Chicago Tribune, Country Journal, and Naval History, among others. He is author of the book *History Makers: Interviews* (2000).



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The Educational Benefits of Psychological Testing

When it comes to education, parents walk a difficult line: You want your children to strive and succeed, but you don't want to push them in ways that are unfair or cause needless stress. At every age and skill level, children benefit when parents help them focus on improving their age-appropriate abilities.

It may be time to intervene when students face academic challenges that cause constant or undue stress. Some students hold themselves to unrealistic standards. Others missed a step along the way, study ineffectively or are grappling with an undiagnosed learning difference. Determining the nature of the problem will point the way to the most helpful solution.

"Some of the most common reasons for psychological testing include seeking a better understanding of a child's overall intellectual functioning, their specific learning style, and their cognitive strengths and weaknesses" says Dr. Shannon Senefeld, a licensed psychologist who specializes in testing. She explains that psychological testing has many useful benefits including:

- 1. To discover what a child's learning potential is.** What might they be capable of achieving given their ability to absorb, process and recall information?
- 2. To reveal how they learn and process information** – their "learning profile" – showing their strengths and weaknesses and to identifying any areas of concern with executive functioning and attention.
- 3. To find out if they have a specific learning disorder or giftedness**– in specific subjects such as reading, writing, or math.
- 4. To identify the specific learning strategies and types of support they are likely to benefit from** – at home and at school.
- 5. To help them gain insight into their own learning ability.** Children can start to notice differences between their own learning and that of other children. A simple understanding of their own strengths and weaknesses is often helpful.
- 6. So informed decisions can be made about their education,** such as choosing appropriate pathways and programs or accommodations, such as applying for extra time on exams.



"Psychological testing can provide information regarding a child's current psychological functioning" adds Dr. Senefeld. Psychological testing covers everything that a psycho-educational test may include and often more, however, psychological testing is more often covered by health insurance.

The results of the assessment can change a child's educational future in significant ways. "Most parents are relieved when they get the results of the test and know how and what kind of help to ask for" says Dr. Senefeld, adding that "when children learn differently, whether at an accelerated pace or one that requires specialized intervention, they often need different supports." Comprehensive testing provides a picture of their current cognitive and learning profile and informs the support that they need to succeed.

Shannon Senefeld, Pys.D. is an accomplished and sought-after expert in psychological testing that identify specific learning disorders, ADHD, intellectual giftedness, and learning strengths and weaknesses related to executive function. Dr. Senefeld's reports are valued for the quality of her insights to both parents and educators, the speed in which she completes the reports, and affordability. Part of CPE Clinic, LLC, she tests in Annapolis, Columbia, and Lutherville. For more information, call 410-979-2326.



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MAKING THE STUDENT INTO THE MASTER

BY DIANA LOVE

How public and private schools are evolving to meet student needs and social complexities

Few could argue that our children's education is among the top most concerns of city, county, state, and federal leaders. The recent electoral cycle—both the presidential election of 2016 and the local elections of 2018—have cast a bright spotlight on important issues in education. While these issues and the remedies for them depend on who's on the podium at any given moment, we can all agree that the challenges our schools, our administrators, our teachers and our students face today are more pressing and more complicated than ever. Rising rates of teen suicide. Rising rates of both occurrence and intensity in bullying. Escalating drop out rates. Bigger classrooms and fewer resources. The politics of finance. Not enough resource teachers, social workers, career counselors, or safety officers. The struggle to achieve genuine inclusivity and diversity. The list goes on and on.

Between 2012 and 2016, over one-tenth of Anne Arundel County residents that committed suicide

were age 10 to 24 years old. During that period, 79 percent of the youth suicides were male, and 90 percent were white. Suicide attempts show a slightly different story. Youth suicide attempts comprised half of all suicide attempts for Anne Arundel County, 71 percent of which were female. In the 2015–2016 school year, Anne Arundel County school health rooms reported 134-crisis interventions specific to the threat of suicide.—*Anne Arundel County Department of Health, Trends in Youth Suicide, September 2018.*



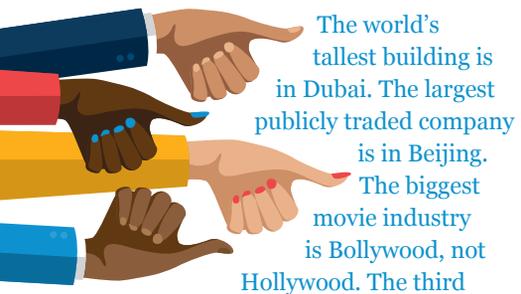
These issues barely mark the tip of the iceberg. And they aren't isolated to public schools; indeed, both public and private schools share these concerns and many others. Anne Arundel County Schools declined to comment for this article, but we recently spoke with several other thought leaders in education and childhood development about current issues in education. We identified four issues most schools have in common. We also talked about creative and innovative solutions to those issues. Here's what we learned.

DIVERSITY AND INCLUSIVITY

When politicians talk about diversity in schools, it is often in terms of race. But what educators are concerned about is the question of how to create a complex tapestry that reflects a multitude of individuals. In fact, there are many forms of diversity: differences in family income that impact how readily parents can support learning; differences in color, race, and sexuality that impact how comfortable students and families feel in the school community; differences in languages that impact everyday lessons; differences in thought that drive student and administrative leadership; and differences in learning styles that impact how a child will be approached in terms of teaching, and by whom. Schools face the challenge of acknowledging all of these differences, and then of going even farther by embracing them.



Managing classrooms and encouraging students from different backgrounds, with different needs and different levels of family support is a complex and difficult task. Why celebrate all of these differences when it's so much easier to embrace what is familiar, comfortable, and less demanding? Why focus on diversity?



The world's tallest building is in Dubai. The largest publicly traded company is in Beijing. The biggest movie industry is Bollywood, not Hollywood. The third richest family in the world is Mexican, the fourth is Spanish, and the fifth is French. The world's largest economies include China, Japan, and Germany. Russia is the world's largest country. Qatar is the richest per capita. Accounting, tax prep, bookkeeping, payroll services, and legal services, all available to customers through any electronic connection from anywhere in the world, are the most lucrative

industries. Today's students will not be able to thrive, much less survive if schools aren't the standard bearers for diversity in all its forms.

Peter Bailey is the director of the Association of Independent Maryland Schools (AIMS). "We know that kids are going to operate within an increasingly global world," he says. "Working with different kinds of people from different backgrounds, cultures, experiences and even different language groups...will be extremely important in helping kids understand themselves better and in addition understand other people better."

Universally, administrators and faculty agree that celebrating diversity is vital for schools and for students. "Our students are going into a world where difference will be the norm and not the exception," says John A. Lewis, IV, headmaster at The Gunston School, a private school in Centreville. "Schools need a curriculum made up of windows and mirrors: you want students to see

themselves in the curriculum, but also look out into the world."

At Gunston, diversity is apparent everywhere, whether it's in the exchange students who make up about 15 percent of the student population, or in the less obvious statistics that show Gunston students come from a range of socio-economic backgrounds. Neither of these barometers is necessarily unusual. A better indication of how a school embraces diversity across the board is to look at their mission statement and action on the ground. Anne Arundel County Public Schools made the phrase "elevate all students and eliminate all gaps" the number one mission in their current strategic plan. "All means all," is AACPS Superintendent George Arlotto's battle cry.

The AACPS Board established an Office of Workplace Diversity in 2008 to support the goal of hiring teachers and staff who reflect a diverse student body. Gunston hired a Director of



HEALTH AND WELLNESS

If you are anxious and depressed, says Lagarde, academic success is not going to follow. One significant challenge schools are facing since 2015: students are more anxious and depressed than ever before. Suicide and attempted suicide rates are rising across the country, and in Anne Arundel County specifically. Why do our children feel such depression? Answers vary. Is it related to the recent economic collapse, an innate worry about the future absorbed from parents? Is it related to the divisive nature of modern discourse? Is it fear for personal safety? When children are shot at schools just a couple of counties over, when fellow students are murdered or beat up by gangs, it's difficult to feel safe, even with the most earnest of reassurances and protocols. When the 24-hour news cycle sows seeds of division and doom, it's hard for young people to process what to believe and what to ignore.

For public schools especially, health and wellness is an issue heavily impacted by budget and politics. Funding determines access to social workers, counselors, and medical professionals. Students whose first language may not be English are especially vulnerable, so having translators (English for Speakers of Other Languages), teachers and counselors with cultural competency is especially important. The Board must agree to progress programs that address health and wellness well beyond physical education and sex education, and the county executive must agree to fund the board's requests. The ability to create or to cut programs that can make or break student health and wellness is countered by the fact that public and independent schools have a mandate and a mission to protect and serve children.

“The emotional health and wellness of our students are as important as academic capabilities in terms

Global Programs and Diversity in 2011, a substantial commitment for an independent school. Professor Scott Page, in his book *The Difference: How the Power of Diversity Creates Better Groups, Firms, Schools and Societies*, theorizes that teams of people find better solutions than brilliant individuals working alone. *The Difference* puts forth the idea that “progress and innovation may depend less on lone thinkers with enormous IQs than on diverse people working together and capitalizing on their individuality.”

Diversity drives groups of individuals to better understand each other and work together, but inclusivity is the key to great success. “You have diversity, and then you have inclusion,” Severn School Headmaster Doug Lagarde says. “You can be diverse and not be inclusive.” When children feel overlooked, categorized, or stigmatized, they simply cannot feel that they belong to a larger community. It's that feeling of being excluded that can demotivate, stunt, or outright stop learning potential. “There is a script that must be delivered and modeled,” Lagarde says. “I care about you, you are a part of this group, we have high standards, I believe you can meet those standards, and I will help you meet those standards.” Without a sense that they are intrinsically

included and valued, children will struggle to develop a sense of confidence.

This lack of self-confidence can snowball into an inability to be independent, to be competent, and to relate to others. To address inclusivity, Severn School formed an Inclusion Committee of students, faculty, and teachers whose goal was to write an Inclusivity Mission. That mission became an aspirational north star for the entire school, Lagarde says. “Know and Value is our bumper sticker,” he explains. “If we as adults know and value our students for who they are and what they bring to the table and their promise, they feel valued, confident, and optimistic about their future.”

“If kids don't feel connected with teachers and with their peers, intrinsic motivation can take a hit. Then you can go down the slippery slope of trying to use all kinds of extrinsic reinforcers (rewards, praise, threats of punishment), and sense of autonomy is lost and intrinsic motivation can be undermined. All three ingredients are important to intrinsic motivation: competence, autonomy, and relatedness.” —Dr. Tim Herzog, a licensed clinical professional counselor



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of a student's success in school, in college, and ultimately in career and life," Bailey explains. He says one way independent schools can address health and wellness issues is to create communities where each student is known well by each teacher. "In small environments, like independent schools, we have a close eye on our students," says Nancy Mugele, the head of Kent School, a K-8 private school in Chestertown. "We intervene when we know there is an issue and we build a culture of caring and respect where the students' families are known and where the students are known, so that students feel safe." This theory of care—that if children are well known, teachers might be better able to identify concerns and then find the necessary resources to help—has led many private schools to create advisories.

In an advisory, a teacher counsels a small group of children, usually across a span of grades or ages. The group is small enough that the advisor can work closely with individual children. Classwork is intimate enough for the students to learn about each other

and to practice vital social skills in a safe environment. The advisor has the time and the directive to pay particular attention to each student's well being.

Although public schools share the intention to know each student, systems as large as AACPS can't hope to match this degree of familiarity between teacher and student when homeroom classes in some middle and high schools run well over double-digits, when students are darting between classes, activities, and even campuses, or when individual schools simply don't have the staff to create regular one-on-one opportunities in the secondary grades. What the public schools do have is a structured health and wellness curriculum that begins in elementary and proceeds through high school. This curriculum, which covers everything from bullying and sexual discrimination to physical abuse, personal care, and sex education, provides multiple opportunities for kids to build relationships with school social workers, counselors, or mentors who might have the resources necessary to lend a helping hand.

TECHNOLOGY

Teaching post-Google is at the top of the list of challenges in education. The use and the repercussions of technology are complicated. What type of technology do children need to learn to use? What tools should be put in place to govern the use of technology? How much technology is enough, and how much is too much?

Lagarde has tackled this issue with vigor. He sees that the advent of technology has changed communities—family units, civic kinship, and especially student communities. "[Technology] in itself can be a wonderful and essential tool, but we are acceding attention and control to technology. If we don't take back control and become the masters and not servants, we will find that we've created communities that are transactional, siloed, and impersonal."

The American Academy of Pediatrics states on its website that today's students are spending an average of seven hours each day on some form of entertainment technology, including tablets, phones, and computers. According to Amanda Lenhart's report *Teens, Social Media & Technology Overview 2015*, 92 percent of teens report going online daily—including 24 percent who say they go online "almost constantly." More than half (56 percent) of the teens aged 13 to 17 go online several times a day. Just 12 percent report once-a-day use and two percent less often than weekly.



TECHNOLOGY IN ITSELF CAN BE A WONDERFUL AND ESSENTIAL TOOL, BUT WE ARE ACCEDING ATTENTION AND CONTROL TO TECHNOLOGY. IF WE DON'T TAKE BACK CONTROL AND BECOME THE MASTERS AND NOT SERVANTS, WE WILL FIND THAT WE'VE CREATED COMMUNITIES THAT ARE TRANSACTIONAL, SILOED, AND IMPERSONAL."

KEY Outcomes



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- 33% intend to pursue STEM-related studies including engineering, computer science, marine and environmental science, pre-health/vet, and architecture
- 100% taking Advanced Courses during junior year scored 4 or 5 on the AP exam (Biology, Calculus AB, Calculus BC, Chemistry, Latin, Spanish Literature)
- 25% of the Class of 2019 scored 1430+ on SATs
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The risks for this online addiction are real, and the symptoms can be severe: obesity, depression, anxiety, lack of sleep or poor sleep, vulnerability to online marketing of risky behaviors such as alcohol, drugs, and sex, and increased exposure to cyber bullying and sexting. All of these result in a lacking ability to relate to others, inability to form social skills that will guide relationships and personal success over the course of a lifetime, and, importantly, academic excellence.



Multiple reports indicate that nearly 43 percent of children have been bullied online. Only one in 10 victims will inform a parent or trusted adult about this abuse. According to dosomething.org, nearly 40 percent of all teenagers have posted or sent sexually suggestive messages. This practice is more common among boys than girls: 22 percent of teen girls report sending semi-nude or nude images, while 18 percent of same-age boys report the same.

Beside these risks, there's the fact that time spent online creates very real addictions that mean less time spent on homework, sports, family, and friends—the essential building blocks of childhood and the ways human learn social behaviors. “New research shows dependence on your smartphone may produce brain responses similar to alcohol, drug, and gambling addictions. Smartphones are like slot machines in your children’s pocket constantly persuading them to crave more,” says the website waituntileighth.org.

And it gets worse. “To an extent, you can’t blame kids, says Dr. Tim Herzog, a licensed clinical professional counselor in Annapolis who

frequently works with school-aged kids. “Social media and video games are designed to utilize principles of intermittent positive reinforcement, to get kids hooked. And it works! The neurotransmitter Dopamine floods the brain in the same manner as it would if the child were using a drug. At the same time, as [kids] text away without calling each other (a cultural norm of today), their brains produce less oxytocin, the neurotransmitter associated with emotional closeness.”

So how do schools navigate the tricky balance between enough and too much? Most schools, including public schools, pull families into the conversation about responsible use of technology. Lagarde and others say the connection between parents, students, and the school needs to be a strong triumvirate when it comes to the responsible and practical use of technology.

There are practical ways to do so. The Parent Teacher Associations at several AACPS schools have screened the movies *Screenager* and *Kirk Cameron’s Connect: Real Help for Parenting Kids in a Social Media World* for parents. Severn School hosts experts on the topic for parents and for students. Most schools draw students into becoming a part of the solution. At Severn School, Advisory Coordinator Laura Drossner, Middle School Guidance Counselor Mary Foard and Middle School Head Dan Keller developed a year-long digital-use curriculum that explored acceptable use policy, self-image and identity, cyber bullying and digital drama, and managing digital footprints. “[Technology] is a double-edged sword and we have to know that and work to control that as best we can,” Lagarde says. “We can control where and when, we can use it as an important tool, we can use it smartly and well.”

“We want our students to be good consumers of information and that’s critical for the skills they will need moving forward,” says Karl Adler, Head of St. Anne’s Middle School. “We have in house experts on the dangers and pitfalls of introducing social media to children.”



Technology is necessary for lessons that are relevant to today’s world. Students in St. Anne’s School of Annapolis’ Making the Band class use music apps to create and publish complex compositions. At Gunston, students use an online platform to dive deeper into Spanish lessons. At Severn, upper-level students can access the Malone Online Schools Network of superior online courses that enhance Severn’s existing curriculum. At West Annapolis Elementary School, students use Google Classroom and First in Math to sharpen writing and basic math skills. “Technology is a disruptor that can make some things go faster and deliver some content more quickly,” says Daniel J. McMahon, Principal of DeMatha Catholic High School in Hyattsville. “But eventually, schools (and society) will (in the most optimistic assessment), recognize the need for relationships to be cultivated between the teacher and student and will invest in those relationships.”



meeting learners where they are at developmentally and academically.” This required implementation is what Bamford calls the pillars of instruction—the overarching mission of the school and the specific programs that schools and classrooms have in place to help teachers and students address connection, feedback, communication, and personalization.

Teachers have to be connected to students, and students have to be connected to what they are learning. “At St. Anne’s School, we want our students to learn with a purpose and to act with a purpose,” Adler says. Lessons have to include multi-modal, multi-sensory explicit instruction that allows for a variety of ways to express problems and solutions. Feedback in the form of instruction and assessment (tests) needs to be focused and purposeful. Because motivated learners essentially feel that what they are discovering

RELEVANCY

Our children will need to be prepared for a modern world that requires the ability to absorb career and life factors that are new, unpredictable and complex. How can schools address the challenge of creating a curriculum and culture that is relevant to this new environment? How can they ensure that children who learn differently have tools they can relate to and use in their personal, academic, and professional lives? Lagarde says that children learn from their parents and teachers: “the adults who model being agile and supple with their own skills allow kids to see how they can carry that into their own life.” Other thought leaders say that relevancy is inextricably linked to brain science. “We’ve learned more about the human brain in the last 25 years than we have in the last 2,500,” Lewis says. “Studies show that a small percentage of people are born with executive functioning skills built into

their DNA. We used to think this came from parents or through osmosis, but now we know there is diversity and we have to learn how to teach differently.” Mugele says that schools must be invested in professional learning so that faculty can know and understand the latest research on how the brain works, how information is processed, and how students learn best.

Both public and private schools must meet the challenge of keeping curriculum relevant by building in a degree of flexibility and creativity. Meg Bamford is the Head of School at Radcliff Creek School in Chestertown. She says that teachers and staff at Radcliff are heavily invested in the theories of neuroscience, a movement based on theories of brain variability. Her research and that of other neuroscience experts support the Myth of Average. “We know that average sizes, average abilities don’t exist”, Bamford says. “People have strengths and weaknesses. The challenge...is

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matters both now and in the future, specific lessons and tools will require more personalization.

Bamford talks a lot about personalization. It's a catchphrase she says many educators are using to describe meeting each student where they are developmentally. Universal Design for Learning (UDL) is a framework to improve and optimize teaching and learning for all people based on scientific insights into how humans learn—essentially, it's a construct for personalizing the classroom experience. “UDL asks the question: if you design a building, what is the best way for people to get in—stairs or a ramp? The ramp is something everyone can use, but with stairs, not everyone can,” Bamford says. “If we translate that to education, we consider what are the barriers to education?” Barriers can be physical, motivational, or mental. A child in a wheelchair might not be able to access materials. A child who is anxious might not be able to focus. Some children learn by listening, some orally, some visually. “These barriers have to be discovered and resolved before lessons are introduced and not after,” Bamford says. “As teachers, we have to figure out where a student is stuck, and think about how can we teach the child how to get out of it on their own.”

Both public and private schools have had to develop innovative programs to meet the challenge of implementing brain science and modern education research into school curriculums. For example, AACPS created strong Magnet, International Baccalaureate, and AVID programs for middle and high school aged students, and the Triple E program for elementary-aged learners.

The system's signature program is a 21st century workforce-relevant theme around which curricula, job shadowing, mentoring, co-curricular clubs, college courses, and internships are crafted. These types of programs bring relevancy, but take years to develop.

Private schools are inherently more flexible and able to implement more immediate and deeply felt measures. Severn School moved final exams from June to May. “Assessments need to be summative, but also formative so teachers can see the gaps in order to improve learning and skills,” Lagarde says. “By moving our final exams, students have several weeks before summer to synthesize and work through learning gaps.”

Through their partnership with the Center for Transformative Teaching and Learning at St. Andrews Episcopal School in Montgomery County, administrators and teachers at Kent School decided to change the middle school schedule to include longer academic blocks and fewer transitions. Brain breaks were included in the longer classes so that students could work out restlessness and maintain focus.

Gunston took a close look at curriculum and assessments before deciding to actively implement classwork and testing that addressed a range of modalities. “Assessment used to be lecture, quiz, test. The Gunston School is moving beyond the paper test to debates and essays and a range of modalities across the course of the semester that allow students to master content and consolidate information into memory,” Lewis says.

At Radcliff, teachers consider the ideas put forth by Carol S. Dweck, PhD in her book *Mindset The New Psychology of Success*. Dweck's research shows that people have either a fixed or a growth mindset. “Fixed mindset is the idea that you are born with the talent you have and that's it,” Bamford says. “Growth mindset says that if you work at something, you can achieve it. Growth mindset celebrates risk taking.” Using this research and science, Radcliff Creek shifted teaching tools to celebrate kids taking a chance, offering an answer, and discovering what happens next. “We focus on communication, education, inspiration, and empowerment, and we use a variety of tools to help students realize these pillars of education that apply to all students.”

The challenge of relevancy requires a firm and steady vision for administrators, teachers, parents and students. The programs put in place by Severn, Gunston, Kent, Radcliffe, and AACPS, among other schools, help students better understand their individual biology, how their own brains work and how to stay motivated and curious. Above all, remaining relevant will require creativity, innovation, collaboration, flexibility and the overarching prioritization of addressing the myriad needs of every type of learner.



Developed by Ann Meyer and David Rose in the 1990s, UDL says that students need engagement, representation, action, and expression. Purposeful, motivated learners need teachers to stimulate interest and motivation for learning. Resourceful, knowledgeable learners need information and content presented in different ways. Strategic, goal-oriented learners need differentiated ways to express what they know.

Diana Love is a journalist and marketing consultant based in Annapolis, Maryland. She pursues her passion for writing about the people, places, and things that enrich our lives and impact our communities.



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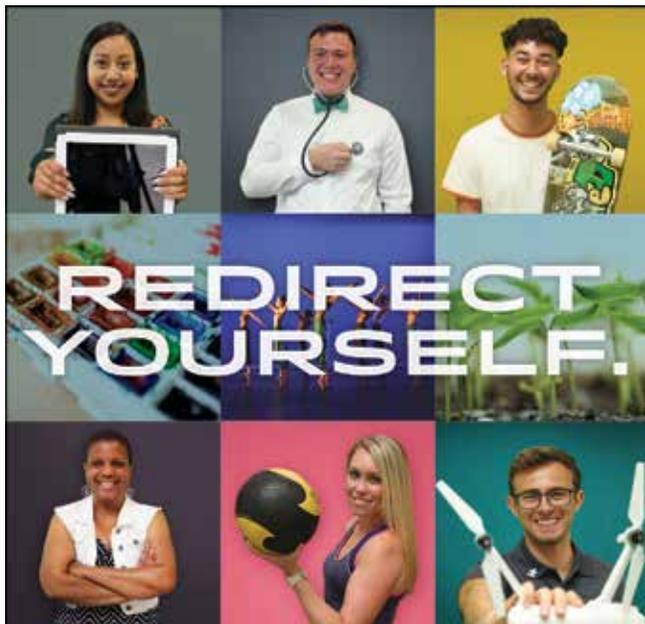


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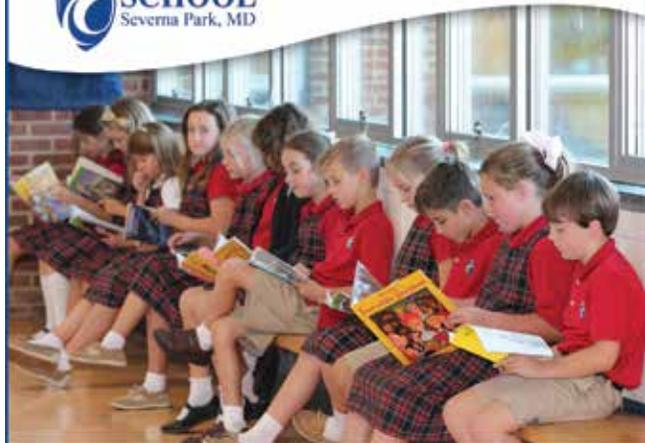
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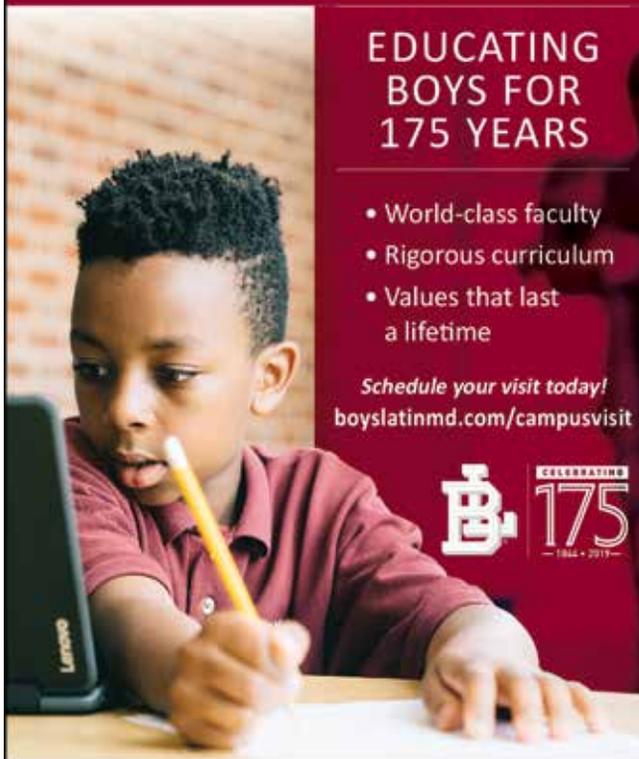
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(PRE-K 3 - GRADE 6)

Spring Open House
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PRIVATE SCHOOL GUIDE

Welcome to your 2019 Private School Guide! Choosing a private school for your child and your family's wants and needs requires considerable time and research. This year, we've revamped the format of the guide so you can more easily navigate local private schools' vital information (tuition, student/teacher ratios, key contacts, etc.) and efficiently learn about their available education philosophies, affiliations, student clubs, extracurricular programs, sports offerings, and more.

PLEASE NOTE: This information is up-to-date as of our print deadline. Because some schools have varying data points, you will see "N/A" (Not Applicable) for several schools' categories that do not apply. The Performance/Creative Arts Offerings, Extracurricular Clubs, and Interscholastic Sports categories also have varying data references because some schools have a specific number of programs, while other schools vary year to year. If you have questions or concerns, please contact the school directly.



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PRIVATE SCHOOL

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
ANNAPOLIS AREA CHRISTIAN SCHOOL - LOWER <i>(Severn) 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Karl Graustein (S); Elizabeth Williams (A)	K–5th	273	16-19
ANNAPOLIS AREA CHRISTIAN SCHOOL - MIDDLE <i>716 Bestgate Road, Annapolis 410-846-3505; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Ben Peddicord	6th–8th	242	16-25
ANNAPOLIS AREA CHRISTIAN SCHOOL - UPPER <i>109 Burns Crossing Road, Severn 410-846-3507; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Robert McCollum	9th–12th	428	20-23
BOOK OF LIFE ACADEMY <i>913 Cedar Park Road, Annapolis 410-263-2600; bookoflifeacademy.com</i>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Ashley Mackell	K2–5th	85	12
CALVARY CENTER SCHOOL <i>301 Rowe Boulevard, Annapolis 410-268-3812; calumc.org/calvary-center-school</i>	Cavary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Johnna Parker	PreK	75	12-15
CHESAPEAKE MONTESSORI SCHOOL <i>30 Old Mill Bottom Road North, Annapolis 410-757-4740; chesapeake-montessori.com</i>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sectarian	Robb Wirts	Toddler–8th	150	24
THE HARBOUR SCHOOL AT ANNAPOLIS <i>1277 Green Holly Drive, Annapolis 410-974-4248; harbourschool.org</i>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sectarian	Linda J. Jacobs	1st–12th	189	8–10
INDIAN CREEK SCHOOL - LOWER <i>680 Evergreen Road, Crownsville 410-923-3660; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sectarian	Amy Benson	PreK 3–6th	200	16
INDIAN CREEK SCHOOL - UPPER <i>1130 Anne Chambers Way, Crownsville 410-849-5151; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sectarian	Gerard Connolly	7th–12th	335	15
THE KEY SCHOOL <i>534 Hillsmere Drive, Annapolis 410-263-9231; keyschool.org</i>	Key School was founded by professors from St. John's College, and is a progressive, college-prep school located within Hillsmere Shores on a 15-acre campus.	1958	Non-Sectarian	Matthew Nespole	Key-Wee (2.5 yrs.) –12th	645	16–18
MONTESSORI INTERNATIONAL CHILDREN'S HOUSE <i>1641 North Winchester Road, Annapolis 410-757-7789; montessorinternational.org</i>	Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus.	1985	Non-Sectarian	Elizabeth Whitaker	18 months–6th	165	12–25
NAVAL ACADEMY PRIMARY SCHOOL <i>74 Greenbury Point Road, Annapolis 410-757-3090; naps.napschool.com</i>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy.	1949	Non-Sectarian	Robyn M. Green	PreK–5th	225	15
ST. ANNE'S SCHOOL OF ANNAPOLIS <i>3112 Arundel on the Bay Road, Annapolis 410-263-8650; st.annesschool.org</i>	St. Anne's School is a candidate school for the International Baccalaureate (IB) Primary and Middle Years Programme, and offers several different approaches to the learning environment.	1992	Episcopal	Lisa Nagel	Twos–8th	228	13
ST. MARGARET'S DAY SCHOOL <i>1605 Pleasant Plains Road, Annapolis 410-757-2333; stmargaretsdayschool.org</i>	St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children	1995	Episcopal	Tricia McVeigh	Twos–K	126	15
SAINT MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS <i>1120 Spa Road, Annapolis 410-269-1955; stmartinsonline.org</i>	Saint Martin's Lutheran School was founded by Saint Martin's Lutheran Church as a mission to its members and the community, and is part of the Evangelical Lutheran Education Association.	1963	Lutheran	James D. Moorhead	PreK 3–8th	115	10
ST. MARY'S ELEMENTARY SCHOOL <i>111 Duke of Gloucester Street, Annapolis 410-263-2869; stmarysannapolis.org</i>	Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.	1862	Catholic	Rebecca Zimmerman	K–8th	800	28
ST. MARY'S HIGH SCHOOL <i>113 Duke of Gloucester Street, Annapolis 410-263-3294; stmarysadmissions.org</i>	Located next to the elementary school, St. Mary's High is a college-preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.	1946	Catholic	Mindi Imes	9th–12th	490	22
SEVERN SCHOOL - CHESAPEAKE CAMPUS (LOWER) <i>1185 Baltimore Annapolis Boulevard, Arnold 410-647-7700; severnschool.com</i>	Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion.	1914	Non-Sectarian	Douglas Lagarde	Preschool–5th	231	15

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	11:1	\$11,371–12,648/year	1/9 & 2/14 (S), 1/11 & 2/7 (A)	Coed	Yes	Yes	33%	Yes	0	0	Spanish	4	2	0	N/A
	10:1	\$14,898/year	1/24	Coed	Yes	Yes	35%	Yes	0	0	Spanish	6	4	6	N/A
	11:1	\$18,354/year	Call for information	Coed	Yes	Yes	41%	Yes	11	0	Chinese, French, German, Latin, Spanish, ASL, ESL	21	20	15	8 hours per year (encour- aged, but not required)
	6:1	\$4,500–6,000/year	Every second Thursday of each month	Coed	No (but if applic- able)	Yes	N/A	Yes	0	0	Spanish	Music and Fine Arts	Multiple	0	N/A
	6:1	\$180–1,025/month	Call for information	Coed	No	No	N/A	No	0	0	N/A	Music	N/A	0	N/A
	Varies	\$10,500–16,700/ year	1/27, 2–4 p.m. & 3/31, 2–4 p.m.	Coed	No	No	N/A	Yes	0	0	French	Art and music	Multiple	0	72 hours per year (7th–8th)
	2:1	\$39,187/year	Call for information	Coed	No	Dress code (no uni- forms)	27%	No	0	0	N/A	Studio art and perform- ing arts	5	4	75 hours for seniors
	7:1	\$8,735–21,235/ year	Welcome Wednesdays: 1/9, 2/6, 4/3, 5/8	Coed	Yes	Yes	23%	Yes	0	0	Spanish	8	12	8	N/A
	7:1	\$26,690/year	Welcome Wednesdays: 1/9, 2/6, 4/3, 5/8	Coed	Yes	Yes	23%	Yes	22	0	Spanish, French, Latin	30	43	25	75 hours (9th–12th)
	6:1	\$8,295–28,350/ year	Visit keyschool.org/ openhouse	Coed	Yes (ISEE or SSAT)	No	35%	Yes	6 AP; 13 Ad- vanced	0	Arabic, French, Latin, Spanish	24	45	40	N/A
	Varies 4:1 to 15:1	\$9,350–11,525/ year	1/27, 12–2 p.m.	Coed	No	No	30%	Yes	0	0	N/A	N/A	Approx. 6	0	N/A
	9:1 (PreK); 16:1 (K–5th)	\$5,000–9,400/year	3/3, 1–4 p.m.	Coed	Yes (case- by-case basis)	Yes	8%	Yes	0	0	French	Art night; 7 musical performances	16	0	N/A
	9:1	\$3,575–19,995/ year	1/9, 3/13, & 5/8, 9:30–11 a.m.	Coed	Yes	Yes	32%	Yes (Pre- school–8th)	0	Cand- idate School	Spanish	7	7	6	10 hours (8th grade)
	Varies	\$2,000–7,500/year	1/17 & 1/18, 9:15–11:15 a.m.	Coed	No	Op- tional	15%	Yes	0	0	Spanish	Music, Art, Dance	Multiple	0	N/A
	10:1	\$3,500–12,680/ year	1/25 & 3/21, 9 a.m.	Coed	No	Yes	18%	Yes	0	0	Spanish	14	5	4	30 hours (middle school)
	20:1	\$8,370/year (Cath- olic); \$9,620/year (Non-Catholic)	Call for information	Coed	K and middle school math	Yes	N/A	Yes (for in-parish families)	0	0	Spanish	5	Multiple	4 (middle school)	Weekly Ser- vice Projects, community outreach, Saints in action
	14:1	\$14,152/year (Cath- olic); \$15,844/year (non-Catholic)	Call for information	Coed	Yes	Yes	17%	Yes	17	0	Spanish, French, Latin	9	30	19	75 hours
	13:1	\$20,919/year; Preschool–K varies	1/9 (9–11 a.m.), 2/7, 4/4 (for Preschool and PreK, 10–11 a.m.)	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A

PRIVATE SCHOOL

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

EDGEWATER

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

Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River.

1914

Non-Sectarian

Douglas Lagarde

6th–12th

627

13

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

St. John the Evangelist School is under the jurisdiction of the Archdiocese of Baltimore, and its school population includes students from Anne Arundel County, Baltimore City, and the Eastern Shore.

1959

Catholic

Casey Buckstaff

PreK–8th

484

25

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

St. Martin's is an independent school and offers three high school-level courses and over 20 extracurricular activities.

1957

Episcopal

Jamey Hein

PreK
3s–8th

180

12-18

TEMPLE BETH SHALOM PRESCHOOL
1461 Baltimore-Annapolis Boulevard, Arnold
410-757-055; annapolistemple.org

Temple Beth Shalom Preschool serves children ages two to four, and offers a light introduction to formal education.

1998

Jewish

Melissa Levin

Twos–
PreK

60

12

GAMBRILLS/ODENTON

SAINT ANDREW'S DAY SCHOOL
4B Wallace Manor Road, Edgewater
410-266-0952; standrewsum.org

Saint Andrew's is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs.

1985

Methodist

Mark Wagner

PreK–8th

276

14

THE SUMMIT SCHOOL
664 East Central Avenue, Edgewater
410-798-0005; thesummitschool.org

The Summit School serves students with dyslexia and other learning differences by employing a multi-sensory teaching approach.

1989

Non-Sectarian

Dr. Joan Mele-McCarthy

1st–8th

105

Varies

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

Odenton Christian School follows an A Beka curriculum. Each year, the high school has added another grade, with the first graduating class slated for 2021.

1977

Baptist

John Lacombe

K3–10th

165

18

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

Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore.

2000

Catholic

Nancy Baker

PreK–8th

753

25

MILLERSVILLE

ELVATON CHRISTIAN ACADEMY
8422 Elvaton Road, Millersville
410-647-3224; elvatonacademy.com

Elvaton Christian Academy is a coeducational school located in Millersville.

1995

Christian

Pastor Dallas Bumgarner

PreK2–8th

60

8

ROCKBRIDGE ACADEMY
911 Generals Highway, Millersville (Main Campus)
1485 Waterbury Road, Crownsville (K–3 Campus)
410-923-1171; rockbridge.org

Rockbridge Academy focuses on a classical Christian education on two campuses within one mile of each other: The main campus and the K–3rd grade campus.

1995

Christian

Roy Griffith

K–12th

350

15

SEVERN/GLEN BURNIE

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

Spalding High School was founded by the Archdiocese of Baltimore. It is a college preparatory school that serves students in the greater Annapolis and Baltimore areas.

1966

Catholic

Kathleen K. Mahar

9th–12th

1,250

25

GRANITE BAPTIST SCHOOL
7823 Oakwood Road, Glen Burnie
410-761-1118; granitebaptistschool.org

Granite Baptist School was founded as a ministry of Granite Baptist Church, and is located near Route 100 and Route 2.

1975

Baptist

Lou Rossi, Jr.

K3–12th

275

Varies

MONSIGNOR SLADE CATHOLIC SCHOOL
120 Dorsey Road, Glen Burnie
410-766-7130; msladeschool.com

Monsignor Slade is part of the Archdiocese of Baltimore, and is located in northern Anne Arundel County on a 10.5-acre campus.

1954

Catholic

Alexa L. Cox

PreK2–8th

500

25

ST. PAUL'S LUTHERAN SCHOOL
308 Oak Manor Drive, Glen Burnie
410-766-5790; stpaulsgb.org

Located near Route 100, St. Paul's Lutheran School focuses on a Christian-based curriculum.

1950

Lutheran

Chris Conlon

Twos–8th
+ Hybrid HS

288

18

...AND BEYOND

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

Boys' Latin is Maryland's oldest, independent, non-sectarian college-preparatory school. It is divided into Lower, Middle, and Upper Schools, and offers cocurricular programs.

1844

Non-Sectarian

Christopher J. Post

K–12th

625

12

THE CALVERTON SCHOOL
300 Calverton School Road, Huntingtown
410-535-0216; calvertonschool.org

The Calverton School is an independent, college preparatory school that serves students from Calvert, Anne Arundel, St. Mary's, Charles, and Prince George's counties.

1967

Non-Sectarian

Christopher Hayes

PreK–12th

285

14

DEMATHA CATHOLIC HIGH SCHOOL
4313 Madison Street, Hyattsville
240-764-2200; dematha.org

DeMatha High School is a college preparatory school for boys that focuses on educating them in the Trinitarian tradition and offers co-curricular programs.

1946

Catholic

Dr. Daniel J. McMahon

9th–12th

850

22

ELIZABETH SETON HIGH SCHOOL
5715 Emerson Street, Bladensburg
301-864-4532; setonhs.org

Elizabeth Seton High School is an all-girls, college preparatory school, and is affiliated with the Archdiocese of Washington.

1959

Catholic

Sister Ellen Marie Hagar

9th–12th

611

16

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC CLUBS	SERVICE/VOLUNTEER REQUIREMENT
	12:1	\$26,970/year	Call for information	Coed	Yes	Yes	17%	Yes	20	0	French, Spanish, Latin	35+	45+	15-48 teams	10 hours per year (9th–12th)
	14:1	\$4,725/year (half day); \$7,875/year (full day)	1/30	Coed	No	Yes	11%	Yes	0	0	Spanish	10	21	6	N/A
	7:1	\$3,200–12,700/year	1/16, 3/12, & 3/13	Coed	No	Yes	20%	Yes	0	0	Spanish	6	20+	4	Yearly class service
	12:2	\$1,580–6,350/year	1/23, 10–11:30 a.m.	Coed	No	No	N/A	No	0	0	N/A	Art and Music	N/A	0	N/A
	9:1	\$5,170–\$12,540/year	1/18, 3/8	Coed	No	Yes	N/A	Yes	0	0	Spanish	Music and Art	Multiple	4	N/A
	4:1	\$30,700/year	1/26 & 4/6	Coed	No	Yes	22.6%	Yes	0	0	N/A	4	8	6	Yes
	11:1	\$4,990–7,990/year (K3–6th); \$6,390–8,790/year (7th–10th)	Call for information	Coed	Yes	Yes	N/A	No	0	0	Spanish	Multiple	Multiple	3	N/A
	14:1	\$7,400/year (Catholic); \$8,150/year (other faiths)	1/26	Coed	Varies	Yes	24%	Yes	0	0	Spanish	Music	30+	9	20 hours (8th grade)
	12:1	\$1,400–5,500/year	Call for information	Coed	Yes	Yes (K–8th)	30%	Limited	0	0	Spanish	Multiple	Multiple	0	N/A
	6:1	\$7,240–18,960/year	1/18 & 3/18	Coed	Yes	Yes	N/A	Yes	Honors level (Upper)	0	Latin and Spanish	18+	15	6	Daily service duties
	14:1	\$16,270/year	Call for information	Coed	Yes	Yes	N/A	Yes	26	IB Diploma School	Spanish, French, Latin	Music, Theatre, Visual Arts	20+	20+	60 hours of community service
	Varies	\$4,160–5,412/year	2/7 & 3/14, 9 a.m.–12 p.m.	Coed	Yes	Yes	N/A	No	0	0	N/A	N/A	N/A	12; Little Braves (K5–6th)	N/A
	Varies	\$7,415/year (Catholic); \$8,230/year (Non-Catholic)	1/14 (tuition workshop); 1/27, 2/28, & 3/28	Coed	Yes	Yes	37%	Yes	0	0	Spanish (4th–8th grade)	10	14	5	12 hours
	20:1	\$1,645–7,100/year	1/31, 2/11, 3/5, & 4/29	Coed	Yes	Yes	25%	Yes	0	0	Spanish	4	5	3	N/A
	7:1	\$20,500–29,500/year	Talk & Tour; visit website for info	Boys	Yes	Dress code	24%	Yes	15	0	Latin, Spanish, French, Mandarin	15	20+	14	40 hours
	11:1	\$6,700/year (3K, three half days) – \$22,000/year (9th–12th day student)	1/28, 2/25, 3/15, 9 a.m.–11 a.m.	Coed	Yes	Yes	41%	Yes	0	14	French, Spanish, German	Multiple	Multiple	19	Yes
	12:1	\$18,350/year	Call for information	Boys	Yes (HSPT)	Yes	N/A	Yes	22	0	French, Spanish, Latin, German, Mandarin Chinese, Classical Greek	30	28	14	55 hours
	16:1	\$14,375/year	Call for information	Girls	Yes (HSPT)	Yes	N/A	Yes	15	0	Spanish, French, Latin	17	30	22	Varies per year

PRIVATE SCHOOL

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

GRACE CHRISTIAN SCHOOL
7210 Race Track Road, Bowie
301-262-0158; gcsbowie.org

Founded as the educational ministry of Grace Baptist Church, Grace Christian School is located on the edge of Anne Arundel and Prince George's counties.

1975

Baptist

Jack Wilson

K-8th

295

15

NOTRE DAME PREPARATORY SCHOOL
815 Hampton Lane, Towson
410-825-6202; notredameprep.com

Notre Dame Prep was founded by the School Sisters of Notre Dame. It is a college preparatory school for girls, located in Towson.

1873

Catholic

Sister Patricia McCarron, SSND

6th-12th

804

16

ST. AUGUSTINE SCHOOL
5990 Old Washington Road, Elkridge
410-796-3040; staug-md.org

St. Augustine School is affiliated with the School Sisters of Notre Dame, and is located on the edge of Howard and Anne Arundel counties.

1857

Catholic

Denise Ball

PreK-8th

265

25

ST. PHILIP NERI SCHOOL
6401 S. Orchard Road, Linthicum Heights
410-859-1212; st.philip-neri.org

St. Philip Neri School is part of the Archdiocese of Baltimore, and is located on a 15-acre campus in northern Anne Arundel County.

1965

Catholic

Kate Daley

PreK-8th

405

22

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

St. Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties.

1921

Catholic

Jeff Palumbo

9th-12th

465

18

CAROLINE COUNTY

THE BENEDICTINE SCHOOL
14299 Benedictine Lane, Ridgely
410-634-2112; benschool.org

The Benedictine School is an approved day and residential school, serving students with intellectual disabilities, autism, or multiple disabilities.

1959

Non-Sectarian

Julie Hickey

Ages 5-21

66

5-7

DORCHESTER COUNTY

COUNTRYSIDE CHRISTIAN SCHOOL
5333 Austin Road, Cambridge
410-228-0574; countrysidechristianschool.org

Countryside Christian School is located off of Route 50, and is part of Maryland's BOOST program (Broadening Options and Opportunities for Students Today).

1974

Christian

Beverly Stephens Herbst

PreK-8th

30

5

KENT COUNTY

CHESTERTOWN CHRISTIAN ACADEMY
401 Morgnac Road, Chestertown
410-778-5855; chestertownchristian.org

Chestertown Christian Academy serves students from Kent, Queen Anne's, and Cecil counties, as well as New Castle County in Delaware.

1979

Baptist

Joseph Baugher

PreK-12th

109

15

KENT SCHOOL
6788 Wilkins Lane, Chestertown
410-778-4100; kentschool.org

Kent School is an independent day school located along the bank of the Chester River. The school incorporates Chesapeake Bay studies into their curriculum.

1967

Non-Sectarian

Nancy Mugele

PreK-8th

144

14

RADCLIFFE CREEK SCHOOL
201 Talbot Boulevard, Chestertown
410-778-8150; radcliffecreekschool.org

Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties.

1996

Non-Sectarian

Meg Bamford

K-8th

84

5

QUEEN ANNE'S COUNTY

THE GUNSTON SCHOOL
911 Gunston Road, Centreville
410-758-0620; gunston.org

Founded over 100 years ago, The Gunston School is an independent college preparatory school that offers individualized learning plans.

1911

Non-Sectarian

John A. Lewis, IV

9th-12th

205

10-12

LIGHTHOUSE CHRISTIAN ACADEMY
931 Love Point Road, Stevensville
410-643-3034; lcademy.org

Lighthouse Christian Academy serves students on the Eastern Shore from three counties, and focuses on a Classical Christian education curriculum.

2001

Christian

Kathleen Guerra

PreK-8th

70

7

SWEET BAY MAGNOLIA ACADEMY AT THE MCARDLE CENTER
201 Love Point Road, Stevensville
443-249-3368; mcardlecenter.com

Sweet Bay Magnolia Academy focuses on an individualized way of teaching for children diagnosed with ASD, offering science, technology, engineering, art, and math (STEAM).

2015

Non-Sectarian

Brian Tyler

K-3rd; home instruction 1st-9th grade co-op

10

5

WYE RIVER UPPER SCHOOL
316 South Commerce Street, Centreville
410-758-2922; wyeriverupperschool.org

Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus.

2002

Non-Sectarian

Chrissy Aull

9th-12th

53

7-8

TALBOT COUNTY

CHESAPEAKE CHRISTIAN SCHOOL
1009 N. Washington Street, Easton
410-822-7600; chesapeakechristian.org

Chesapeake Christian School is conveniently located near Route 50, and offers a traditional classroom setting with Christian values.

1999

Christian

Deborah L. Whitter

K4-12th

170

15

THE COUNTRY SCHOOL
716 Goldsborough Street, Easton
410-822-1935; countryschool.org

The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton.

1934

Non-Sectarian

Neil Mufson

K-8th

277

16

SAINTS PETER AND PAUL SCHOOL
900 High Street, Easton
410-822-2275; ssppeaston.org

Saints Peter and Paul School is a college preparatory school, and is the only Catholic, PreK-12th grade school on the Eastern Shore.

1955

Catholic

Faye Shilling (ES); James Nemeth (HS)

PreK-12th

395 (ES); 172 (HS)

20 (ES); 15 (HS)

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

Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion.

1914

Non-Sectarian

Douglas Lagarde

Preschool-5th

231

15

	RATIO	TUITION	OPEN HOUSE DATES	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTER-SCHOOL/STIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	12:1	\$7,650/year (K–5th); \$7,800/year (6th–8th)	1/14, 2/25, 3/18, & 4/8,9 a.m.	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	9	N/A
	9:1	\$19,990/year	Call for information	Girls	Yes	Yes	17%	Yes	23	0	Spanish, French, Latin, Chinese	Multiple	30+ (HS); 12+ (MS)	14, including squash and crew	Call for information
	13:1	\$6,375/year (Members); \$7,275/year (Non-members)	2/9	Coed	Yes	Yes	N/A	Yes	0	0	Spanish	Multiple	Multiple	4	N/A
	24:3 (PreK); 22:1 (K–8th)	\$6,440/year	1/27, 4/16	Coed	Yes	Yes	25%	Yes	0	0	Spanish	School Chorus, Drama Club Jr., School Musical	10	2	20 hours per family
	10:1	\$15,700–16,590/year	Call for information	Coed	Yes (HSPT)	Yes	N/A	Yes	23	0	Spanish, French, Mandarin, Latin	20+	20+	20+	80 hours
	3:1	Varies depending on services required	Call for appointment	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	Multiple	0	N/A
	5:1	\$4,400/year	Call for information	Coed	No	Yes	N/A	Yes	0	0	Spanish, ASL	Musical and Drama Programs	N/A	0	N/A
	10:1	\$6,640/year (K4–6th); \$8,075/year (7th–12th)	1/10 (2–6 p.m.); 3/8 (6–8 p.m.); 3/9 (9 a.m. – 12 p.m.); 6/3 (2–6 p.m.)	Coed	Yes (3rd grade and above)	Yes	3%	Yes	Available upon request	Available	Spanish	3	Varies year-to-year	4	10 hours per academic year (9th–12th)
	7:1	\$5,800–7,800/year (PreK 3 & 4); \$15,500/year (K–4th); \$16,850/year (5th–8th)	2/2, 2/9, & 2/23	Coed	Evaluation	Dress code	14%	Yes	0	0	Spanish	3	1	9	N/A
	3:1	\$16,995/year (K); \$22,145/year (1st); \$27,298/year (2nd–8th)	Call for information	Coed	No	Yes	N/A	Yes	0	0	N/A	N/A	N/A	3	N/A
	7:1	\$24,980/year	1/27 & 4/28, 3 p.m.	Coed	Yes	No	18%	Yes	19	0	Spanish, Latin	16	18	13	45 hours
	7:1	\$3,600–8,950/year	2/20; and Walk-In Wednesdays at 9 a.m.	Coed	Yes	Yes	10%	Yes	0	0	N/A	0	3	2	N/A
	3:1	\$5,000–20,000/year (based on program)	8/29	Coed	No	No	N/A	Yes	0	0	Latin	0	0	0	N/A
	5:1	\$28,500/year	1/27 (1–3 p.m.); 4/11 (6–8 p.m.)	Coed	No	Dress Code	21%	Yes	0	0	Spanish	9	7	5	90 hours
	15:1	\$5,000/year	Call for information	Coed	Yes	Yes	20%	No	0	0	Spanish	4	0	6	100 hours
	9:1	\$14,450–16,600/year	3/26	Coed	No	Yes	23%	Yes	0	0	Spanish, Latin	Music, Art, Theater	Multiple	5	Not required, (encouraged)
	18: 1 (ES); 8:1 (HS)	\$5,500–7,760/year (ES); \$12,140–13,660/year (HS)	Call for information	Coed	Yes (HSPT)	Yes	1% (ES); 9.4% (HS)	Yes	10	0	Spanish, Latin	2 (ES); 9 (HS)	13 (ES); 32+ (HS)	6 (ES); 15 (HS)	80 hours over four years (9th–12th)
	13:1	\$20,919/year; Preschool–K varies	1/9 (9–11 a.m.), 2/7, 4/4 (for Preschool and PreK, 10–11 a.m.)	Coed	Yes	Yes	20%	Yes	0	0	Spanish	Multiple	Multiple	0	N/A



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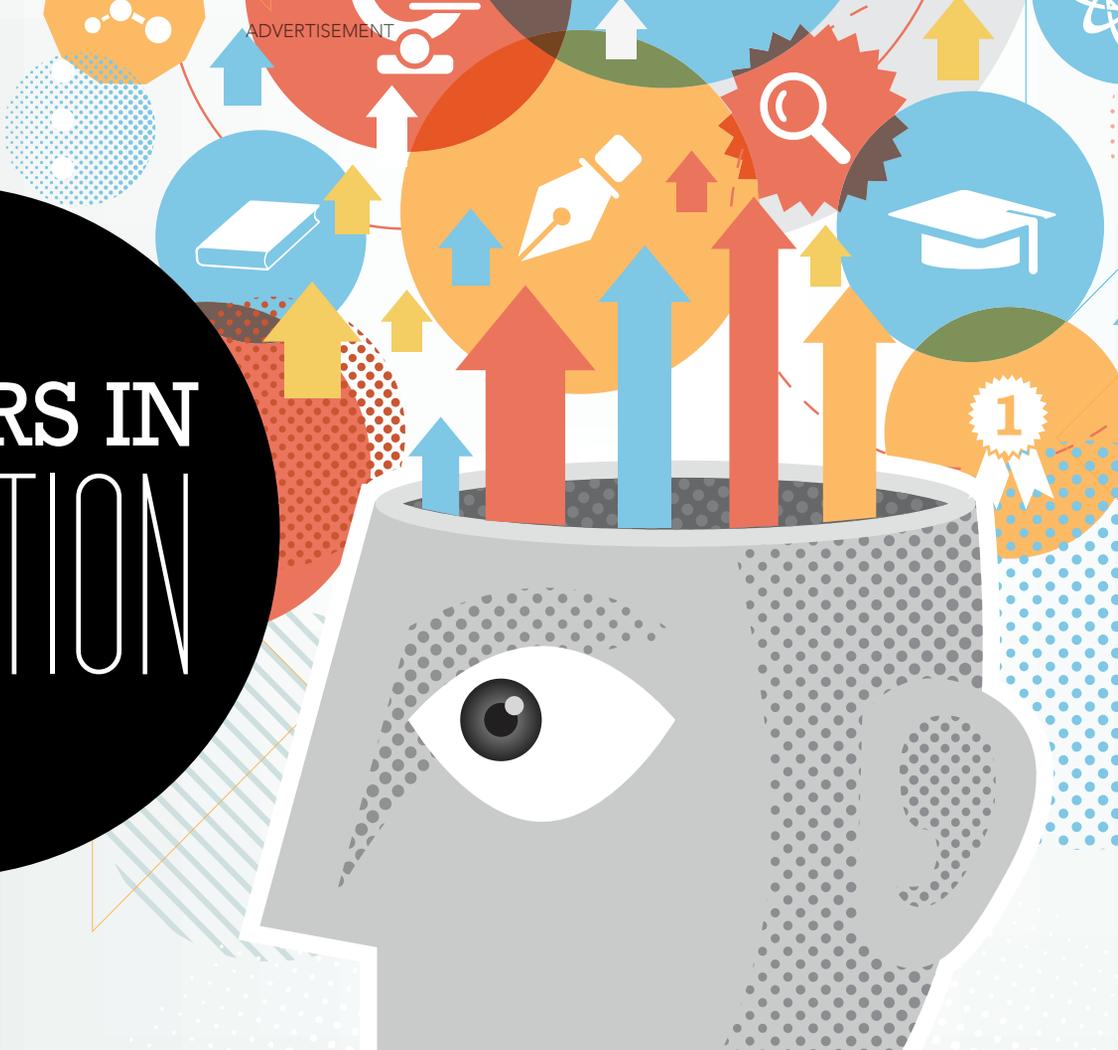
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CAMPUS NOTES

Religious Affiliation:
Catholic

Grades:
PreK-8

2018 – 2019
Enrollment: 484

2018-2019 Tuition:
\$4,725 to \$7,875

ST. JOHN THE EVANGELIST SCHOOL

669 Ritchie Highway, Severna Park, MD 21146 | 410-647-2283 | stjohnspschool.org

Saint John the Evangelist School is a Roman Catholic parish school under the jurisdiction of the Archdiocese of Baltimore that serves students preschool through eighth grade. In a community of faith, and with the Gospel values of Jesus Christ, our faculty and staff work together to make sure each child develops to the best of their ability spiritually, artistically, socially, and physically. Our school offers a nurturing environment that promotes living faith, academic excellence, leadership, and service within the church community and society.

Saint John School offers clubs and activities that allow our students to explore their unique talents and personalities. In addition to weekly art, Spanish, technology, and music classes, students have the opportunity to participate in various clubs and activities, such as robotics, musical theater, chess, birding, and more. Students may also participate in a variety of sports through our athletic association, including field hockey, soccer, lacrosse, and basketball.

We encourage our students to be active in their learning experiences, both inside and outside of the classroom. As a Certified Maryland Green School by the Maryland Association for Environmental and Outdoor Education, Saint John emphasizes the importance of environmental stewardship in classroom lessons and throughout our 30-acre campus. Through outreach, leadership, prayer, and service projects, Saint John promotes service to others. **Join us for our Open House on January 30th to learn how we merge faith, academics, and 21st-century technology to create responsible citizens and future leaders.**



26
Extracurricular
activities

14:1
Student to
teacher ratio





CAMPUS NOTES

Grades:
9-12

Enrollment: 54

2018-19 Tuition
and Fees: \$28,500

4 central bus
stops in Anne
Arundel County

WYE RIVER UPPER SCHOOL

316 S. Commerce Street, Centreville, MD 21617 | 410.758.2922 | wyeriverupperschool.org

Wye River is a coed, independent high school serving bright students with learning differences such as ADHD, dyslexia, or anxiety. We are committed to affecting positive change in the lives of our students through an individualized, engaging, high school experience. At Wye River, often for the first time, students find a place where they can thrive not just survive in school.

Through the right balance of challenge, support and engagement, we prepare our students for college, career, and life. Our curriculum highlights real-life learning, collaborative problem-solving, and project-based learning, igniting an interest and a motivation in our teens. We address individual academic needs with research-based teaching strategies inclusive of Orton Gillingham and a specialized writing program that benefits any level of writer. A daily study-hall with an advisor helps every student develop skills in organization, time management, effective studying, and self-advocacy.

Our program ensures a well-rounded experience involving students in athletics, art, theater, technology, and music. All students begin each day with morning sports and exercise -

improving students' energy and focus throughout the day. We find a high percentage of our students possess musical and visual-spatial talents. Through a myriad of electives, we foster these creative strengths.

At Wye River, we intentionally cultivate a caring culture. Qualities we consistently see in our students include - intelligence, creativity, resilience, originality, humor, and compassion. Wye River teachers and staff are amazed at our students' capacity for empathy and personal growth. To see first hand what our community is all about, we invite interested families to contact us and schedule a personal tour.



100%

of students are accepted
to 2 yr or 4 yr college

5:1

Student to
teacher ratio



CAMPUS NOTES

Religious Affiliation:
Catholic

Grades:
9-12

2018 - 2019
Enrollment: 1250

2018 - 2019 Tuition:
\$16,270

ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn MD 21144 | 410.969.9105 | archbishopspalding.org

As a Catholic college preparatory secondary school, Archbishop Spalding High School is committed to the values and teaching of Jesus Christ. This is accomplished by challenging and motivating students to attain their highest personal and academic potential in a diverse community that affirms the values of faith and service to others.

The hallmark of a Spalding education has always been academic excellence. Archbishop Spalding offers a comprehensive college preparatory curriculum that embraces the gifts and talents of every student. A diverse academic program is offered which includes Advanced Placement, Pathway to Engineering, International Baccalaureate, Honors and the Aquinas Program. No matter the course of study, a Spalding education nurtures the natural gifts and

aptitude of each student, and develops skills to meet the demands of college and beyond.

With over 40 different clubs and organizations as well as 30 different varsity sports, there is a way for every student to be involved at Archbishop Spalding. From equestrian and sailing teams, Drama and Model UN, to baseball and field hockey, students are able to get involved, develop new friendships and expand their interests.



24

Average
Class Size

15:1

Student to
teacher ratio



CAMPUS NOTES

Year Founded: 1957

Religious Affiliation:
Episcopal

Grades:
Preschool-8

ST. MARTIN'S-IN-THE-FIELD EPISCOPAL SCHOOL

375-A Benfield Road, Severna Park, MD 21146 | 410-647-7055 | stmartinsmd.org

St. Martin's is an inclusive and spirited community rooted in Episcopal values fostering students of confidence, compassion, and character. Serving children since 1957, students are provided with countless opportunities to grow academically, socially, emotionally, and morally.

Intentionally designed as a preschool through 8th grade school, St. Martin's offer students a breadth of programs in and out of the classroom, ranging from courses in innovation, athletics, theater, experiential learning, after-school enrichment, as well as a robust summer camp experience. Talented teachers nurture and challenge each child as they prepare for a variety of selective high schools beyond St. Martin's.

Students benefit from learning and playing on our vibrant 8-acre campus in the heart of Severna Park. A new Innovation Lab and a renovated playground enhance learning opportunities, and in fall 2019, the school will open doors to an 8000 square foot Learning Center that will house modern classrooms for K-8 learning and a unifying entrance and gathering space.

St. Martin's is an accredited AIMS school that is committed to best independent school practices. Dedicated to affordability and diversity, St. Martin's is proud to be a small school making a BIG difference in the lives of students. Come see for yourself!



180
number of students
we serve from
12 different
zip codes

100%
of our graduates
are accepted
into their top high
school choice



CAMPUS NOTES

Grades: Twos – K

After school
programs include
Art, Ballet and
Soccer Shots

Weekly classes of
Music Together,
Jump Bunch, Spanish
and Chapel

2018 – 2019
Enrollment: 126

2018 – 2019 Tuition:
\$2,200 - \$7,400

ST. MARGARET'S DAY SCHOOL

1605 Pleasant Plains Road, Annapolis, MD 21409 | 410.757.2333 | stmargaretsdayschool.org

St. Margaret's Day School provides children with an opportunity to learn about themselves and the world around them. The school exposes children to learning experiences and gives them ample opportunity to explore, experiment, create and feel successful. A young child needs to have the opportunity to grow in relationships with other children of similar ages socially, emotionally, physically, intellectually, and spiritually. These goals are best achieved in a warm, open learning environment, facilitated by professional, caring adults. Each child is unique and develops at his/her own individual rate. Therefore, the curriculum must reflect each child's own needs, interests and level of development.

St. Margaret's Day School uses research based curriculums as well as an innovative STEM program that they developed using the Engineering Design Model. Children in our early childhood setting will collaborate as a team to learn, integrate and apply rigorous content; interpret and communicate information; engage in inquiry and logical reasoning to investigate within science, technology, engineering and

mathematics disciplines to answer complex questions, to investigate global issues and to develop solutions for challenges and real-world problems while also using 21st century tools.

Accredited by the National Association of the Education of Young Children, MD Excels level 5 rated, MAEOE certified, and as a certified Monarch Waystation we offer a comprehensive program dedicated to the personal development and growth of each child through a curriculum of creative play and developmentally appropriate activities.



12-20
Average
Class Size

1:6 / 1:7
Student to
teacher ratio



CAMPUS NOTES

Grades:
Pre-K3 – 12

2018 – 2019
Enrollment: 530

2018 – 2019 Tuition:
\$8,735-\$21,325
*Flexible Tuition available

College acceptance
rate: 100%

90% of students take
at least one AP class
by senior year.

INDIAN CREEK SCHOOL

Lower School - 680 Evergreen Rd., Crownsville, MD 21032 | 410-923-3660

Upper School - 1130 Anne Chambers Way, Crownsville, MD 21032 | 410-849-5151

A great deal of thought goes into an Indian Creek School education. For over 40 years, we've taken the latest research on how children learn best and applied it to our practice.

At Indian Creek School, we know that non-cognitive skills such as resilience, curiosity, passion, and optimism are important for success in college and beyond. Our program intentionally incorporates opportunities to build and practice these skills throughout our curriculum for all ages. Students learn best when they are happy and safe. We create a learning environment where our teachers know their students both as people and as learners. These connections help students to gain confidence, acquire strategies for managing stress, and enjoy meaningful learning opportunities.

Our faculty members personalize their teaching to each child's learning style. Teachers apply best



15

Average
Class Size

7:1

Student to
teacher ratio

practices from neuroscience research to create classroom conditions that increase cognition, attentiveness, and information retention. Because of our focus on how each child learns best, Indian Creek students graduate with knowledge of their own strength, the ability to advocate for themselves, and a genuine love for learning. They are well prepared—both for college and for a lifetime of learning and achievement. Learn more about the unique and remarkable Indian Creek School experience today!



CAMPUS NOTES

Grades:
Twos – Grade 8

2018-2019
Enrollment: 228

2018-2019 Tuition:
\$3,575 to \$19,995

ST. ANNE'S SCHOOL OF ANNAPOLIS

3112 Arundel on the Bay Road, Annapolis, MD 21403 | 410-263-8650 | StAnnesSchool.org

We're a small school with big thinkers. Our curriculum is contemporary, and our approach to learning is proven and research based. As a candidate school for the International Baccalaureate (IB) Primary Years Programme and Middle Years Programme, we share a common philosophy with IB World Schools — a commitment to uphold the teaching and learning of a diverse and inclusive community of students by delivering challenging, high quality programs.

Our educators specialize in the educational and social needs of children in Early Childhood, Lower School, and Middle School. Classrooms are arranged and schedules are designed based on ways children of these ages learn best. Students thrive in small class settings that maintain low student-to-teacher ratios. Our students grow by investigating, challenging, discovering and learning how they can make a difference in the lives of others.

By the time our students reach Eighth Grade, they are ready for the high school transition. With the guidance of our Director of Upper School Placement, students can have

meaningful input with their families as they navigate this process. We believe it is a transition that will prepare them for their future transition to college and beyond.

Visit our campus and tour our newly opened Innovative Design Lab. Come see us in action!



\$441,400

in scholarships offered
to the Class of 2018
by High Schools

30

Co-Curricular
Offerings

9:1

Student to
teacher ratio

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- Museum and Gallery spaces
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– Gavin Buckley Mayor of Annapolis



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– Midgett S. Parker, Jr. Linowes and Blocker, LLP

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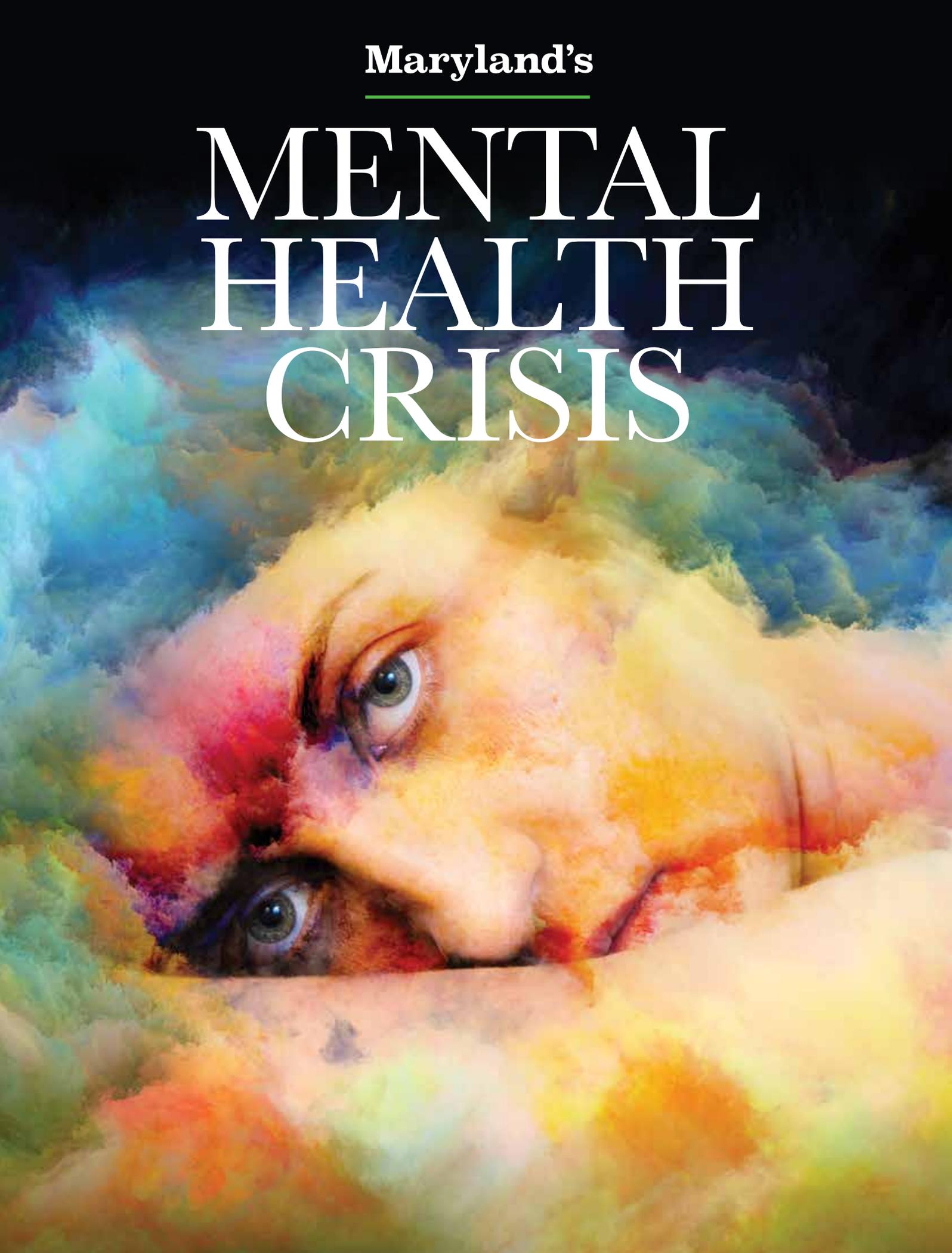
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MARYLAND THEATRE
for the Performing Arts

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Maryland's

MENTAL HEALTH CRISIS



Mental health disorders are common but not discussed. Resources are scant but growing. What can be done?

By Kelsey Casselbury

By all accounts, Caley Breese looks like a normal 25-year-old. She works, she socializes, she volunteers. You might never know that she also suffers from anxiety, depression, and occasional debilitating panic attacks. But, wait—Breese looks like a perfectly normal 25-year-old because she is a perfectly normal 25-year-old. She's one of 5.7 million Marylanders...and happens to struggle with mental health illness.

The lack of conversation surrounding mental and behavioral health seems to create a self-fulfilling prophecy. No one wants to talk about it for fear of being labeled “crazy” or “weird,” but those labels persist because people don't talk about it. The real craziness: In 2019, there's still a stigma surrounding mental health issues because, the fact of the matter is, mental illness simply isn't treated the same as physical conditions.

“Mental illness is greatly misunderstood,” says Amy Morin, a licensed clinical social worker and author of the best-selling self-help book, *13 Things Mentally Strong People Don't Do*. “It is still often looked at as a weakness, as if depression or anxiety is a character flaw or stems from laziness.”

It's time to learn more. It's time to start the conversation. It's time to talk about mental health right here, where you live, in the state of Maryland.

The State of Mental Health in Maryland

Maryland ranks 12th in the nation for mental health, a position bestowed by Mental Health America, which added up the effectiveness of 15 measures such as the number of people with disorders, those with mental illness who are uninsured, and mental health workforce availability, among other factors, to come up with a definitive order of the 50 states. Using this list—which in-

cludes Washington D.C.— as a barometer might suggest that people in Maryland with mental health issues are better off in some ways than those in, say, Nevada, which is at the bottom of the list at No. 51. However, it could also indicate that Maryland doesn't provide as many resources as those in Massachusetts and South Dakota, which earned the top two spots, respectively.

Over the past two years, the state has been working to integrate behavioral health into primary care settings, says Jo Deaton, a psychiatric nurse and senior director of nursing for behavioral health at Anne Arundel County Medical Center in Annapolis. “I think the realization is that depression is very costly to both our state and country, and if you can help people at the primary care level, it will be more effective,” she adds.

It's a good thing there's an effort on this front, because when it comes solely to access to mental health care, Maryland drops to No. 19 out of 50. This could be related in part to the fact that the state has a significantly limited number of psychiatric beds, which refers to places to put people who need psychiatric hospitalization. AAMC doesn't have a psychiatric in-patient unit, Deaton explains, and there are just six beds in the emergency room. In early 2018, *The Baltimore Sun* reported that the number of psychiatric hospital beds in Maryland dropped almost 80 percent since the 1980s. The fiscal year 2017 report from the Maryland Health Care Commission put the total number of acute psychiatric care beds in the state at 740, with just 14 in Anne Arundel County and 47 on the Eastern Shore.

In fall 2017, a Baltimore judge held five top state officials, including then-acting Maryland Health Secretary Dennis Schrader, in contempt of court for the failure to increase the number of available psychiatric hospital beds available for mentally ill criminal defendants. Additionally, in 2016, Maryland law firm Venable LLP filed a lawsuit against the state to compel officials to transfer to hospitals the defendants who were determined to be mentally incompetent and a risk to themselves or others, instead of keeping them in jail cells.

The majority of patients that come into AAMC for mental health disorders who need acute psychiatric care are sent to Johns Hopkins in Baltimore or Sheppard Pratt in Ellicott City. Currently, Baltimore Washington Medical Center in Glen Burnie serves as the only acute psychiatric care

hospital in Anne Arundel County, providing in- and outpatient behavioral health programs. However, AAMC has broken ground on a Mental Health hospital with 16 beds scheduled to open in summer 2020.

On the Eastern Shore, Peninsula Regional Medical Center in Salisbury opened an inpatient behavioral health unit with 13 beds in Spring 2016, and the University of Maryland Shore Medical Center at Dorchester in Cambridge includes a 24-bed inpatient treatment center.

It's not enough. To make matters worse, Maryland—along with the rest of the country—currently suffers from a shortage of psychiatrists. When people make calls for mental health care, they often wait weeks or even months for an appointment. Breese, who works as What's Up? Media's community editor, experienced this struggle first-hand when her psychiatrist closed up shop and she had to find someone new. "For some people, the process [of finding a psychiatrist] can take way too long," she says. "These wait times are crazy, and the whole situation with insurance coverage is crazy—but [the visit is] something that's necessary."

A 2017 report from the National Council for Behavioral Health found that by 2025, nationwide demand for psychiatrists may outstrip supply by anywhere from 6,090 to 15,600 professionals. Fewer medical students are going into psychiatry, so the percentage of psychiatric MDs retiring is now higher than in previous years. Mental health providers are reimbursed less than physical care doctors, making it a less desirable occupation. Finally, there's a double-edged sword that affects the issue—there's a greater awareness of mental health issues, so the number of patients seeking care is higher than ever before.



“For some people, the process [of finding a psychiatrist] can take way too long.”

—Caley Breese

Understanding Mental Health Disorders

The spectrum of mental health disorders run the gamut from the diseases that people have often heard of, even if they don't understand them, such as depressive and anxiety disorders, to those that are less common and even less understood, including personality, bipolar, and psychotic disorders. A significant step in creating a culture that understands mental health is knowing what these diseases entail, as well as which myths must be discredited.

Depressive Disorders. Depressive disorder might be one of the most common mental health diseases in the U.S., but it's often the most misunderstood. More than just feeling sad, depression consists of a period of at least two weeks during which a person experiences not only a depressed mood or loss of interest or pleasure, but also a change in functioning, including problems with sleeping, eating, energy, concentration, self-image, or recurrent thoughts of death or suicide.

In the fall of 1995, Annapolis resident Isabel Tyson*, who is now 54, realized that something felt off but wasn't necessarily wrong. She logically knew that everything was “right” in her life, including her 1-, 3- and 7-year-old children, her loving husband, the part-time professional career that she adored, and supportive family, but it didn't matter. “It seems like it happened overnight, although I think it had been creeping up on me,” she recalls. “I tried to talk to my husband, and although he listened and cared, he had no idea what to say or how to help. I tried to talk to my mom, and she just made a comment like, ‘Why would you be struggling? You have beautiful kids, and everything in your life is great.’”

It was Tyson's sister, a physician, who helped her realize that she was, in fact, struggling with postpartum depression, which can creep into a person's life up to 18 months after giving birth. Other types of depression, which affect more than 16 million adults in America, include: →

Depression is often treated with medication and therapy, which is what Tyson turned to in managing her symptoms. “I knew that I needed both therapy and medication. Meds because there was a physical/hormonal component and therapy because I needed to talk to someone who cared but didn't know me,” she says. “I needed a ladder to help me climb out of the hole that I had fallen into.”

Persistent Depressive Disorder, also known as Dysthymic Disorder, which is a chronic low-level depression that's not as severe but has lasted two years or longer;

Bipolar Disorder, sometimes called Manic Depression and is often categorized as a schizoaffective disorder, is characterized by episodes that range from extreme highs to the deepest lows;

Seasonal Affective Disorder (SAD), a period of time, usually in the winter, when days grow short, there's not enough sun, and depression sets in;

Psychotic Depression, which is usually comorbid with major depression and includes “psychotic” symptoms such as hallucinations, delusions, and paranoia.

Some people, however, can't climb out of that hole and experience serious thoughts of suicide, including an average of 3.7 percent of Marylanders. It's the second-leading cause of death in people age 10 to 34 in America, and there are twice as many suicides as homicides every year in the country.

Anxiety Disorders. More than one-third of adults in the U.S. will experience some form of anxiety disorder at one point or another in their lives, but it's more likely to be a woman who will understand the distress that anxiety can bring. "Anxiety feels like a moment that you want to escape, but you can't," describes 24-year-old Juliana Jessen* of Annapolis. "For me, it's a feeling of being trapped in the moment with running thoughts that make my mind feel cloudy and full. I have a hard time listening to others when these thoughts arise."

This cluster of conditions includes not only generalized anxiety disorder (GAD) but also panic disorder, agoraphobia, specific phobias, social anxiety disorder, and separation anxiety disorder. Agoraphobia refers to a disorder characterized by intense fear of a place or situation where escape might be difficult and often leads to people avoiding being alone outside the home, traveling in a car, or being in a crowded area.

Although Jessen has struggled with anxiety since a child, when she regularly experienced travel anxiety, she wasn't diagnosed with GAD until her second year of college. As she got older, the symptoms increased, and situations changed, including socially. "I wouldn't describe it as social anxiety, as I enjoy talking with others and making friends with strangers," she says. "A lot of times, though, I feel trapped inside my own mind. My anxiety takes over, but it's not about anything in particular. I struggle mostly because I can never pinpoint the nature of it—that makes it hard to control because I don't know the source."

Those who suffer from anxiety can also experience panic attacks, which often come out of the blue without any known trigger. This rush of intense fear joins physical symptoms, including chest pain, heart palpitations, dizziness, and shortness of breath, which is why it's often confused with the beginning of a heart attack.

ADHD and Neurodevelopmental Disorders. Named as such because they are thought to originate as an impairment in the growth or

ADDITIONAL MENTAL HEALTH DISORDERS

A number of additional mental health conditions exist that there was simply not enough space to cover them all. However, they are just as serious and just as worthy of discussion as the others. They include:

Dissociative Disorder, including dissociative identity disorder (formerly known as multiple personality disorder)

Somatic Symptom Disorder, such as hypochondriasis

Eating Disorders, including anorexia and bulimia nervosa

Elimination Disorders, which includes the inappropriate elimination of urine or stool on accident or on purpose

Sleep-Wake Disorders, such as insomnia

Sexual dysfunctions

Gender dysphoria

Disruptive, impulse-control and conduct disorders, such as kleptomania

Addictive disorders, including substance abuse and gambling addiction

Neurocognitive disorders like Alzheimer's disease

Paraphilic disorders, including sexual interest that causes distress or impairment



development of the brain or central nervous system, neurodevelopmental disorders range from the broad category of intellectual disabilities (previously called mental retardation) to the autism spectrum and Down syndrome.

One of the most prevalent, particularly in children, is attention deficit/hyperactivity disorder (ADHD), the preferred medical term for the condition that was once just called ADD. This disease consists of more than just having extra energy and being a little spacey; it's a neurological condition that affects the brain's ability to finish tasks, organize, remember, sit still, listen, or stay quiet to the extent that it negatively affects a person's life. It's one of the most common childhood disorders, but can—and does—continue into adolescence and adulthood for about one-third of people. ADHD affects more than four percent of adults, but experts estimate that significantly more suffer through the symptoms without a formal diagnosis.

Cate Reynolds, entertainment editor for What's Up? Media, began exhibiting signs of ADHD at age 7 but wasn't diagnosed until 14. "I remember a specific instance in a science class where we were talking about trees. There was this specific tree that looked very much like the tree on the commercials for the Keebler cookies, and my mind just went on this tangent," she says. "I wondered how many elves lived in that tree. Why do they bake cookies in that tree? Do they live in the trunk of the tree or is there a basement? Why do some elves work in Santa's workshop and others in the Keebler tree? How long is it until Christmas? The next thing I know, the bell rang, and I knew *nothing* about trees. There wasn't a single note, I didn't know if we had homework, but I had counted out each day until Christmas."



Schizoaffective disorder combines the symptoms of schizophrenia, which includes delusions, hallucinations, disorganized speech, general apathy, and disorganized or catatonic behavior, with major depressive symptoms. These diseases are persistent, severe, and, in most cases, disabling—in fact, it’s one of the top 15 leading causes of disability worldwide, even though its prevalence ranges from just 0.25 percent to 0.64 percent of people in the U.S. Schizophrenia is *not* multiple personality disorder, as often portrayed in the media; that is a separate disease known as dissociative identity disorder.

Nearly five percent of people with schizophrenia die by suicide, which is a significantly higher rate than the general population. Delp’s son has tried suicide twice, he said, “which is small compared to a lot of people. I’m very lucky in that regard.” He attends a day program at Arundel Lodge and is able to live alone, about three miles from Delp, but his range of mental health disorders keep him from working and isolates him socially. “My son didn’t go to college, and he doesn’t have a group of friends,” Delp says. “He goes to a day program at the lodge, but everyone goes home at

1 p.m., and the rest of the day, they don’t know what to do. They just don’t know how to make friends in their 30s and 40s.”

Obsessive-Compulsive Disorder. When it comes to myths about mental health illnesses, obsessive-compulsive disorder (OCD) might have some of the most. Here’s what OCD is not:

- A synonym for someone who’s uptight, a germaphobe, or a neatnik.
- A love or passion for another person or a hobby.
- A preference for seeing objects in straight lines.
- A joke about being very organized.

In other words, experiencing OCD is *not* a good thing. It’s a series of obsessive and compulsive thoughts or actions that affect a person’s job, school, relationships, and everyday living because of a cycle that is beyond control. It starts with intrusive thoughts, which are unwanted, troubling, and repetitive, which lead a person to perform compulsive actions to soothe those thoughts, if



NEED HELP?
It’s Here for You

If you’re struggling with mental health issues and you don’t know where to turn, try one of these resources:

National Suicide Prevention Lifeline
1-800-273-8255
suicidepreventionlifeline.org
Trained counselors are available to talk over the phone or via chat in English, Spanish, and with those who are deaf or hard of hearing.

Crisis Text Line
crisistextline.org
Text HOME to 741741 for free, 24/7 crisis support or message the organization through Facebook Messenger.

Crisis Warmline
410-768-5522
A community “warmline” in Anne Arundel County that provides immediate help.

211 Maryland
2-1-1
211md.org
Dial 2-1-1 to be connected to trained call specialists that can connect you to more than 5,000 statewide agencies and programs in 180 languages, 24 hours a day, seven days a week.

Psychology Today
psychologytoday.com
A directory to find therapists, psychiatrists, therapy groups, and treatment facility options, which can be filtered by location, insurance coverage, and other factors.

Partnership for Prescription Assistance
pparx.org
Prescription medication assistance for those who are uninsured.

Anne Arundel County Public Schools Student Safety Hotline
1-88-676-9854
An anonymous hotline dedicated to the safety of Anne Arundel County Public Schools’ students.

only just temporarily. Without performing those actions, someone with OCD will experience severe anxiety and limited ability to function.

More than half of the 1.2 percent of U.S. adults that reported having OCD in the past year said that it seriously impaired their life. Someone who suffers from OCD is more likely to also experience depression, substance abuse, ADHD, eating disorders, or anxiety disorder. Although diagnosis with OCD isn't incredibly common, half of those who have it report that it creates a serious impairment.

PTSD and Trauma-Related Disorders.

Post-traumatic stress disorder (PTSD) is commonly thought of as a soldier's disease, but it can strike anyone who's been through a traumatic event, including violent personal assaults, natural or human-caused disasters, or accidents like car crashes. PTSD suffering is not relegated to just those who experienced the event; family members can suffer from the disorder, too.

PTSD often afflicts women who have been a victim of rape or sexual assault, as well as people of both genders in dangerous or traumatizing careers. Military members fall into that category, of course, but also professions such as firefighters. The International Association of Fire Fighters runs a treatment center in Upper Marlboro for its members suffering from PTSD and disorders that often go hand-in-hand with it, including substance abuse. The center opened in 2017.

Research shows that around half of Americans will experience a traumatic event in their lifetime, but the majority of those won't develop PTSD. They'll feel shock, anger, fear, and guilt, to be sure, but as time fades, those feelings lessen and go away. Those with PTSD, however, will only experience an increase in those feelings over time, to the point where they can no longer live a normal life without intervention. Instead, they're stuck repeatedly reliving the trauma through nightmares, flashbacks, or hallucinations. Reminders of the event, like an anniversary, can trigger them into distress. An estimated 3.6 percent of adults had PTSD in the last year.

Personality Disorders. Everyone has a personality that defines their own individuality. People with healthy personalities can manage stress effectively and form bonds with other people, but those with personality disorders—you might have heard of borderline personality disorder, though



that's just one of many types—aren't as able to cope with both of those seemingly "normal" practices. They often don't realize that their behavior is considered disordered and struggle with a rigid, narrow worldview. An estimated nine percent of Americans have at least one personality disorder; however, it has significant comorbidity with other mental health illnesses. The 10 recognized personality disorders are broken into three clusters: →

Narcissistic personality disorder, part of cluster B, has shown up in the media more often recently; however, it goes beyond an over-inflated ego. Instead, narcissism is the primary characteristic of someone's personality to the point where it destroys normal relationships and affects those who come into contact with the person suffering. Antisocial personality disorder, also known as sociopathy, refers to a person who doesn't hold regard for right versus wrong and doesn't show signs that they care about other people's feelings or rights.

CLUSTER

A

Odd, eccentric behavior, including paranoid, schizoid, and schizotypal personality disorders.

CLUSTER

B

Dramatic, emotional, and erratic behavior, including antisocial, borderline, histrionic, and narcissistic personality disorders.

CLUSTER

C

Anxious, fearful behavior, including avoidant, dependent, and obsessive-compulsive personality disorders, the latter of which is different than OCD.



Breaking the Silence

A significant number of local residents were willing to talk about their mental health struggles, but very few were willing to use their real names in doing so, as you might have noticed while reading their stories above. However, even those who weren't ready to come out of the darkness noted the need to break the stigma surrounding mental health disorders.

“One in five people likely have a mental illness at any given time,” reiterates best-selling author Morin. “By not talking about it, we’re not helping people get the help they need. Most mental health issues are very treatable, and early intervention can be key to getting the most effective treatment.”

Organizations that work to increase awareness include NAMI, which has national, state, and local branches and does advocacy, training, education, and support for those with mental illnesses

Coming Next Month

Mental health is a serious topic, but not all struggles are full-blown disorders. However, handling periods of stress, depression, and anxiety (even if it's “just” the blues) is tough for everyone. In February, What's Up? will dive into 15 scientifically proven ways to practice self-care to improve your emotional health.

and their loved ones. “So many people aren't aware of mental illnesses,” NAMI's Executive Director says, “or even that their own family members are struggling with a disorder.”

“Funding is not where it should be for mental health care,” Delp adds. “It's growing—it's double what we had in the past. But it's not where it should be.”

Society tends to be more focused on physical diseases, such as cancer or heart disease, he continues, but they don't want to talk about what's going on in the brain. Yet, it needs to be treated with the same amount of focus. “If you have strep throat, you take an antibiotic. If you have a headache, you take Tylenol,” Reynolds says. “Mental illness is still an illness.”

Supporting Those Who Suffer

Mental health diseases don't just affect the individual who is suffering, but also their family and friends. The network of support that surrounds a person can make a significant difference in the battle being waged, but it takes both education and communication. NAMI offers a number of free courses, including Mental Health 101, that help participants navigate a complicated health care system, including HIPAA laws, as well as twice-a-year 12-week family support courses and regular support groups.

If you notice a loved one exhibiting signs of mental illness, the best thing to do is have a conversation, Deaton recommends. Say something like, “I noticed over the past couple months, you have seemed really sad. I love you a lot. Can you tell me what's going on and how I can help you?” A direct, supportive approach is ideal, Deaton says. If you've had your own struggles with mental health, open up to the person, Morin suggests. You might even offer to attend an appointment with a healthcare professional with them for support.

“Discuss how everyone is vulnerable to mental health problems,” Morin says. “You'll encourage people to begin having more open conversations about mental health.”

**Not their real name.*



WHAT'S UP? MEDIA

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**Enjoy cake tasting,
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TICKETS ARE \$15 IN ADVANCE, GO TO
WHATSUPTIX.COM FOR MORE INFORMATION.



Makeup by Judee Jo
a makeup studio

Thrive
CRYOSTUDIO

Rentals to Remember
"setting your table with elegance and ease"

Byzantium

WHAT'S UP? MEDIA

WINTER SPORTS RESORT GUIDE 2019

Our Mid-Atlantic state-by-state guide for the adventuresome who love skiing, snowboarding, tubing, and more!

Compiled by Catherine Rohsner



► MARYLAND

WISP SKI RESORT

Overview: Maryland's one four-season ski, golf, and recreation resort spreads across 172 acres in scenic Garrett County right next to Deep Creek Lake. Wisp provides lodging, dining, and shopping along with an array of winter fun activities. **Contact:** 296 Marsh Hill Road, McHenry; 301-859-3159; wispresort.com; three hours from D.C. **Runs:** 34 total; 35% beginner, 38% intermediate, 27% expert **Lifts:** 12 **Vertical drop:** 700 feet **Longest run:** 1.5 miles **Features:** Night skiing, 3 terrain parks, snow tubing, mountain coaster, cross-country skiing, snowshoeing, ice skating

► VIRGINIA

BRYCE RESORT

Overview: Bryce Resort is a family-friendly, year-round getaway in northern Virginia for golfing, mountain biking, zip-lining, and more besides award-winning winter sports. **Contact:** 1982 Fairway Drive, Basye; 540-856-2121; bryceresort.com; 2 hours from D.C. **Runs:** 8 total; 38% beginner, 50% intermediate, 13% advanced **Lifts:** 7 **Vertical drop:** 500 feet **Longest run:** 0.4 miles **Features:** Night skiing, snowboarding, snow tubing, ski racing

MASSANUTTEN RESORT

Overview: Set in the beautiful Shenandoah Valley and with 6,000 acres, Massanutten is an award-winning luxury and family resort including spa amenities as well as a waterpark. **Contact:** 1822 Resort Drive, McGaheysville; 540-289-5441; massresort.com; 2 hours from D.C. **Runs:** 14 total; 31% beginner, 46% intermediate, 23% advanced **Lifts:** 8 **Vertical drop:** 1,110 feet **Longest run:** 0.8 miles **Features:** Night skiing, 2 terrain parks, snow tubing, ice skating, team sports & racing

THE HOMESTEAD SKI AREA

Overview: This ski area is right by the historic Omni Homestead Resort in the Allegheny Mountains and a great place for beginners to practice and learn. **Contact:** Hot Springs; 540-839-7721; 4 hours from D.C. **Runs:** 9 total; 33% beginner, 56% intermediate, 11% expert **Lifts:** 2 **Vertical drop:** 700 feet **Longest run:** 1 mile **Features:** Night skiing, snowboarding, snow tubing, ice skating, snowmobiling, zip line

WINTERGREEN RESORT

Overview: 11,000 acres of the eastern Blue Ridge Mountains belong to this four-season resort loaded with nature and family-friendly activities. **Contact:** Route 664 Wintergreen; 434-325-2200; wintergreenresort.com; 3 hours from D.C. **Runs:** 23 total; 23% beginner, 35% intermediate, 42% advanced **Lifts:** 5 **Vertical drop:** 1003 feet **Longest run:** 1 mile **Features:** Night skiing, 2 terrain parks, NASTAR & racing, snow tubing, ice skating, Ridgely's Fun Park

► WEST VIRGINIA

CANAAN VALLEY RESORT

Overview: Canaan Valley is a West Virginia State Park equipped with a fitness center, on-site restaurants, and great views located only a few hours' drive from both Pittsburgh, PA and D.C. **Contact:** 230 Main Lodge Road, Davis; 304-866-4121; canaanresort.com; 3 hours from D.C. **Runs:** 47 total; 19% beginner, 36% intermediate, 43% advanced, 2% expert **Lifts:** 4 **Vertical drop:** 850 feet **Longest run:** 1.2 miles **Features:** 1 Terrain park, cross-country skiing, ice skating, snow shoeing, snow tubing, air boarding



SNOWSHOE SKI RESORT

Overview: Largest mid-Atlantic winter resort for beginner and expert skiers alike in Pocahontas County with easy access to the Mountain Village and other amenities/attractions. **Contact:** 10 Snowshoe Drive, Snowshoe; 877-441-4386; snowshoemtn.com; 4.5 hours from D.C. **Runs:** 60 total; 34% beginner, 36% intermediate, 28% advanced, 2% expert **Lifts:** 14 **Vertical drop:** 1500 feet **Longest run:** 1.5 miles **Features:** Night skiing, 5 terrain parks, snowboarding, cross-country skiing, snowmobiling, snow tube park, escape room

TIMBERLINE FOUR SEASONS RESORT

Overview: Best known for its winter facilities, Timberline offers great service and beginner-friendly slopes. **Contact:** 254 Four Seasons Drive, Davis; 304-866-4801; timberlineresort.com; 3 hours from D.C. **Runs:** 40 total; 41% beginner, 23% intermediate, 18% advanced, 18% expert **Lifts:** 4 **Vertical drop:** 1000 feet **Longest run:** 2 miles **Features:** NASTAR & racing, kid's programs

► PENNSYLVANIA

BEAR CREEK MOUNTAIN RESORT & CONFERENCE CENTER

Overview: Bear Creek is a year-round luxury resort that's got everyone covered with activities for all ages, from winter sports to wine-tasting. **Contact:** 101 Doe Mountain Lane, Macungie; 866-754-2822; bcmr.com; 3 hours from Baltimore **Runs:** 23 total; difficulty: 30% beginner, 40% intermediate, 30% advanced **Lifts:** 6 **Vertical drop:** 510 feet **Longest run:** 1 mile **Features:** Skiing, snowboarding, snow tubing, 3 terrain parks, NASTAR racing

BLUE KNOB ALL SEASONS RESORT

Overview: Only a few hours west of Pittsburgh and on the highest skiable peak in Pennsylvania, Blue Knob offers winter sports and skiing for all levels, plus the amenities of the Alpine Village; mountain biking, golfing, and hiking are popular activities in the summer. **Contact:** 1424 Overland Pass, Claysburg; 814-239-5111; blueknob.com; 3.25 hours from Baltimore **Runs:** 34 total; 20% beginner, 35% intermediate; 35% advanced; 10% expert **Lifts:** 5 **Vertical drop:** 1072 feet **Longest run:** 2 miles **Features:** Night skiing, 1 terrain park, snowboarding, snow tubing, NASTAR, cross-country skiing, snowshoeing

BLUE MOUNTAIN RESORT

Overview: This year-round resort located alongside the Poconos Mountains, boasts the highest vertical drop in the state, and provides activities for the whole family to enjoy in both summer and winter. **Contact:** 1660 Blue Mountain Drive, Palmerton; 610-826-7700; skiblument.com; 1.5 hours from Baltimore **Runs:** 16 total; 42% beginner, 13% intermediate, 45% expert **Lifts:** 39 **Vertical drop:** 1082 feet **Longest run:** 1.2 miles **Features:** Snowboarding, snow tubing, adult & youth racing

CAMELBACK MOUNTAIN RESORT

Overview: Looking for adventure? Camelback, located in the heart of the Poconos, boasts fantastic waterparks and the biggest snow tubing park in Pennsylvania. Advice: go off-peak, as the resort is popular. **Contact:** 301 Resort Drive, Tannersville; 570-629-1661; skicamelback.com; 3.5 hours from Baltimore **Runs:** 37 total; 39% beginner, 26% intermediate, 26% advanced, 9% expert **Lifts:** 16 **Vertical drop:** 800 feet **Longest run:** 1 mile **Features:** snowboarding, snow tubing, Appalachian Express Coaster, dual zip line

EAGLE ROCK RESORT

Overview: Enjoyable winter sports as well as a long list of summer activities including golf, horseback riding, and paddle boating are here at this Double-Diamond resort. **Contact:** 1 Country Club Drive, Hazle Township; 570-384-1383; ddresorts.com/eaglerock; 2.75 hours from Baltimore **Runs:** 14 total; 50% beginner, 7% intermediate, 43% advanced **Lifts:** 3 **Vertical drop:** 550 feet **Longest run:** 1 mile **Features:** Snowboarding, snow tubing

ELK MOUNTAIN SKI RESORT

Overview: Located in the Endless Mountains of rural northeast Pennsylvania, Elk Mountain is never too crowded, and its slopes have been enjoyed by many for years. **Contact:** 344 Elk Mountain Road, Union Dale; 570-679-4400; elkskier.com; 4 hours from Baltimore, MD **Runs:** 27 total; 22% beginner, 37% intermediate, 41% advanced **Lifts:** 7 **Vertical drop:** 1000 feet **Longest run:** 0.7 miles **Features:** 2 Terrain parks, ski school, kids programs

HIDDEN VALLEY RESORT

Overview: Hidden Valley, close to Seven Springs and Laurel Mountain resorts, offers summer and winter sports, and is close to many attractions such as Frank Lloyd Wright's Fallingwater, Ohio State Park, and Idlewild & Soakzone. **Contact:** 1 Craighead Drive, Hidden Valley; 814-443-8000; hiddenvalleysort.com; 2.5 hours from Baltimore **Runs:** 25 total; 27% beginner, 50% intermediate, 23% advanced **Lifts:** 9 **Vertical drop:** 470 feet **Longest run:** 1.5 miles **Features:** Night skiing, 2 terrain parks, snowboarding, snow tubing

JACK FROST-BIG BOULDER

Overview: These two neighbor mountains are great for beginner to intermediate skiers. **Contact:** Blakeslee; 570-443-8425; jfbb.com; 3.25 hours from Baltimore **Runs:** 36 total; 40% beginner, 30% intermediate, 30% advanced **Lifts:** Jack Frost: 12; Big Boulder: 10 **Vertical drop:** Jack Frost: 600 feet; Big Boulder: 475 feet **Longest run:** 1 mile **Features:** 7 Terrain parks; snow tubing, programs

LAUREL MOUNTAIN SKI RESORT

Overview: Laurel Mountain is famous for its double-diamond Lower Wildcat slope, the steepest in the state, and its history, its founder being the skiing-legend Johann "Hannes" Schneider. Though smaller in size, Laurel ranks as one of the top ten ski areas in Pennsylvania. **Contact:** 374 Summit Ski Road, Boswell; 724-238-2801 (ski-season), 888-547-3388 (off-season); laurelmountainski.com; 3.5 hours from Baltimore **Runs:** 20 total; 11 beginner, 6 intermediate, 2 advanced, 1 expert **Lifts:** 2 **Vertical drop:** 761 feet **Longest run:** Over 1 mile **Features:** Snowboarding, lodging package with access to Seven Springs and Hidden Valley resorts as well.

LIBERTY MOUNTAIN RESORT

Overview: Recently added to The Peak Resort family along with the Roundtop and Whitetail resorts, Liberty features outdoor activities all year and is just a few miles south of Gettysburg. **Contact:** 78 Country Club Trail, Carroll Valley; 717-642-8282; libertymountainresort.com; 1.5 hours from Baltimore **Runs:** 16 total; 35% beginner, 40% intermediate, 25% expert **Lifts:** 8 **Vertical drop:** 620 feet **Longest run:** 1 mile **Features:** Snowboarding, snow tubing, ice skating

MONTAGE MOUNTAIN SKI RESORT

Overview: Located in the Poconos close to Scranton, PA, Montage Mountain offers plenty of water activities to keep cool in the summer, and is the only resort in Pennsylvania out of 7 in the country to host airboarding. **Contact:** 1000 Mountain Road, Scranton; 855-SKI-SWIM; montagemountainresorts.com; 3.5 hours from Baltimore **Runs:** 26 total; 20% beginner, 45% intermediate, 35% advanced **Lifts:** 7 **Vertical drop:** 1000 feet **Longest run:** 1.2 miles **Features:** Night skiing, riding, snow tubing, air boarding

MOUNT PLEASANT OF EDINBORO

Overview: Set near Lake Eerie, Mount Pleasant is a pleasant getaway that's kid-friendly with excellent slopes, services, and summer and fall events also! **Contact:** 14510 Mt. Pleasant Road, Cambridge Springs; 814-734-1641; skimountpleasant.com; 6 hours from D.C. **Runs:** 10 total; 4 beginner, 4 intermediate, 2 advanced **Lifts:** 2 **Vertical drop:** 340 feet **Longest run:** 0.45 miles **Features:** Night skiing, snowboarding, snowtubing, cross-country skiing, snowshoeing

MYSTIC MOUNTAIN SKI AREA

Overview: Mystic Mountain is part of Nemaocolin Woodlands Resort, a four-season destination for relaxation, adventure, and recreation. **Contact:** 1001 Lafayette Drive, Farmington; 866-344-6957; nemaocolin.com; 3 hours from Baltimore **Runs:** 10 total; 3 beginner, 3 intermediate, 4 advanced **Lifts:** 3 **Vertical drop:** 300 feet **Longest run:** 0.5 miles **Features:** Night skiing, snowboarding, snow tubing, cross-country skiing, snowshoeing

SEVEN SPRINGS SKI RESORT

Overview: Seven Springs lacks nothing when it comes to things to do year-round. With the alpine slide, hydro-biking, golf, and much more, this destination is perfect for any time of year. **Contact:** 777 Waterwheel Drive, Champion; 814-352-777; 7springs.com; 3.5 hours from D.C. **Runs:** 33 total; 35% beginner, 40% intermediate, 25% advanced **Lifts:** 10 **Vertical drop:** 750 feet **Longest run:** 1.2 miles **Features:** Night skiing, snowboarding, snow tubing, 7 terrain parks & pipes, NASTAR course

SHAWNEE MOUNTAIN SKI AREA

Overview: Located within the Poconos, Shawnee Mountain features decent slopes as well as Summer and Autumn activities.

Contact: 401 Hollow Road, East Stroudsburg; 570-421-7231; shawneemt.com; 3.5 hours from Baltimore **Runs:** 23 total; 26% beginner, 48% intermediate, 26% advanced **Lifts:** 10 **Vertical drop:** 700 feet **Longest run:** 1.6 miles **Features:** Night skiing, 2 terrain parks, snow tubing

SKI BIG BEAR AT MASTHOPE MOUNTAIN

Overview: Ski Big Bear is a perfect place to go as a first-timer as a family or both to relax and ski.

Contact: 192 Karl Hope Boulevard, Lackawaxen; 570-226-8585; ski-bigbear.com; 4.75 hours from Baltimore **Runs:** 18 total; 33% beginner, 28% intermediate, 33% advanced, 6% expert **Lifts:** 6 **Vertical drop:** 650 feet **Longest run:** 1.5 miles **Features:** Night skiing, 1 terrain park, snow tubing, cross-country skiing

SKI ROUNDTOP

Overview: Now part of The Peak Resorts family, Roundtop Mountain Resort has a variety of activities in both summer and winter for all ages to enjoy. It's also just minutes from Hershey, PA. **Contact:** 925 Roundtop Road, Lewisberry; 717-432-9631; skiroundtop.com; 2 hours from D.C. **Runs:** 20 total; 20% beginner, 25% intermediate, 40% advanced, 15% expert **Lifts:** 9 **Vertical drop:** 600 feet **Longest run:** 0.4 miles **Features:** Snowboarding, Snow tubing, 2 terrain parks, paintball, Roundtop Mountain sports

SKI SAWMILL FAMILY RESORT

Overview: Located in northern central Pennsylvania, Ski Sawmill is an all-around great place for families to ski and attend other yearly events. **Contact:** 383 Oregon Hill Road, Morris; 570-353-7521; skisawmill.com; 4.25 hours from Baltimore **Runs:** 14 total; 35% beginner, 25% intermediate, 40% advanced **Lifts:** 5 **Vertical drop:** 515 feet **Longest run:** 0.1 miles **Features:** Night skiing, 1 terrain park, snowboarding, snow tubing, snowmobiling, archery

TUSSEY MOUNTAIN SKI & RECREATION

Overview: Festival-lovers and family members will all enjoy Tussey Mountain, located in central Pennsylvania, in both summer and winter; not just a ski area, go-karts, paddleboats, outdoor movies, and more are also available. **Contact:** 301 Bear Meadows Road, Boalsburg; 814-466-6266; tusseymountain.com; 3 hours from Baltimore **Runs:** 8 total; 40% beginner, 40% intermediate; 20% advanced **Lifts:** 5 **Vertical drop:** 520 feet **Longest run:** 0.3 miles **Features:** Night skiing, 1 terrain park, snowboarding, snow tubing

WHITETAIL SKI RESORT

Overview: One of the newest members of The Peak Resorts family, Whitetail features summer camps, golf courses, winter sports and a range of slopes. Whitetail's more spacious on the weekdays than on the weekends. **Contact:** 13805 Blairs Valley Road, Mercersburg; 717-328-9400; skiwhitetail.com; 1.5 hours from D.C. **Runs:** 23 total; 32% beginner, 45% intermediate, 23% advanced **Lifts:** 9 **Vertical drop:** 935 feet **Longest run:** 1 mile **Features:** Night skiing, snowboarding, snow tubing, 2 terrain parks

► NEW JERSEY

CAMPGAW MOUNTAIN

Overview: This casual winter ski area is great for beginners and family too! **Contact:** 200 Campgaw Road, Mahwah; 201-327-7800; skicampgaw.com; 4 hours from Baltimore **Runs:** 12 total; 33% beginner, 33% intermediate, 25% advanced, 8% expert **Lifts:** 5 **Vertical drop:** 274 feet **Longest run:** 0.3 miles **Features:** Night skiing, 1 terrain park, snow tubing, children's programs, ski lessons

HIGH POINT CROSS COUNTRY SKI CENTER

Overview: Beginner and intermediate skiers will enjoy High Point's well-groomed trails and delicious food menus at the northern, snowy tip of New Jersey. **Contact:** 1480 Route 23, Sussex; 973-702-1222; xcskihighpoint.com; 4.5 hours from Baltimore **Runs:** unknown total; 60% beginner, 15% intermediate, 25% advanced **Lifts:** 0 **Vertical drop:** 478 feet **Longest run:** Unknown **Features:** Night skiing, snowboarding, snowshoeing, ice skating, youth ski league, skijoring

MOUNTAIN CREEK

Overview: Complete with 7 championship golf courses, spa & salon, state park and wildlife refuge, Mountain Creek is a true four-season resort, and only 47 miles from New York City. **Contact:** 200 Route 94, Vernon; 973-827-2000; mountaincreek.com; 4.5 hours from Baltimore **Runs:** 46 total; 24% beginner, 46% intermediate, 30% advanced **Lifts:** 10 **Vertical drop:** 1040 feet **Longest run:** 2 miles **Features:** Night skiing, ski & board, 3 terrain parks, snow tubing, mountain coaster, zip line



2019 BEST OF BALLOT

ANNAPOLIS

Welcome to your 2019 Best of Annapolis Ballot! This is your opportunity to speak your mind on who's who in town when it comes to best dining, retail, services, and oh-so-much more.

New this year: The voting period for all categories is open for the entirety of January and February—that's all food, dining, retail, professional services, real estate, home, garden, medical, dental, veterinary, beauty, and fitness. You name it, you can vote on it...right now!

There are two ways to engage: Either take your time voting on this paper ballot for the categories that speak the most to you, OR, hop online at whatsupmag.com and click on any of the many "Best of Voting" icons and ads you'll see throughout the site. From there, you'll be directed to the online ballots. Bonus: you can log in and start your ballot; and if you feel like filling in some now, some later... it's easy to do so. As long as you submit your ballots only once but the final deadline of February 28th, your votes will count!

And...there are prizes! Yes, if you complete 25 percent of the entirety of this ballot, you'll be entered into a drawing for a \$25 restaurant gift card. Complete 50 percent for the \$50 drawing. And if you hammer out 75 percent or more, you'll be in the elite pool for a \$150 drawing!

So, hats off to you. After all, it's your ballot, voice, and selections that we're after. Collectively, our readers will determine the Best of Annapolis!



FOOD, DINING & ENTERTAINMENT

- American
- Chinese
- French
- German
- Greek
- Indian
- Irish
- Italian
- Japanese
- Mexican
- Spanish
- Sushi
- Thai
- Appetizers
- Bakery
- Breakfast
- Brunch
- Barbecue
- Burger
- Candy Shop
- Caterer
- Chef
- Cocktails
- Coffee Shop
- Crabcake
- Cream of Crab Soup
- Cupcakes
- Deli
- Dessert
- Family-Friendly Restaurant
- Farm-to-Table Menu
- Gluten-Free
- Ice Cream
- Maryland Crab Soup
- New Restaurant
- Outdoor Dining
- Oysters/Raw Bar
- Pizza
- Place to Take Out-of-Towners
- Place for Seniors
- Restaurant Décor
- Romantic Restaurant
- Seafood
- Small Plates
- Special Occasion Restaurant
- Steakhouse

Steamed Crabs.....

Take-Out.....

Vegetarian.....

Wait Staff.....

Waterfront Restaurant.....

Wings.....

Bar.....

Sports Bar.....

Beer Selection.....

Brewery.....

Distillery.....

Happy Hour.....

Wine Selection.....

Event/Party Boat.....

Family Outing.....

Game Play.....

Kids Birthday Venue.....

Local Music Venue.....

Local Musician/Band.....

Overlooked Tourist Attraction.....

Party Vendor.....

Trivia Night.....

Wedding Venue.....



RETAIL & PROFESSIONAL SERVICES

Art Gallery.....

Artisan Jewelry.....

Boutique Shopping.....

Designer Jewelry.....

Diamonds/Precious Stones.....

Engagement Rings.....

Silver Jewelry.....

Watches.....

Jewelry Repair.....

Women's Clothing Store.....

Purses/Handbags.....

Florist/Floral Design.....

Music/Instrument Store.....

Oil/Vinegar Shop.....

Optician.....

Outdoors Store.....

Pet Grooming.....

Pet Store.....

Specialty Grocer.....

Organic Selection.....

Retail Beer Selection.....

Retail Wine Selection.....

Sports/Workout Equipment.....

Summer Camp.....

Unique Gifts.....

Eco-Friendly Business.....

Accounting.....

Bank.....

Hotel.....

Computer Repair.....

Customer Service.....

Financial Advisor.....

In-Home Senior Assistance.....

Senior Living Facility.....

Local Nonprofit Organization.....

Tax Law.....

Auto Body Shop.....

Auto Dealership.....

Golf Cart/Utility Vehicle Dealership.....

Auto Insurance.....

Auto Repair.....

Boat Detailing.....

Carwash.....

Driving School.....

Marina.....

Wedding/Event Planner.....



**REAL ESTATE,
HOME &
GARDEN**

- Real Estate Team/Brokerage
- Waterfront Team/Brokerage
- Residential Realtor
- Waterfront Realtor
- Residential Property Developer
- Commercial Property Developer
- Commercial Realtor
- Architect
- Closet/Organizer Designer
- Custom Builder
- Customer Service
- Driveway Design/Build
- Electrician
- Fence/Deck Contractor
- Framing Shop
- Gutter/Siding
- Handyman
- Hardscape Design/Build
- Hardware Store
- Home Appraiser
- Home Inspector
- Home Remodeling

- HVAC Service
- Indoor Cleaning Service
- Interior Designer
- Kitchen & Bath Remodeling
- Kitchen Designer
- Landscape Architect
- Landscape Installer
- Landscape Maintenance
- Lawn/Garden Equipment Supply
- Flooring/Carpet Installer
- Mortgage Lender
- Outdoor Lighting
- Paint Store
- Painting Contractor
- Plumber
- Pool Design/Build
- Pool Maintenance
- Power Washing
- Retirement Community
- Roofing Contractor
- Sprinkler System Installer
- Stone/Tile/Granite Supply
- Title Service
- Tree Service

- Water Treatment Service
- Window/Door Contractor



**MEDICAL,
DENTAL &
VETERINARY**

- Allergist
- Apothecary (Compounding Pharmacy)
- Birthing Center
- Body Contouring
- Breast Augmentation
- Breast Reconstruction
- Cardiologist
- Chiropractor Practice
- Colon & Rectal Surgery
- Cosmetic Injections
- Cosmetic Laser Eye Treatment
- Dermal Fillers
- Dermatologist
- Facial Contouring
- Facial Rejuvenation
- Friendly Staff Doctors Office
- Gastroenterologist
- General Surgery
- Gynecologist
- Hormone Therapy

Hospice Medicine	Podiatrist	Implantologist.....
IV Treatment	Primary Care Medicine	Invisalign Specialist.....
Laser Hair Removal	Psychologist/ Therapy Practice	Oral & Maxillofacial Surgeon.....
Laser Skin Treatment	Psychiatrist	Orthognathic Surgery.....
Liposuction / Fat Removal.....	Rheumatologist.....	Pediatric Dentist
Mammography.....	Rhinoplasty	Pediatric Orthodontist
Medical Grade Skin Care Products.....	Seniors Physician	Periodontist.....
Mental Health Services	Sleep Apnea/ Snoring Treatment.....	Sedation/Phobia Treatment.....
Mommy Makeover.....	Speech Therapy	TMJ Treatment.....
Neck Contouring	Sports Physical Therapy	Total Mouth Reconstruction.....
Neurological Surgery	Tattoo Removal.....	Veterinarian for Cats
Neurologist	Urgent Care Medicine	Veterinarian for Dogs
Occupational Therapy.....	Urologist.....	Veterinarian for Small/Exotic Pets
Oculoplastic Surgery	Vascular Surgery	Veterinarian Surgery
Oncologist.....	Vein Restoration.....	Veterinary Clinic.....
Ophthalmologist.....	Adult Orthodontist	Veterinarian for Large Animals (Farm).....
Orthopedic Hand Surgery	Emergency Dentistry.....	Emergency Pet Care.....
Orthopedic Hip Surgery.....	Endodontist	
Orthopedic Knee Surgery	Family Dentistry	Acupuncture.....
Orthopedic Sports Medicine.....	Friendly Staff Dentist Office	Aromatherapy
Pain Management.....	General Dentist.....	Balayage/Ombre
Pediatrician	General Dentist (Cosmetic).....	Barre Class
Pharmacy.....	Holistic Dentistry.....	Bootcamp.....
Plastic Surgery-Reconstruction	Hygienists	

Brazilian Blowout	Medi-Spa	Salon Products
Chemical Peel	Men's Haircut	Spinning Class
Children's Fitness Class	Microblading.....	Spray Tan
Circuit Training.....	Mixed Martial Arts	Stone Massage
CrossFit	Mother-to-Be Massage.....	Stylist for Long Hair
Customer Service	Nail Art	Tattoo Parlor.....
Dance Class.....	Nail Gel	Therapeutic Massage.....
Deep Tissue Massage	Nutritionist.....	TRX class.....
Eyebrow Care	Pedicure	Tween Dance Class.....
Eyelash Extensions.....	Permanent Makeup.....	Tween Fitness Class
Fabulous Haircut	Personal Trainer at a Gym	Waxing.....
Facial	Personal Trainer at a Private Studio.....	Weight-loss Program/Regimen.....
Fashion Stylist	Pilates Class	Yoga Instructor
Free Weights.....	Place for a Day Spa	Yoga Studio.....
Friendly and Helpful Staff.....	Pool/Swim Facilities.....	Bridal Makeup
Gym	Prenatal Fitness Class	Bridal Hairstyling
Gym Amenities.....	Reiki Practitioner	
Gym Childcare.....	Reflexology.....	
Hair Extensions.....	Resort with Spa.....	
Holistic Health Coach.....	Running Club.....	
Kickboxing.....	Running Coach	
Lifestyle Coach.....	Salon Décor/Atmosphere	
Manicure.....	Salon for Coloring.....	
Martial Arts for Children.....	Salon Pampering.....	

Mail your completed ballots to:

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Annapolis Ballot
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 Annapolis, MD 21401

Or submit your answers online at
whatsupmag.com

• HAVE ANNAPOLIS •

POLICE CHIEF BAKER'S

POLICIES MADE A DIFFERENCE?

BY TOM WORG0

You never know where or when you'll run into Annapolis police chief Scott Baker. It's not unusual to see him directing traffic at midnight on New Year's Eve, or walking a beat in a neighborhood targeted as a high crime area, riding a bike downtown, attending police camps for youth, and community meetings.

Baker intentionally leaves blocks of time open on his calendar by writing "no (office) meetings" or simply "off" so he can spend up to 10 hours per week doing community outreach.

It's all part of the chief's brutally long days. He works 60 to 70 hours per week, as many as 14 a day at times. Baker says that even when he's off on the weekends, he spends two to three hours on the phone conducting police business. "Sitting behind this desk, I might get an e-mail or a phone call or a complaint out of downtown that there's loitering, or there's an open-air drug market," Baker says. "But if I am out there, I can see and hear and talk to people and really get the pulse of what is going on."

Alderwoman Sheila Finlayson, who chaired the city's Public

Safety Committee from 2009 to 2017, is pleasantly surprised at how often she crosses paths with him. "He seems to be everywhere," she says. "I don't think he turns down an engagement. He's at all kinds of events. He is listening to the community and he is responsive."

Baker, a 54-year-old Lutherville resident, knows that's what he must do. Annapolis experienced a disturbing increase in homicides (1 to 10) in 2016. As a result, former Annapolis Mayor Mike Pantelides promoted him from deputy chief to interim chief after relieving Baker's former boss, Michael Pristoop.

Baker took over as permanent chief in May of 2017 after serving nearly nine years as deputy. He wasted little time in implementing a slew of initiatives to tackle violent crime and build better relationships with residents in Annapolis neighborhoods. "I think we may have lost focus with the community," says Baker, who worked more than 20 years for the Baltimore City Police Department and retired in 2007 as a shift commander of a homicide unit, where he managed 24 detectives. "In 2017, we moved to a community policing approach and we took a much broader approach to outreach. We prob-

ably do 10 times the amount of community association meetings and outreach meetings than we did in 2016.

"But one thing I tell the officers here is, 'We are still cops and we still have this core function of law enforcement,'" adds Baker, who has a bachelor of science in criminal justice from the University of Baltimore, a Juris Doctor Degree from the University of Baltimore University School of Law, and is a graduate of the FBI's National Academy. "We're trying to combine both things and do them well."

So far, it seems to be working. The best news: the city has seen one murder in 2018. That comes after a year marked by seven homicides. "I'd like to think we're targeting the right people," Baker says of the dramatic decrease. "We are targeting gangs. And we're in the right place to prevent some of these things."

Overall, crime is down as well. According to police department statistics, there has been an 13 percent drop in overall crime for most of 2018 from the same period of 2017. This includes categories such as shootings, aggravated assault, robbery, and theft from auto. "We are going

to be fighting against very low crime numbers," Baker says of this year's overall crime stats. "In 2017, we had the second lowest crime numbers since 1975. So, we are down now from the second lowest numbers. We are doing really well. But we also have this huge thing going on and that is changing the perception of policing and who we are and what we do."

Baker's tone grows more intent when he talks about two of his violent crime initiatives. One of them involves an officer visiting someone when they've been released from the county detention center after serving time for a handgun violation. "We will knock on their door—the next day, hopefully," Baker explains. "We tell them, 'We know who you are and that you carried a gun. Everybody in the police department knows you had a gun, because they all have your picture.'"

Another initiative has Baker sitting down with some of the most violent offenders when they are being released or are on probation or parole. They hold a conference, which also includes representatives from social services, a clergy member, the state's attorney, and the federal prosecutor.



“We tell them, ‘You are going down the wrong path,’” Baker says. “The federal prosecutor also speaks to them and says, ‘If you’re caught with a gun and drugs, this is how many years you’re going to get in federal prison. You’re not going to be in Maryland. Your family is not going to be able to come visit you, because you are going to be in Colorado or Arizona.’”

Pantelides praises Baker for his leadership, noting his initiatives and the positive results they’ve brought. The former mayor also says the chief’s impact on the department is often overlooked. “He did a really good job of getting the morale back up in the department,” Pantelides explains. “We saw the murders and the crime statistics go down. He has a very difficult job. I would tell him he has the most difficult job in the city and even more important than the mayor’s job—by a long stretch.”

In his latest role, Baker seems to have become the ultimate team player. But he can also be outspoken. In August of 2017, when President Trump made a public statement that some interpreted to mean that police shouldn’t be afraid to rough suspects up a little when they arrest them, Baker objected with a posting on his department’s Facebook page, noting that the president’s comments “do not help build trust between citizens and police.”

No matter who you are talking to—the former mayor, Finlayson, or Baker—the conversation often comes back to community policing. Eight of Baker’s initiatives address this issue.

One of the most crucial of these are the Neighborhood Enhancement Team Unit. Two officers from this unit are assigned to Harbour House/Eastport Terrace and another one to Clay Street. They spend five to eight hours of their 10-hour shifts walking the neighborhoods and making community contacts. Two of the officers also teach



Annapolis Police Chief Scott Baker talked to residents and community leaders along with throwing a football around at National Night Out at Annapolis Gardens in August.

DARE at Eastport Elementary School. “If you’re seeing a different officer every day you can’t build trust,” Pantelides says. “Where, if your team is only working Eastport, you get a chance to know the neighbors and build trust.”

Baker has gotten positive feedback from residents about these officers on foot patrol. One letter he received jumped out at him.

“This woman on Clay Street told me she was in her house and heard a bunch of kids running, which usually means trouble,” says Baker, who likes to spend what little free time he has on his boat or traveling and scuba diving with his family. “But when she looked out her window she saw a bunch of kids around one of our officers. They were laughing and getting in and out of the car and hitting the siren and playing with the lights.”

Another direct link with the community is the chief’s 10-person board. It is comprised of residents who help identify problems and trouble spots and offer suggestions to resolve those issues.

Another form of outreach is the Mobile Crisis Response unit. This is a small team that offers immediate care to people facing mental health crises. They provide treatment and additional services

while steering people to more long-term therapeutic programs.

Annapolis has certainly not been immune to the nation-wide opioid epidemic and under the Safe Stations initiative anyone seeking treatment with an addiction can come for help to a police or fire station without fear of arrest.

On the prevention side, the department installed 185 additional surveillance cameras in 2017 in Housing Authority of City of Annapolis (HACA) properties to supplement the 130 that were already there.

The cameras are monitored at the Annapolis Police headquarters. “Having them as a resource is amazing for us,” Annapolis Police Sergeant and Public Information Officer Amy Miguez says. “We can certainly say it’s one of the factors in our crime reduction. We have used them for cases as serious as homicides. They help build a case.”

Crime is not the only challenge for Baker. Recruiting and retaining officers has become difficult in recent years. “Holding on to the newer cops is hard,” Annapolis Mayor Gavin Buckley says. “The county offers more money and bonuses. We don’t have the deep pockets that the county has.”

This is an issue that Finlayson has wrestled with and has pushed hard to address. “The county is stealing our people left and right,” she says. “We can’t compete. They’re offering \$20,000 signing bonuses and cars. You name it. People come here to work because they like our city. It’s not the best salary, and I work hard to make sure their benefits are not diminished.”

Buckley has come up with an idea for 2019 to help Baker out with his department’s staffing problems: safety officers. “They are not police officers, but kind of like the ones they have in Ocean City,” he says. “I’ve met with the mayor of Ocean City. The safety officer doesn’t have a gun, but maybe he has a radio. A safety officer gives the police back-up and gives them a presence. It’s in the very early stages of discussion.”

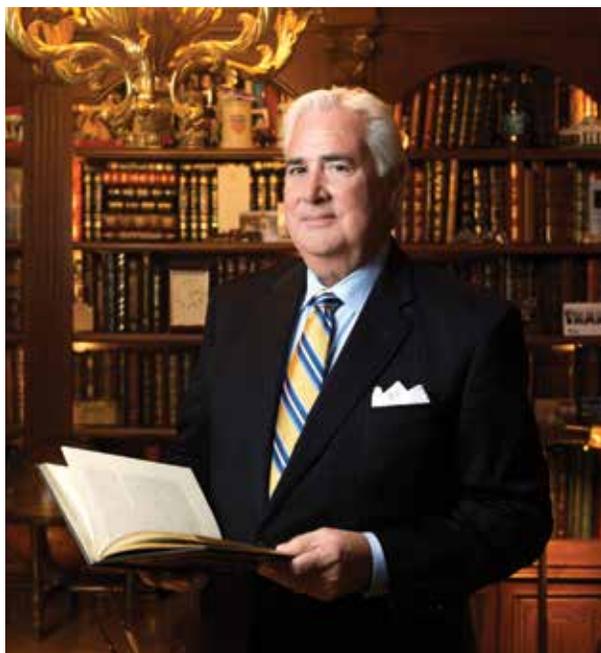
Buckley says he is going to continue to push and prod Baker. As a relatively new mayor, he has a lot of energy and a lot of suggestions. “I am a challenging mayor, because I have a lot of big ideas, and I’m sure I’m keeping him busy,” Buckley explains. “I praise the chief because he is trying new things. There’s still a lot of work to do, a lot of community building. I think he had to shake things up, and he’s done that.”

What's Up? Media is introducing a new column. Welcome to the first installment of focused conversations with community personalities as we approach the third decade of the 21st century. These conversations are framed around the foundation question of: How will and should the City of Annapolis evolve, culturally and in all municipal facets? We are starting with **Robert Clark**, the president and CEO of Historic Annapolis, Inc., since 2012.

Annapolis in 2020

Conversations about the City of Annapolis' future with prominent personalities

By Frederick Schultz



What is your overarching vision for the City of Annapolis?

Our vision as an organization is to be a leading community resource in preserving and promoting the historic character of Maryland's capital city, and provide opportunities that allow the public to better understand, enjoy, and experience our collective history for generations to come. We hope to apply this vision to all eight wards of the City of Annapolis by creating connections among all aspects of the community—historic sites, restaurants, shops, hotels—using history as the common denominator. Everyone should be versed in why this city and its specific places matter and feel free to share it often with residents and visitors alike. Living a modern life in a historic town is truly unique and Historic Annapolis plans on proudly promoting that for years to come.

How much does history really matter?

If you're in Washington or Baltimore and wake up on a Saturday or Sunday morning and the weather looks clear, you can jump in your car and be here in 45 minutes. People come for all the reasons

I stated earlier, and I'm certain some will come for the history.

The architecture, the "built environment," looks largely as it did 300 years ago. Obviously, many things have changed, but people like that human scale. The city has been very proud and protective of the built environment. That's why we have the Historic Preservation Commission (HPC), which is the regulatory arm of the city to make certain that we stay true to our history.

What is your take on tearing down historic Confederate statues and others of people with an unsavory past, such as the now-removed memorial at the state house to former Supreme Court Chief Justice Roger Taney, who presided over the Dred Scott decision, for example?

That's a hard question for me. I had the great pleasure to serve on the board, and actually, I was chair of the board for two years, at Thomas Jefferson's Poplar Forest. I don't want to say I'm a scholar, but I've been a fan of Mr. Jefferson's for a very long time, and I know a lot about him. I clearly have mixed feelings about how now there are those who think we can rewrite history.

I had lunch recently with a councilman who went to Washington and Lee. He talked about how Robert E. Lee, while he was president of the university, created the law school and the commerce school there. I think those are good things. If you did that, they might make a statue for you. I don't know. That's for others to decide.

What is the relationship between what you do and the commission that you just mentioned? Do you work hand-in-glove?

We're a nonprofit, dedicated to being advocates and stewards of preservation. We have no enforcement powers. We are a resource to the HPC, which is one of the city's many commissions. The HPC has enforcement powers by its charter and by the ordinances. The design guidelines have evolved over decades—what's permissible and what's not. We have thousands of photographs, maps, and slides, and when people submit an application to do something on a property, the HPC wants to know what has happened to that property over time. Our archive is a valuable resource. Soon you're going to be able to sit in your home and bring up images of these buildings online. We have interns and other scholars scanning all this material in to a database. That's going to be a very active and useful resource.

Where does one draw the line concerning what's historic and what's not?

We're sort of caught in the 18th century, for lots of reasons. The Annapolis Yacht Club recently experienced a terrible fire, so when the HPC weighed in on their new design, the commission wanted it to look like it did, not because it's historic, but because it became iconic—more "modern historic." People were used to seeing that. It sits in nicely with the water.

It looked like a pagoda, even to the harbor tour guides.

Yes. But history is in the eyes of the beholder, I guess.

It seems as though two fronts have developed in this city: the preservationists and the developers. The latter are those taxpayers and politicians who see nothing wrong with building the tax base, seemingly no matter the cultural cost. How do you feel about that?



I admire the mayor for being a bold thinker and a doer. He's committed to his ideas. I think, as long as there's good collaboration between the citizen leadership and the citizens, we should end up with a good result."

We are pro-development, and we're pro-development in the historic district. What we're not "pro" of is tinkering with zoning laws and regulations that have been in place, ordinances that protect the human scale that I mentioned previously. Not to single out one project, but if you look at what we know historically as the [waterfront] Marriott Hotel, the scale doesn't make any sense at all. One of our founders, St. Claire Wright, fought that project tooth and nail when it was built, and she succeeded in getting it two floors smaller. But still, she lost. If you look at an aerial view of the city from Eastport to the City Dock, you think, "What is that thing?" In addition to being ugly architecture, the scale is just so out of whack.

What caused the height and bulk ordinance to be written was that hotel. Rodney Little, who was head of the Maryland Historical Trust at that time, stood on the City Dock and said that this should never be permitted to happen again. We've now lived within that ordinance for decades.

Some property owners and business people, aside from the hotel, think many of the regulations are absurd. What incentive is there for people to own historic properties in this city, if they're going to have to deal with what they see as over-regulation?

Several of these buildings have been here for a very long time. Some combination of Historic Annapolis and the Maryland Historical Trust holds easements on these properties, interior, and exterior. Nobody can buy into these properties without knowing those easements are in place. It's not a surprise, and it's not a disappointment. One of the reasons preservation has been so successful in our community has been the easement process.

I can't imagine anybody standing in the way of someone making something better. The City Dock is a good example. There aren't

many historic buildings in that location, so there are not going to be a lot of easements, either. For the most part, people are free to purchase those properties and dress them up, or tear them down and build something else. That's all legal, and it's all supported within the ordinance—as long as whoever develops a property sticks within the existing guidelines.

How iron-clad are those easements? Could they be changed?

I think the answer is generally no because the easements are in place. The mayor and the city council determine what the ordinances are, and which ones should exist. The height and bulk ordinance that we're talking about here has been hotly debated recently.

We get engaged in that conversation because one man's modest request for change is another man's disaster. And we stay part of that conversation. The only thing we say is, "Just make sure it's legal. Stick to the height and the bulk ordinance that exists." I think it's very appealing to think of a boutique hotel sitting there. It just can't be taller than the ordinance limits.

Mayor Buckley jokingly referred to building a Ferris wheel when he was running for office. His opponent seized on that and put it on his mailers that went out just before the election. That didn't quite work out. Apparently, it doesn't matter to the electorate.

I think Mayor Buckley is very energetic and enthusiastic. He suggests he's going to do things, and that's very appealing. The previous two administrations didn't seem to get a lot of things done. I think that the mayor's got some very exciting ideas, almost all of which we support. I don't know that the Historic Preservation Commission would ever okay a Ferris wheel. I admire the mayor for being a bold thinker and a doer. He's committed to his ideas. I think, as long as there's good

collaboration between the citizen leadership and the citizens, we should end up with a good result.

Should Annapolis redevelop the blacktop parking lot into a pedestrian-friendly extension of Susan Campbell Park? If so, how should it be done?

The redevelopment of the City Dock area, including the blacktop, would be a positive for the City. Something that is more pedestrian-friendly and maximizes access and enjoyment of the water. Exactly what that will look like will be a decision made by various stakeholders completed through an open and public process. We look forward to being a part of the process.

What other physical enhancements/recommendations do you suggest to improve the overall look and feel of the downtown area?

HA advocates for maintaining the human scale and historic character of the City including keeping the viewshed to the water as open as possible. One specific thing, that would greatly improve the overall look and feel of downtown would be to bury the various electrical poles and lines. This was done on Main Street years ago, but not the side streets that also host spectacular historic views

of the State House, the water, church steeples, and the Naval Academy Chapel dome.

What was the outcome of the October public forum concerning City Dock? What was the big takeaway? And how does this translate into your overall vision for the City of Annapolis?

We were very pleased with the attendance of the two-day ULI [Urban Land Institute] process. The standing-room-only attendance and positive comments from a full range of stakeholders left us feeling optimistic. The biggest takeaway is that this is a community process with the majority agreeing something more attractive and positive needs to be done with City Dock that takes our historic assets and prominent location into consideration. While Historic Annapolis will be playing a lead role, we are not the sole decision makers in what will ultimately happen. We are looking forward to getting the ULI final report that will give us and our partners, including the City, a path forward.

To read more of our interview with Robert Clark, including a preview of Historic Annapolis' new, permanent and city-wide exhibit "Annapolis Revealed" visit whatsupmag.com.

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Home & Garden

112 GARDEN DESIGN | 118 REAL ESTATE



Starting Over in Your Garden

By Janice F. Booth

What do you see when you look out your windows during these winter months? Silhouettes of trees and shrubs, walkways through barren flowerbeds, sidewalks, and brown lawns. Perhaps your eyes come to rest on a blue spruce, its limbs swaying in the winter winds, or a lime-green cedar shrub spreading luxuriously across the barren garden. Is there a holly tree with polished green leaves and shiny, red berries within sight? What about a Sparkleberry bush, or are those delicate, red leaves still clinging to your Japanese maple?

Midwinter is an ideal time for reflection. And I suggest that one such consideration might be the re-evaluation of our lawns and gardens. Whether we've labored over the garden for years or just acquired a new house and garden, winter gives us the opportunity to see the bare bones of a home's landscaping. Doing a thoughtful evaluation of the garden may lead to a few fresh ideas to enhance what's already there, or looking at the garden with fresh eyes may lead to a decision to scrap what's there and redesign and replant.

As you entertain the idea of starting over in your garden, let me suggest some considerations before committing yourself to this major project. And, if you're still prepared to go ahead after reviewing those concerns, I'll recommend some things to think about as you start over in your garden.

My suggestions are preliminary to sitting down with a knowledgeable landscape architect or gardening service. The more thought you've given to the project, the easier it will be for the professionals to fulfill your vision for the garden—not to mention, they can point out issues you may have overlooked, such as permits, electrical, and irrigation concerns.

Before redesigning, try these five preparatory activities:



If after looking over your notes from that preliminary analysis, you're still ready to move ahead, consider dividing the designing or redesigning of your gardens into a two-step project. The first step is any *structural changes* you want to make. That would include buildings such as pergolas, planting

1

If you have lived with this garden for a *while*, make a list of positives and negatives in the existing design. For example, the ornamental plum drops its leaves, which smother the Shasta daisies beneath. One corner of the garden is always a bit too moist; plants never do well there for long. The holly tree next to the patio is messy, but you enjoy watching the chickadees, wrens, and finches flit in-and-out. The pink wisteria is lush and fragrant, but it needs a trellis or arbor to keep it from drooping into the neighbor's yard.

2

It's winter; what do you see now that is *lovely to your eye*, and what memories of blooms and clustered plants remain vivid in your mind, even months after those blooms have faded, and the plants have gone dormant? List the flower beds you can recall and the colors you associate with those beds. Perhaps you have some photos of those beds in their summer splendor. Are there particular views, vistas that you'll want to be left undisturbed?

3

Look at the *sidewalks, driveway, garden paths*. What is the condition of these pathways? Sometimes cracking, discoloration, or general deterioration leaves walkways and driveways unsafe and unsightly. What is protecting or blocking the walkways you need to traverse in the winter and during the growing seasons? Are more paths needed? In the driveway, is it easy to avoid stepping on plants while getting into or out of your car?

4

Make a list or diagram of *the trees and shrubs on your property*, or at least in your garden. Note the shape and health of each. You may be able to identify pruning and shaping projects for spring, opening up areas to sunlight and clearing dead and dying limbs that detract from the garden's beauty and safety.

5

What is *your timeline*? When could you begin this project? How long can you tolerate the garden in muddy disarray? Make a list of any social commitments ahead that might be held in your garden—a graduation or wedding party on the horizon? If the winter permits, some projects can be done before the early growing season, while other things will need to wait for spring's thaw.





sheds, trellises, and arbors. You may have plans for a terrace or patio. Fences, paths and stairs, a watering system, and lighting also fall under the structural plan.

The second step in the project is *horticultural*. This may be where the real fun begins. Horticultural changes may include the pruning and shaping you listed in your preliminary notes. Changes and additions of perennials and annuals will hinge, in part, on issues of color, texture, and height.

STRUCTURAL DESIGN CONSIDERATIONS:

Electricity and plumbing:

You may need or want to add directional lighting to enhance the dramatic cluster of crape myrtle or improve safety around the garage entrance. Underground piping may be required or a drainage bed installed to provide appropriate moisture throughout the garden.

Building: Now may be the time to expand or add a patio or deck to the garden. You may have your eye on the perfect place for a pretty and useful potting shed. Fencing may be needed, or existing fences replaced or repaired. A well-designed arbor could become a focal point in the garden.

Passageways: If there are paths in your garden that don't work, that lead nowhere, or worse yet, bring you to the neighbor's compost pile, redirect that path. Lay out

walkways that are useful and enhance your garden's beauty. Maybe some paths need to be wider so a wheelbarrow or a child's tricycle can navigate them. And there's that pesky hillside where you slip-and-slide down and pant-and-tug uphill again; now's the perfect time to add a few steps of wood or stone. Now's the time to replace that discolored and cracked concrete in the driveway and front walk. You might use instead permeable material that looks more attractive and allows for natural water disbursement.



HORTICULTURAL DESIGN CONSIDERATIONS:

Look down. Have your soil checked for pH levels and any other hidden problems? And, be sure to find out how to mitigate those problems, so your flower beds and lawn are lush and healthy.

Look up. Go back to that list or diagram you prepared for pruning. Set up your appointment with the tree trimmers for late winter. If you have decided you need more evergreens or privets, early spring planting gives the plants' roots time to adjust to their new home before the heat of summer. A fun project is adding a few well-placed pots filled with pampas grass, tall bamboo, or canna to disguise a flaw or draw attention to a particular area of your garden. Pots are ideal while your new plants and shrubs are still small and spindly. A lush potted palm or japonica can fill-in until the new plants grow large enough to stand alone.



Look ahead. There's an old adage about planning for growth in the garden, "First year they [perennials] sleep. Second year they creep. Third year they leap." And that's often true. Think about plant placement visualizing each plant three-times its size. Move plants back from the edges of your flowerbeds and back from paths and sidewalks. Never fear moving an overgrown or misplaced plant; if it doesn't die, it will flourish, and soon take over its designated patch in your garden.

Look back. What do you remember about the colors, textures, and fragrances of your spring, summer, and autumn gardens? If you can't recall a particular part of the garden, that's a spot in need of a facelift. Consider planting a Fragrance Garden; some mint, chamomile, four-o'clocks, and freesia will afford both visual and scented memories. Perhaps you're ready to change your garden's color scheme. Instead of the lavender and blue flowers, try a summer of bright orange marigolds, yellow daisies, sunflowers, chrysanthemums, and dahlias.

After all that preparation, you're ready to confer with your horticulturalist, landscape architect, and/or gardener. You'll come to those meetings prepared with information and ideas that will provide a foundation for the work ahead. You'll save time and money, and help to insure a successful redesigning of your garden.

Next winter, sweet memory-photos will float across your inner eye year around, extending the joys of your garden from the past, into the present and future. I think that's probably what you're aiming for.



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HOME REAL ESTATE

West Annapolis

By Diana Love



West Annapolis is a unique neighborhood valued for both its location and mix of upscale mansions, renovated colonials, and modest older residences, some built when the community was developed in the early 1900s. Situated along the Severn River and Weems Creek, the neighborhood is a brief walk to U. S. Naval Academy, Navy/Marine Corps Memorial Stadium, and historic downtown Annapolis. Rowe Boulevard, the principal entry road to the neighborhood, offers easy access to Route 50

for commuters or to other points in the Annapolis area via Taylor Avenue and Bestgate Road.

Unlike most other Anne Arundel County developments, West Annapolis lies within the city of Annapolis and is a commercial hub. Residents can walk to a grocery store, beauty salons, spas, medical offices, clothing shops, cafes, and restaurants. West Annapolis Elementary School, consistently ranked as one of the best in the county, is the southern anchor of the neighborhood. The school was com-



Sold For: \$903,000
List Price: \$929,900
Last Sold/Price: Unavailable
Bedrooms: 3
Bathrooms: 3.5
Living Space: 2,630 sq. ft.
Lot Size: .12 acre

pletely renovated in 2017 and is a major selling point for families with young children.

When the buyers of this property on Annapolis Street looked to move from their home in Murray Hill, they wanted accessibility, safety, and the lifestyle amenities that an urban neighborhood like West Annapolis affords. They found all these in their new home. "My clients listed walkability as one of their

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chief demands,” says buyer’s agent Elizabeth Osborn. “I helped them achieve this goal by finding a home that has not only new sidewalks, but also has direct access to all the conveniences of city living.”

Custom built by Lauer Construction in 2010, the home’s architecture pays homage to the two other American Four Square homes on the block. The structure is faithful to the design tradition, but contemporary in style and appointments. A bright and inviting turquoise blue front door contrasts with the soft khaki of the exterior. The facade of the home features a wide front porch that begs for a moment of simple relaxation. Winter brings a lovely water view of Weems Creek.

The open foyer ushers guests into a hospitable and welcoming space. A set of split stairs leads to bedrooms on the second floor or to the office and family room in the fully-finished basement. A spacious hall opens to the living room ahead and offers views through elegant French doors to a rear deck and the backyard beyond. Hickory floors throughout the main and upper levels provide a warm feel to the home. The kitchen boasts a double door and



French drawer Kitchen Aid refrigerator and professional-grade, six-burner range. Upstairs, the laundry is located inside the expansive walk-in closet of the master suite, a practical touch that prospective buyers appreciated.

The home was listed for \$929,000, a price that the family and selling agent agreed held its own in terms of comparables for the area and that reflected the value of a desirable, upscale neighborhood and semi-urban locale. The sale closed in 32 days for \$903,000. "We were living in a 130-year-old Victorian in downtown Annapolis," says the new owner. "Here we have the charm of an established home, but the sophistication and ease of use that's only possible with new, custom construction. We are already making great use of the fabulous soaking tub in the master bath and look forward to exploring the shops and restaurants in our new neighborhood."

Selling Agent: Maryline O'Shea,
Coldwell Banker Residential
Brokerage, Church Circle

Buyer Agent: Elizabeth Osborn,
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1230 Gloria Harris Court
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1216 Colonial Park Drive
Severn | \$489,999



17510 Madrillon Way
Accokeek | \$480,000



7248 Wright Road
Hanover | \$475,990



10047 Guilford Road
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321 Bright Light Court
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15114 Hogshead Way
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911 Moorings Circle
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1028 Ironwood Lane
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3391 Horsehead S.
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422 Denwood Avenue
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HOME REAL ESTATE

Hillsmere Shores

Annapolis

By Diana Love

Hillsmere Shores is a quiet neighborhood located just three miles south of historic downtown Annapolis. Approximately 1,200 homes, most built between 1970 and the late 1990s, are nestled under a canopy of established shade trees or parallel to the neighborhood's signature shoreline. Hillsmere is tucked between Quiet Waters Park and Duvall Creek and is home to Key School, a branch of the Anne Arundel County Public Library, and an exclusive waterfront recreational complex. For these reasons, and for its proximity to the Forest Drive corridor, property in Hillsmere remains in demand: real estate vacancy rates remain lower than the county average while home prices are higher than average. The recent sale of a home on Sunset Drive is the perfect example of this phenomenon.

When the previous owners purchased this home in 2014, they immediately began renovating. A derelict rooftop terrace over the two-car garage was removed. The front porch was dismantled and rebuilt with upgraded materials and a sturdy, handsome white railing. Siding and windows were replaced and painted a stately grey. A variety of seasonal shrubs and flowers updated the landscaping. The large backyard was



outfitted with a spacious wooden deck and a play structure for the family's children.

On the inside, the family gutted the kitchen, replacing outdated cabinetry and countertops with contemporary products. A new stainless-steel refrigerator, stove, microwave, and sink were installed. Each of the three full-baths and the one-half bath were outfitted with new sinks, faucets, accessories, and paint. The basement was transformed into a 690-square foot family room, which includes a bedroom and bathroom. Wood floors were refinished throughout the home. To finish the

project, the homeowners painted the walls and trim in classic, muted colors that made the most of shifting daylight through the home's many windows.

Just as the renovations were complete, the family made a Permanent Change of Station (PCS) move to Washington State. Their transition proved to be fortunate for the current buyers, who found a move-in ready home just one block off the water in a highly sought-after neighborhood.

Jennifer Grizzle represented the new buyers. "My clients wanted a big backyard, water privileges, a family-friendly neighborhood, and access to all of the places they had come to love in Annapolis," she says. "They found it all in Hillsmere."

Since their new home is located just a short block from Hillsmere's private waterfront park, the new owners now have easy access to a pool, beachfront, and community-exclusive marina. "This home offered the buyers great value for the price," Grizzle says. "Moving to Hillsmere checked off their main bucket list priorities for safety, lifestyle amenities, access to Forest Drive's commercial corridor, and an easy drive to downtown Annapolis."

When selling agent Elizabeth Osborn helped her clients determine a listing price for the home, she considered the many amenities that Hillsmere offers, the lack of real estate inventory there, and the many updates that made the house bright and beautiful both inside and out. "The homeowners had managed a superior renovation," Osborn says. "Everything was up to date in a clean, classic, and appealing style. We knew location could command a higher listing price than the comps indicated; however, the owners were motivated to price to sell." Osborn hosted an open house, which was successfully attended and resulted in three offers, all with escalation clauses. The house was on the market for only six days.

Seller Agent: Elizabeth Osborn, Coldwell Banker Residential Brokerage, Church Circle

Buyer Agent: Jennifer Grizzly, Coldwell Banker Residential Brokerage, Church Circle

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On the Run: Getting Started

IF YOU'RE DETERMINED TO BECOME
A RUNNER IN 2019, START HERE

By Kelsey Casselbury

Picking up a running habit is easier said than done, but it can bring a wealth of benefits to your life. Not only does the regular exercise help improve your overall health and manage your weight, but it's also backed up by research as a way to decrease depression, sharpen memory, alleviate anxiety, and help you sleep better. Get started with these **5 TIPS**:

1 GO SHOPPING. It's time for new shoes! Running long distances in old sneakers is asking for aches and pain. Shop later in the day when your feet are a little swollen, and ask an associate for help in fitting. Ask the store for their return policy, and don't hesitate to take the shoes back after two weeks if they don't feel right.



2 ALTERNATE RUNNING AND WALKING. Running coach Jeff Galloway (and many others) are proponents of the run/walk method, in which you alternate intervals of running and walking, as you build your stamina. Start with a 2-to-1 ratio of running to walking and increase it as your endurance builds.

3 ALWAYS START WITH A WARM UP. Get blood flow to your muscles before you increase speed by walking for three to five minutes and doing active stretches, including butt kicks and knee raises.

4 BUILD MILEAGE SLOWLY. Don't bust out three miles on your first day as a runner. Start with one mile and add around 10 percent every week. During this build time, don't worry about your speed—you will naturally get a little faster during every run.

5 TAKE TIME OFF. Practice makes perfect, but overtraining leads to injuries. Stick to running every other day—at most—to allow your body time to rest and recover. Take a day off from exercise entirely at least one day a week.



JANUARY'S HALF-MARATHON TRAINING PLAN

If you can successfully run or run/walk a 5K (3.1 miles), you can train for a half-marathon. This 16-week training plan, which will be chronicled over the next four issues, is easy to follow and provides alternating days of running, rest, and cross-training exercises, including:

STRENGTH: 20 to 30 minutes of resistance training, such as bodyweight exercises, weight machine exercises or free weights, such as dumbbells or resistance bands.

CROSS: 30 minutes of cross-training such as walking, swimming, elliptical, or cycling.

STRETCH: At least 15 minutes of flexibility exercises.

	WEEK 1	WEEK 1	WEEK 1	WEEK 1
MON	Strength	Strength	Strength	Strength
TUES	2 miles	2 miles	3 miles	3 miles
WEDS	Rest or Cross	Rest or Cross	Rest or Cross	Rest or Cross
THURS	3 miles	3 miles	3 miles	3 miles
FRI	Rest	Rest	Rest	Rest
SAT	3 miles	4 miles	4 miles	5 miles
SUN	Stretch	Stretch	Stretch	Stretch

Cut out this schedule and put it on your refrigerator to make it easy to access. Check back in February's issue for month two of the 16-week half-marathon training plan!

The Far Side of Infrared Therapy

FAR-INFRARED RAYS COULD HELP
MANAGE CHRONIC PAIN

By Kelsey Casselbury

Living with chronic pain isn't easy. Chronic pain is persistent, nagging, and ever-present, whether it's in the back, joints, head, or any other part of the body. It could be due to arthritis, chronic migraines, or an ailment that's yet to be determined, making treatment difficult, and it affects more people in the U.S. than diabetes, heart disease, stroke, and cancer combined, according to the American Academy of Pain Medicine. Because it's the No. 1 cause of disability in the country, chronic pain has a significant impact on the economy.



It's no wonder, then, that chronic pain sufferers have turned to less-conventional methods of management, including far-infrared (FIR) therapy. "Infrared saunas are tremendous for relieving various forms of chronic pain such as joint and muscle pain, headaches, and fatigue," claims Harry Early, Jr., manager at Chesapeake Spas in Edgewater, which stocks infrared spas, a popular method to enjoy FIR therapy.

Research on the use of FIR for managing pain is limited, but it theoretically works by increasing blood flow in deep tissue and potentially disrupting the structure of proteins to the point where physiological changes could take place on the cellular level. The FIR rays heat your body without warming the air around you, according to the Mayo Clinic, and it's often more accessible to people who can't

stand the heat of a conventional sauna, which is usually around 150 to 175 degrees. By contrast, infrared saunas typically heat up to about 125 degrees.

A small 2015 study published in the *Journal of Athletic Enhancement* on male athletes found that FIR heat therapy improved muscle recovery after intense training, while another 2015 study in *Experimental Biology and Medicine* suggested that FIR rays also had the potential to improve health in people suffering from cardiovascular disease, chronic kidney disease, and diabetes.

While FIR therapy isn't guaranteed to help the pain, it's not going to hurt as an alternative coping method, according to current research. However, you should always talk to your doctor before using any type of sauna, particularly if you suffer from high blood pressure or a heart condition.



HEALTH & BEAUTY BEAUTY

Roll With It

JADE ROLLERS MAY REDUCE REDNESS,
PUFFINESS ON YOUR FACE, BUT DON'T
EXPECT IT TO WORK MIRACLES

By Kelsey Casselbury

Long gone are the days of laying cold slices of cucumber on your eyes to calm puffiness. However, one of the latest beauty trends involves another chilly green tool, the jade roller. It might seem like just another fad, but the jade roller—which sort of looks like a mini paint roller with two smooth green stones on either end—is steeped in centuries-old Chinese history. Pinterest reported in 2017 that searches for facial rollers increased 345 percent, a clear indication that folks are interested in this long-used beauty tool.

While there's a bit of mysticism surrounding jade (it's thought of as "the stone of heaven" in Chinese culture), there's a little bit of science, too. Jade rollers can do two things for your facial skin: first, it can increase circulation and stimulate lymphatic drainage throughout your face. When you keep the jade roller in the fridge and use it chilled, the cool stone can reduce puffiness and redness, though it won't have long-term effects. Second, it can work treatment serums deeper into the skin, potentially for a better product effect.

There's not a ton of research surrounding the use of jade rollers, but many people report simply enjoying the ritual of rolling the cool stone over their skin. Use the larger stone across your cheeks, forehead, chin, and neck, and glide the smaller stone around your eyes. Jade isn't porous, so it doesn't harbor bacteria; however, start rolling after you've washed your face, so you're not pushing dirt or makeup deeper into your skin. While you might not see long-term effects in your skin, there's something to be said for the destressing properties that the cool touch of jade can offer.



Ten Unwritten Rules of Gym Etiquette

IF YOU'RE SIGNING A NEW CONTRACT FOR THE NEW YEAR, HERE'S WHAT YOU NEED TO KNOW TO FEEL LIKE A LONG-TIME GYM RAT

By Kelsey Casselbury

1

Cell phones are for music (with headphones) only. Stop with the selfies. Stop with the loud phone conversations. Please, stop with the videos (especially when they're of other people, as they might be illegal). When you're anywhere on the gym floor, keep the phone tucked away unless you want to switch songs that you're listening to with headphones.

A crowded gym is an intimidating place, and January is one of the busiest times of year for fitness centers. It might be a cliché to sign a new contract as a New Year's resolution, but that doesn't mean it's not a smart thing to do. Once you've stepped foot on the floor, though, there are some rules that everyone should follow (including gym veterans who maybe have forgotten a thing or two). They're not the rules posted on the wall, although those need to be obeyed, too.

Rather, it's the unwritten (and often unspoken) rules surrounding courtesy, safety, and hygiene while working out.

8

Give people space. This one is a little loose-goosey, but there's definitely an unspoken rule that, whenever possible, don't choose a cardio machine (such as a treadmill) directly next to another person if there are others to run on. It's not as ridiculous as it sounds—having another person right next to you can be distracting during a workout.

2

Wipe down equipment when you're done. Methicillin-resistant *Staphylococcus aureus* is a thing, and it's not pretty. Gyms have spray bottles and paper towels everywhere for a reason (if they don't, consider the overall cleanliness of the facility), so put them to use.

4

Don't block the mirror. Of course, you want mirror space to review your form, but so does everyone else. Whether you're lifting weights or getting ready for a class, don't walk directly in front of someone and set up shop in their viewing area.

6

Know your weight limits. If you have to throw the dumbbells on the ground after a set or bang the weight down on the machine, your weights are probably too heavy. There are a few exceptions here, but you're probably damaging the floors or even the weights themselves.

9

Put the weights back where they belong. Having to hunt for a matching dumbbell or plate when they should be right next to each other is simply annoying. As your mother always said, clean up after yourself.

3

Keep noises in check. Lifting is hard work. Sprinting is hard work. However, nobody wants to hear those grunts or, worse, the expletives being dropped during a hard workout session.

5

Eyes to yourself. Even if you're just in awe of how powerful a person is, staring or gawking is distracting at best and creepy at worst.

7

Respect the headphones. Someone using headphones doesn't want to be bothered. It can also be dangerous if you sneak up on them. If you have a question, wait until they're in a safe place in the workout to ask; better yet, leave them alone entirely.

10

Ask for help. A number of the people who work at the gym were hired because of a knowledge and passion for fitness. Can't find a staff member? Most gym-goers are happy to answer a question or two, as long as they're not in the middle of a set but look for someone without headphones.



An Expansion of HIIT-Style Workout Classes

Who has time for hours of workouts? More gyms and fitness studios are developing or picking up HIIT classes (that's high-intensity interval training, for the newbies) that let members work harder in less time. Perfect example: Global fitness guru Les Mills' new-ish Sprint and Grit classes, available in gyms across the state.

Cryotherapy: So Cold It's Hot

You might think people who voluntarily climb into a freezing (or near-freezing) booth for three to five minutes are crazy, but just you wait—you're going to be hearing about this non-medical treatment more and more this year. Cryotherapy reportedly soothes muscle pain and helps with joint and muscle disorders, including arthritis. Research supports cryotherapy for speeding up healing time in muscles and reducing inflammation.

Just-for-You Supplements

Not everyone needs all the vitamins and minerals that come in a standard multivitamin supplement. "We don't eat all the same, live the same, or have the same health issues," says Arielle Levitan, MD, of Vous Vitamin LLC, a national brand. "Why should we take the same vitamins?" Generally, the company—there's a lot of them, including Care/Of, Ritual, and Persona—offers a quiz that helps you figure out what supplements will benefit you the most.

Workplace Wellness Wins

It started with smoking cessation and evolved into standing desks, but workplace wellness efforts will continue to expand during 2019. Expect to see wellness programs that have been tailored to the employee's goals (whether it's weight-loss, disease management, or otherwise), as well as an increased focus on mental health, both in the workplace and outside of it. "Mindfulness in the workplace is catching on," notes Joy Rains, author of *Meditation Illuminated: Simple Ways to Manage Your Busy Mind*. "Employers realize that happy, healthy employees are productive employees. No longer a fringe practice, there's a big demand for mindfulness programs at work, whether to reduce stress or increase productivity—or both."

The Rise of CBD Products

CBD might be controversial, but that doesn't mean it's not showing up everywhere. Cannabidiol (CBD) is legal in Maryland without a prescription, and a number of companies are infusing the oil—which is totally different than THC, the compound in marijuana that gets a person high—into products such as chocolate, gumdrops, honey, and moisturizers (to apply on your skin, not to eat). "CBD-infused products have continued to grow in popularity, and with that audience growth, it is becoming increasingly mainstream versus simply a fringe product," reports social media stylist Sandra Young of Social Styles, a national marketing firm that focuses on the health and wellness industry.



HEALTH & BEAUTY HEALTH

Wellness Trends

FIVE HEALTH
AND WELLNESS
TRENDS FOR 2019

By Kelsey Casselbury

At the dawn of each new year, experts in a number of industries do their best to predict what's going to be hot over the next 12 months. Crafted with help from some trend spotters, here are What's Up? Media's thoughts on what's going to be big in health and wellness for 2019. ➔

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Fresh Look

BRUSSELS SPROUTS

By Kelsey Casselbury

Brussels sprouts are those vegetables that you love to hate (or, at least you probably did as a child). Any sprout advocate loves to tell the haters, though, that if you really don't like these tiny little cabbages, you probably haven't had them prepared correctly. And, well, that's probably true.

While some people like Brussels sprouts to be boiled within an inch of its life, most aren't going to find that very tasty. That's a shame because this member of the cole crop family (or cruciferous), which includes broccoli, turnips, and kale, can be quite delicious when done right. They also provide a couple of important vitamins in extra-large doses, such as vitamin K (137 percent of the daily value!) and vitamin C (81 percent). Vitamin K is essential for coagulation, the formation of blood clots that stem bleeding; it also plays a role in bone health and may protect against osteoporosis.

Brussels sprouts—like other produce—are also a significant source of antioxidants. Specifically, in this case, the antioxidant of choice is kaempferol, which may play a role in reducing cancer cell growth, easing inflammation, and improving heart health.

Because Brussels sprouts are a cold-weather vegetable, this is the time of the year to finally learn how to cook them right. Check out this recipe that roasts them up real crispy and tosses the halves with flavorful cranberries, pecans, and good, old-fashioned olive oil and balsamic.



Roasted Brussels Sprouts with Cranberries and Pecans



RECIPE

1 pound fresh Brussels sprouts
 3/4 cup pecan halves
 1/3 cup dried cranberries
 2 tablespoons extra-virgin olive oil
 1 tablespoon balsamic vinegar
 1 tablespoon fresh thyme (or 1 teaspoon dried)
 1/4 teaspoon salt
 1/8 teaspoon pepper

Preheat the oven to 400°F. Prepare a sheet pan by lining it with foil or parchment paper.

Prepare the Brussels sprouts by washing and trimming the ends. Re-

move any outer leaves that are falling off, and then slice the sprouts in half lengthwise.

Combine the Brussels sprouts, pecans, and cranberries in a large

bowl. Drizzle with the olive oil and vinegar, and then add the thyme, salt, and pepper. Toss well to combine.

Spread the mixture out on the baking sheet.

Bake for 20 to 30 minutes, or until the Brussels sprouts have dark, crispy outer leaves. Remove from the oven and serve immediately.

Finding the Perfect Work Bag

By Kelsey Casselbury

This bag can be worn in three ways—tote, backpack or messenger-style—making it ultra-versatile for the professional on the go. “As a designer, my work schedule can be wacky,” says Bartaile co-founder Jane Hervey. “Some days, I’m setting up camp in a coffee shop for an hour or two in between stacked meetings. Other days, I’m running to catch a flight at the airport (and true to form, I’m usually late). So, when it comes to choosing a work bag, I need something versatile—something designed for a 12-hour life.”

C12 Nylux Laptop Bag in Loden, Bartaile, \$185, Bartaile.com

Whether you’re the CEO, the assistant, or something in between, you need a work bag that serves multiple purposes. It needs to look elegant and professional while staying on-trend. It should fit the must-haves (a laptop, wallet, essential-but-random paperwork) with the nice-to-haves (Kindle, makeup tote, reusable water bottle). And it needs to be sturdy.

DUAL STRAPS: Invest in the right bag, and you’re less likely to have to invest in a chiropractor. A bag loaded up with workplace essentials can be heavy, so you should change the way you carry it to ensure the bag doesn’t start to hurt your body. Look for a bag that has both a long strap and shorter handles to carry in your hands or over your shoulder.

LIGHTWEIGHT: Your things are heavy enough. There’s no need to weigh down a work bag with a ton of hardware. Before investing, pick up the bag and see how it feels before it’s been filled to the brim.

THE RIGHT LEVEL OF STYLE: It’s always a good idea to stay on top of the trends, but your profession will dictate exactly how trendy you can get. If you’re a C-level executive, stay with a simple, classic look. Those in more casual jobs can get away with a look that’s a bit more fun.

NEUTRAL HUE: A colorful clutch is a wonderful accessory, but stick with neutrals for your work bag, so it matches the majority of your business clothing. Think beige (or champagne, for a bit of shimmer), black, chocolate brown, gray, navy, or even a deep burgundy.

Despite its functional necessity, a good work bag is one of the last things a woman thinks about when she’s building her wardrobe. Even the most frugal shoppers should consider investing in a quality bag—after all, it’s used nearly every day, and a mid-morning strap snap can cause *major* issues. Here’s what to look for when on the hunt for a new work bag:

PLENTY OF POCKETS: This might go without saying, but an organized gal can really benefit from a good number of pockets in a bag. If you carry your laptop everywhere, look for a tote that has a zippered compartment to store the computer (for safety purposes), as well as compartments for your keys, phone, lip gloss, and other essentials. Then, instead of tossing everything into the main compartment, actually use those pockets—it really does make life easier.

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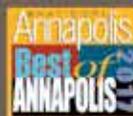
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Health Report



CUSTOMERS ORDER LESS WITH CALORIE COUNTS

Restaurants might hate putting calorie counts on their menu, but those numbers are serving their purpose. A study from Cornell found that people who ate at full-service restaurants that listed calories on menus consumed fewer calories than those who ordered off menus without calorie information. The difference typically came when guests ordered appetizers or entrees with fewer calories, as the dessert and drink orders typically remained the same.

The difference wasn't huge—three percent, or just 45 calories—but it shows up in the numbers, which mostly appears due to the requirement by the Affordable Care Act of 2010 that said restaurants with 20 or more locations must post the information, are having an effect on customer habits. Surprisingly, the majority of the 5,550 diners that participated in the study supported calorie counts on the menus.



HIIT WORKOUTS: SAME CELL BENEFITS IN LESS TIME

No one wants to slog in the gym for hours, so any research that shows that high-intensity interval training (HIIT) can do the job just as well is a welcome development. A small study published

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in the *American Journal of Physiology—Regulatory, Integrative, and Comparative Physiology* has done just that, concluding that HIIT in the form of sprint cycling is just as effective as longer workouts in improving mitochondrial cell function.

The researchers noted that just two minutes of sprint cycling evoked the same cell responses as 30 minutes of steady-state exercise. "This suggests that exercise may be prescribed according to individual preferences while still generating similar signals known to confer beneficial metabolic adaptations," the study authors wrote in a release. "These findings have important implications for improving our understanding of how exercise can be used to enhance metabolic health in the general population."



CDC PREDICTS ALZHEIMER'S, DEMENTIA RATE TO DOUBLE IN 40 YEARS

An increasingly longer lifespan of Americans may be a double-edged sword, as the Centers for Disease Control and Prevention reports that the rate of Alzheimer's Disease or a related dementia is likely to more than double by 2060. This means the prevalence of the diseases could rise to 13.9 million, or 3.3 percent of Americans, from the 2014 reported rate of five million.

Alzheimer's is currently the fifth-leading cause of death for people age 65 and over, as well as the six-leading cause of death for all Americans. The CDC's report also highlighted racial and ethnic disparities, noting that 13.8 percent of black Americans suffered from Alzheimer's in 2014, versus 12.2 percent of Hispanics, 10.3 percent of Caucasians, and 8.4 percent of Asians and Pacific Islanders.

Products We Love

THIS MONTH'S PICKS FROM
THE BEAUTY BUZZ TEAM

By Caley Breese

Want to know what's up in the world of beauty and beyond? Look no further! Here, you'll find the latest and greatest hair, skin, and makeup products, reviewed by our Beauty Buzz Team (and the occasional member of our What's Up? Staff). Read on and decide for yourself whether you would like to try it or not. Stay tuned for reviews by our new Beauty Buzz team, coming next month!



For more reviews, visit us online at WHATSUPMAG.COM



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"Unlike some facial scrubs, this one is gentle enough to use often and in the winter. I was hesitant to use it with the level of dryness I was experiencing due to the weather, but this product actually seemed to help. My skin felt clean, renewed, and moisturized afterwards." –Beauty Buzz Member Starr Grill, 48, Crownsville



2.
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3.
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3 ARGAN MOISTURIZING ELIXIR BY BALMAIN

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Meet the Beauty Buzz Team

By Caley Breese | Photos by Steve Buchanan Photography

SPECIAL THANKS TO: **Makeup by Judée Jo, Symmetry Salon Annapolis, The Park Salon & Barber**

What's Up? Media held its annual Beauty Buzz orientation party on Thursday, October 18th, welcoming a new team of 12 beauty and grooming gurus. And, for the first time, two men have joined the team! Held at the office in Annapolis, the celebration included a meet-and-greet with some of the What's Up? staff, an introduction to the review process, some light bites, and, of course, champagne. It wouldn't be a party without a little bubbly! The new members also received their first bag filled with amazing products to test and review. Look out for their first product reviews in print and online (at Whatsupmag.com) in February.



Brian Jacobs
Age: 26 Location: Baltimore Favorite brands: American Crew; Neal's Yard Remedies; Neutrogena Desert island item: American Crew Fiber



Carolina Rauch
Age: 28 Location: Annapolis Favorite brands: Urban Decay; IT Cosmetics; Caudalie Desert island item: IT Cosmetics Your Skin But Better CC+ Cream



Cathy Belcher
Age: 66 Location: Edgewater Favorite brands: Aveeno; Redken; Not Your Mother's Desert island item: Sunscreen



Conor Reynolds
Age: 25 Location: Baltimore Favorite brands: Gillette Desert island item: Sunscreen SPF 70+



Denise Hadden
Age: 37 Location: Severna Park Favorite brands: Thrive Causemetics; Bare Minerals Desert island item: Chapstick



Jennifer Smith
Age: 37 Location: Gambrills Favorite brands: NARS; Erno Lazlo; Laura Mercier Desert island item: Epicuren Propolis Sunscreen



Jillian Amodio
Age: 28 Location: Annapolis Favorite brands: Arctic Fox; Aveda; TRESemmé Desert island item: Lip gloss



Lara Mish
Age: 45 Location: Annapolis Favorite brands: IT Cosmetics; Smashbox; Benefit Desert island item: Eyeliner



Lindsey Follis
Age: 26 Location: Annapolis Favorite brands: Benefit; OUA; Too Faced Desert island item: Gigi Hadid x Maybelline Jetsetter Palette



Lyndsie Cox
Age: 21 Location: Glen Burnie Favorite brands: Anastasia Beverly Hills; L'Oreal; Tarte Desert island item: Highlighter



Mandy Owens
Age: 40 Location: Annapolis Favorite brands: Beautycounter; Kevin Murphy; EVER Desert island item: Tinted moisturizer with SPF



Terrie Boucher
Age: 60 Location: Crownsville Favorite brands: Almay; Urban Decay; Pantene Desert island item: Moisturizer with sunscreen

Parents, put on your oxygen mask first

“Put on your oxygen mask first” might sound like a cliché, but it’s the best metaphor for self-care.

How many times have you felt burned out but continued to push yourself past your limits? How many times have you put your needs on the back burner for your family despite being exhausted? And how many times have you said “yes” when really what you wanted to say was, “no, not today”?

Being a parent is a beautiful gift. By nature, you begin to let go of your priorities to take care of your children. You can’t help but give them your all, even if that means coming home after a busy day and continue to parent when you are tired.

Your children need you. Now more than ever before as the discussion around mental health is at an all-time high. The statistics are eye-opening. One in 5 children ages 13 to 18 have or will have a serious mental illness at some point during their life, according to the National Alliance for Mental Illness (NAMI). Another finding shows that suicide is the third leading cause of death in ages 10 to 24.

You play a crucial role in your child’s wellbeing and mental health, but caring for your child can have an impact on your health too. To best care for the people you love, you must first take care of yourself.



HERE ARE SOME STEPS YOU CAN TAKE:

Practice self-care. No, you’re not selfish—this is important to remember. Self-care has become a trendy term but most people don’t put it into practice. A good way to start is first give yourself permission to do it and focus on yourself, even if it’s just for a day.

Identify replenishing activities that work for you. Scrolling through your phone, being on social media or watching TV are activities that occupy your time but do not replenish you. Instead, try taking a walk, going for a jog or sitting somewhere surrounded by nature. Savor doing activities that replenish you and look forward to doing them.

Know your limits. It’s OK to ask for help or delegate chores and responsibilities to others when you don’t feel like you can take on more. Not being able to do everything by yourself is not a sign of weakness. It is realistic to know your limits and to prioritize self-care.

Look at the big picture and re-center. Centering helps you be a consistent and stable parent for your children. If you’re always involved in a frenzy of activities, you won’t be able to do this. Practice mindfulness—being present in the moment with full awareness and without judgment of thoughts and feelings – instead of being distracted by what’s next on the list. Engaging in self-care activities and reminding yourself of core values can help with centering.

Set realistic expectations. Don’t compare yourself to other parents. Parenting is not a competition. What might be a priority for you might not be for another parent. Identify what is important to you and your family. Is it spending more time together? Sharing more things? Going out to the movies? Set your own goals and expectations, and focus on those.

Schedule alone time. Yes, you’re allowed to do this! Listen and take care of yourself.

Meditate/relax. Take a break from the “motor mind” by deep breathing, being a witness to the thoughts in your mind, or listening to music that uplifts you. This is a good way to relax, be present and unwind from your hectic day-to-day.

Ask for help. Approximately one in five adults in the U.S.—43.8 million—experiences mental illness in a given year, according to NAMI. Don’t be afraid to seek professional help or talk to your doctor about issues you may be experiencing. By taking care of your own physical and emotional health, you’ll be better equipped to serve as a role model for your child and/or handle the challenges of supporting someone with a mental illness. Neglecting your own emotional needs can lead to depression or anxiety down the line. Don’t forget that your children are watching and will learn from you how to deal with stressful situations. Be in tune with yourself. You can’t live a life that’s fulfilling and meaningful if you’re always focused on others. Like they tell you on an airplane, you can’t help the person next to you if you don’t have your oxygen mask on first.

“Parents, Put On Your Oxygen Mask First” is provided by Anne Arundel Medical Center.

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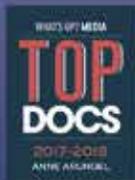


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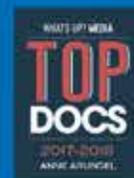
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DINING REVIEW

Café Mezzanotte is Everything You Want Italian to Be

By Diana Love

Photography by Steve Buchanan

Come il cacio sui maccheroni. Like cheese on macaroni. It's a colloquial phrase in Italian that means something like "the perfect pairing." When Café Mezzanotte opened in Severna Park 20 years ago, it was the vanguard of fine dining on the Ritchie Highway corridor. Generous servings of Italian-American favorites delivered by friendly staff in an atmosphere that was as appropriate for a business lunch as for a romantic rendezvous were the restaurant's recipe for success. A lounge and live music helped. The Mezz, as it became known, was the perfect pairing of good food, wine, and company.

When Kosmas "Tommie" Koukoulis purchased the restaurant in 2008, his goal was to continue to serve the dishes his customers loved while focusing on a finer

degree of food quality, preparation, and presentation. Together, with Executive Chef Zack Trabbold, that's exactly what he did. Tommie and his team worked conscientiously to upgrade the Café Mezzanotte dining experience in a way that would appeal to their intensely loyal clientele while drawing in new customers. In a time when restaurants face more competition, fleeting loyalty, and rising costs, Café Mezzanotte thrived.

In celebration of 10 years of ownership (Koukoulis also owns Capiche Street Food Italiano in Severna Park and Uncle Hawaiian Grindz in Fallston), Café Mezzanotte recently underwent a \$750,000 renovation. New, upgraded seating was carefully chosen. Gone are the wall sconces, tired fixtures, and ubiquitous greenery, replaced with overhead recessed lighting and farmhouse-style

wooden plant boxes filled with bountiful succulents that hang from the ceiling. Large, colorful, and modern photographs of the farms and purveyors who provide the local and sustainable foods seen on the menu define dining spaces. Even the logo and signage were updated to reflect cleaner, lighter details that extend from branding to ambiance to plate.

Lest diners familiar with the former Café Mezzanotte fret that the parmigiana, calamari, and marinara might be perfunctorily pushed from the menu, there's no need to worry. All is well.

The new menu is abbreviated for simplicity. This makes choosing from the variety of risottos, freshly made pastas, and traditional favorites less intimidating. Lifeguard Calamari, composed of Rhode Island squid, breaded and fried, set on a bed of marinara sauce highlighted by the addition of Calabrian chili pepper aioli and roasted sweet peppers, was best eaten on the spot. For those first moments when the dredged and fried calamari were hot and crisp, this dish was everything I wanted it to be. In fact, it was a welcome contrast to others I've tried, these typically presenting as a pitiful showcase of over-breaded, over-fried, over-sauced and tough fish served alongside an insipid version of plebian marinara. This squid was the opposite of that. It was salty and spicy, acidic and sweet, full of texture. I scooped the last of it from the bottom of the bowl with my bread and wasn't motivated to share.



Our favorite option from the twelve appetizers on the menu featured another fish: octopus. Braised and charred, served with similarly prepared diced eggplant on a bed of squid ink and garnished with basil oil, the octopus was perfectly prepared. The addition of squid ink was cautiously executed. Infused with lemon, the emulsion was quite tasty. As a great fan of all forms of *fond*, whether it's the crispy, salty, flavor-filled bites scratched from a roast pan or those crusty bits of rice scraped from the bottom of the cooker, I enjoyed the contrast of textures and flavors in the dish and believed it to be executed just as planned.

Lamb meatballs were delicious and everything lesser, beefier *polpettes* are not: tender and light, with strong flavors of lamb and the nuanced addition of butternut puree with a hint of cumin. The pomegranate demi-glace lent a layer of flavor and texture that played well off the richness of the lamb, the crispy fried onion and fresh pomegranate seed garnish. The roasted Baby Root Vegetable platter was an unexpectedly colorful item. A bright pink beet mousse, surrounded by whole roasted baby carrots, diced turnips, and radish seasoned with a sweet cumin rub was set atop a drizzle of saffron citronette. The

roasted vegetables were rich, the turnips creamy and tender within, while the outside boasted the lightest touch of crust. The smaller carrots were perfectly roasted, the larger ones had a bit too much crunch, but overall the flavors of an autumn roast at your Nona's house came through.

Pancia mia fatti capanna. It means "get your belly ready for a big meal," and this is indeed what you need to do if you plan a night out at Mezzanotte. Our dinner course started with a cream of crab soup. It's daring to put this Chesapeake staple on a gourmet Italian menu. Daring in the sense that you are adding an item that doesn't match the cuisine, but not at all in the sense that if you don't some locals might complain. This version is quite good.

Dishes labeled 'From the Land' feature pasture-raised, sustainably produced livestock, most grown in Maryland and Pennsylvania. Bison Lasagna was presented as fresh sheets of pasta layered with whipped ricotta and studded with bites of ground bison. The béchamel was slight on nutmeg, the nuance of flavor wandering as though a little lost through the slices of beefsteak tomato, melted cheese, and house tomato sauce. The bison, though tender

and flavorful, was less integrated into the sauce than in the ragu of traditional lasagna, wherein the meat is an instrument that plays a part in the movement but doesn't overwhelm the symphony. The overall effect was exactly what diners can expect from Mezzanotte: a dish that runs up to the edge but doesn't jump over.

This is not the case with the Pumpkin risotto. Roasted pumpkin romps with Italian sausage, bitter greens, and Gorgonzola cheese. The dish is bursting with flavor and spice, the hearty nature of the rice playing *come il cacio sui maccheroni* with the seasonal vegetables. Koukoulis makes Mezzanotte's chewy and hearty version of risotto with non-GMO arborio and carnaroli rice, a nod to his overall goal of using ingredients that are natural and wholesome.

We started our dinner with three flights of wine. Best suited to our particular meal was my flight of Italian Reds. The Luigi Righetti Campolietti had delicate aromas of berry, raisin, and spice that paired particularly well with the roasted baby root vegetables and the risotto. The Contessa Annalisa Primitivo was full-bodied and bold, easy to sip, and excellent with the lamb meatballs and bison lasagna. The Camp Al Mare Super Tuscan, a blend of merlot, cabernet sauvignon, cabernet franc, and petit Verdot was perhaps my favorite and led me to reminisce on Tuscan wine tastings, where blending the Super Tuscan is a bold and exciting art. At about \$16 for three hearty pours, I recommend the flights as a way to affordably explore the menu's variety.

I was excited for the dessert course. A parade of sweets included profiterole, tiramisu, a semifreddo candy bar, and, of all things, crème brûlée. I was eager to dig into the brûlée, which did not disappoint. The desserts are made from scratch at the restaurant and I am excited to try the specialties of Signor Ettore, a recent addition to the kitchen and an experienced Italian pastry chef.

Koukoulis wants to make his customers happy and he wants to feel good about how he does that. Whether it's choosing environmentally friendly packaging (he says the five percent increase in costs from foregoing styrofoam is well worth the effort), purchasing local and sustainable products, composting leftovers, or relying on an abundant *potager* he grows off the rear patio, Koukoulis is creating an experience that is *cotto a puntino* or "Cooked to perfection."

La Sierra is a Family Affair

By Tom Worgo

Photography by Stephen Buchanan

Catalina Landaverde's work schedule seems endless. Landaverde bounces back and forth between the four authentic Mexican food restaurants she owns with five of her siblings.

They include Queretaro and Mi Casita in Gambrills, Rinconcito in Odenton, and La Sierra in Annapolis. "I don't have much free time," Landaverde says.

The demands on her time increased in September when the family opened La Sierra in a strip mall off of Riva Road. The only way Landaverde knows how to run a ship is spending a lot of time at the helm and that she does at La Sierra.

But what makes her job manageable is that her sister Gloria is there to lend a hand. The two have the most restaurant experience of all their siblings — 27 years each. Catalina and Gloria forged a strong bond, working side by side for all those years.

They moved from Queretaro, Mexico, to Oklahoma in 1991 and started working at a restaurant there called Casa Soto, Catalina as a busboy, Gloria as a cook. Twenty-eight years later, they're working hard to find their own place in Annapolis' competitive restaurant scene.

What's Up Media recently sat down with the 47-year-old Catalina to discuss what makes La Sierra different.



La Sierra

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Why did you decide to open a restaurant in Annapolis?

I used to live in Annapolis for 10 years before moving to Crofton. I was working as a server at El Toro Bravo for nine years. My sister Gloria worked there, too. I know a lot of customers and people who live here in Annapolis. They remember me from years ago. I learned how to manage a restaurant (at El Toro Bravo), and I saved money, so I could open my own business.

When you opened a restaurant in Annapolis, how did you differentiate yourself from the competition?

When I worked at El Toro Bravo, I met a lot of customers, and I know what they like. There is one dish, Pollo al Chorizo, Mexican sausage and cheese, that most people like. They like the way we prepare it.

What is your role with all the restaurants?

I am the lead (owner), and I run them. I am like the general manager. I work six days a week and go one day to each place. I stay here most of the time right now because its new.

What is the secret to running a successful restaurant?

Being here all the time and making sure the customers are happy of course. You also have to make sure the food is good, and the restaurant is clean.

Each of your restaurants has a different name. Why not brand all of them with the same name?

Customers don't like a chain. When they hear it's a family restaurant, they like it better.

What lessons have you learned from your other restaurants that you can apply to La Sierra?

Maybe that before, I wasn't

there all the time. Now, I'll be here hours before the restaurant opens. I'll make sure the food is good before we start serving. Sometimes, the customer will complain and say, "The food doesn't have enough salt." You just have to make sure everything is ready to serve.

Your restaurant offers 100 different kinds of tequila. Why is this such a big focus?

I know people like margaritas a lot. People will ask if I can make a margarita with this kind of tequila or that kind that they like. We have our own recipes for margaritas. We have 12 of them.

Is it tough to work with your siblings?

It's nice because you can trust them. I can leave and one of them can stay and make sure everything is fine. We have so many of us. One can be here and at another restaurant. It's tough, too, because sometimes we fight.

Why did you come to the United States from Mexico?

I have nine siblings in my family. Gloria and I wanted to work to help my parents raise my brothers and sisters. I also just wanted to meet different people. I liked it, and I decided to stay. I went to Oklahoma first to visit a cousin and he introduced me to a friend. Gloria and I started working for him.

What do you do in your free time when you are not working?

I work six days a week. I go one day to each of the other restaurants and spend three days here. When I do have free time, I spend it with family.

Guacamole

[Serves 4]

- 3 avocados
- 1 teaspoon of chopped tomatoes
- 1 teaspoon of chopped jalapeños
- 1 teaspoon of chopped onions
- 1 teaspoon of cilantro
- A pinch of garlic
- A pinch of salt

Preparation: Combine all the ingredients, mix and serve in decorative bowl.



Dining Guide

Advertisers Listed in Red

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\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

☎ Reservations

🍷 Full bar

👨‍👩‍👧 Family Friendly

💧 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2018 Winner

Downtown Annapolis

Annapolis Ice Cream Company

196 Main Street, Annapolis; 443-482-3895; annapolisiscream.com \$ 🍷 👑

Armadillo's Bar & Grill

132 Dock Street, Annapolis; 410-280-0028; Armadillosannapolis.com; American Grill; lunch, dinner, brunch \$ 🎵

The Big Cheese & Sammy's Deli

47 Randall Street, Annapolis; 410-263-6915; Thebigcheeseannapolis.com; Deli; breakfast, lunch, dinner \$ 🍷 👑

Buddy's Crabs & Ribs

100 Main Street, Annapolis; 410-626-1100; Buddysonline.com; Seafood; lunch, dinner \$\$ 🍷 🎵 🐾

Café Normandie

185 Main Street, Annapolis; 410-263-3382; Cafenormandie.com; French; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🎵 🐾

Castlebay Irish Pub 1

93 Main Street, Annapolis; 410-626-0165; Irish; lunch, dinner, late-night \$\$ 🍷 🎵 🐾

Chick & Ruth's Deli

165 Main Street, Annapolis; 410-269-6737; Chickandruths.com; American diner; breakfast, lunch, dinner, late-night \$ 🍷 🎵

City Dock Café

18 Market Space, Annapolis; 410-269-0961; Citydockcafe.com; American; coffee, light breakfast, baked goods \$ 👑

Dock Street Bar & Grill

136 Dock Street, Annapolis; 410-268-7278; Dockstreetbar.net; American; lunch, dinner, late-night \$\$ 🍷 🎵 🍷

Dry 85

193 B Main Street, Annapolis; 443-214-5171; DRY85.com; American; lunch, dinner, Sunday brunch \$\$ 🍷 🎵 🍷

Federal House Bar & Grille

22 Market Space, Annapolis; 410-268-2576; Federalhouserestaurant.com; American; lunch, dinner, Weekend brunch \$\$ ☎ 🍷 🎵 🍷 * 🎵 🐾

Flamant

17 Annapolis Street, Annapolis; 410-267-0274; Flamantmd.com; European; dinner \$\$-\$\$\$

Fox's Den

179 B Main Street, Annapolis; 443-808-8991; Foxsden.com; American Craft Gastropub ☎ 🍷 🎵 🎵

Galway Bay Irish Restaurant & Pub

63 Maryland Avenue, Annapolis; 410-263-8333; Galwaybaymd.com; Irish; lunch, dinner, Sunday brunch \$ 🍷 🎵 🍷

Harry Browne's

66 State Circle, Annapolis; 410-263-4332; Harrybrownes.com; Modern American; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🎵 🍷 🐾 🎵

Harvest Wood Grill & Tap Room

26 Market Space, Annapolis; 410-280-8686; Harvestwoodgrill.com \$\$ ☎

Iron Rooster

12 Market Space Annapolis; 410-990-1600; Ironroosterallday.com; American; all-day breakfast, lunch, dinner \$\$ 🍷 * 🍷

Joss Café & Sushi

195 Main Street, Annapolis; 410-263-4688; Jossushi.com; Japanese, sushi; lunch, dinner \$\$ 🍷 🎵 🍷

Mason's Famous Lobster Rolls

188 Main Street, Annapolis; 410-280-2254; Masonslobster.com; Seafood; lunch, dinner \$

McGarvey's Saloon & Oyster Bar

8 Market Space, Annapolis; 410-263-5700; MCGarveysannapolis.com; American; lunch, dinner, late-night, Sunday brunch \$\$ ☎ 🍷 🎵 🍷 * 🎵 🐾 🍷

Middleton Tavern

2 Market Space, Annapolis; 410-263-3323; Middletontavern.com; American, seafood; lunch, dinner, Sunday brunch \$\$\$ ☎ 🍷 🎵 🍷 🎵 🍷

Mission BBQ

142 Dock Street, Annapolis; 443-221-4731; Mission-bbq.com; Barbecue; lunch, dinner \$\$ 🍷 🍷

O'Brien's Oyster Bar & Restaurant

113 Main Street, Annapolis; 410-268-6288; Obriensoysterbar.com; Seafood; lunch, dinner, late-night, brunch \$\$ 🍷 🎵 🍷

OB's Prime

111 Main Street, Annapolis; 410-269-1210; Obsprime.com; Steakhouse; dinner \$\$ ☎ 🍷 🎵

Osteria 177

177 Main Street, Annapolis; 410-267-7700; Osteria177.com; Italian; lunch, dinner \$\$ ☎ 🍷 🎵

Preserve

164 Main Street, Annapolis; 443-598-6920; Preserve-eats.com; Seasonal farm to table restaurant; brunch, lunch, dinner \$\$ 🍷

Pusser's Caribbean Grille

80 Compromise Street, Annapolis; 410-626-0004; Pussersusa.com; Caribbean, seafood; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🎵 🍷 🍷 * 🍷 🎵

MISS SHIRLEY'S CAFÉ

"The menu has something for everyone!" –John Hunter

Red Red Wine Bar

189B Main Street, Annapolis; 410-990-1144; Redredwinebar.com; Wine bar; lunch, dinner, Sunday brunch \$\$ 🍷 🎵 🍷

Reynolds Tavern

7 Church Circle, Annapolis; 410-295-9555; Reynoldstavern.org; International; lunch, dinner, afternoon tea \$\$ ☎ 🍷 🎵 🍷 🍷 🎵

Sakura Café

105 Main Street, Annapolis; 410-263-0785; Annapolisakuracafe.com; Japanese; lunch, dinner \$\$ ☎ 🍷 🎵 🍷 * 🐾

Sofi's Crepes

1 Craig Street, Annapolis; 410-990-0929; Sofiscrepes.com; Sweet and savory crepes \$ 🍷

Vida Taco Bar

200 Main Street, Annapolis; 443-837-6521; Vidatacobar.com; Tex-Mex; lunch, dinner \$\$ 🍷

Upper Annapolis

49 West, Coffeebar, Winebar & Gallery

49 West Street, Annapolis; 410-626-9796; 49westcoffeehouse.com; American, coffeehouse; breakfast, lunch, dinner \$\$ ☎ 🍷 🎵 🍷 🎵

Azure

100 Westgate Circle, Annapolis; 410-972-4365; Azureannapolis.com; Modern American; breakfast, lunch, dinner \$\$ ☎ 🍷

Baroak

126 West Street, Annapolis; 410-295-3225; Baroakannapolis.com; American, Belgian; breakfast, brunch, lunch, dinner \$\$ ☎ 🍷 🎵

Carpaccio Tuscan Kitchen & Wine Bar

1 Park Place, Annapolis; 410-268-6569; Carpaciotuscankitchen.com; Italian; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🎵 🍷

Chesapeake Brewing Co.

114 West Street, Annapolis; 410-268-0000; Chesbrewco.com; Seafood bar & grill; lunch, dinner, Weekend brunch \$\$ ☎ 🍷 🎵

El Toro Bravo

50 West Street, Annapolis; 410-267-5949; Mexican; lunch, dinner \$\$ 🍷 🎵 * 🐾 🍷

Fado Irish Pub

1 Park Place #7, Annapolis; 410-626-0069; Fadoirishpub.com/annapolis; Irish; lunch, dinner, late-night, Sunday brunch \$ ☎ 🍷 🎵 * 🎵 🐾

Lemongrass

167 West Street, Annapolis; 410-280-0086; Lemongrassannapolis.com; Thai; lunch, dinner \$ 🍷 🎵 🍷

Level Small Plates Lounge

69 West Street, Annapolis; 410-268-0003; Lannapolis.com; Modern American, tapas; dinner, late-night \$ ☎ 🍷 🎵 🍷

Light House Bistro

202 West Street, Annapolis; 410-424-0922; Lighthousebistro.org; American; breakfast, lunch, dinner, weekend brunch \$ 🍷 🎵 🍷

Luna Blu

36 West Street, Annapolis; 410-267-9950; Lunablufannapolis.com; Italian; lunch, dinner \$\$ ☎ 🍷 🌿

Metropolitan Kitchen & Lounge

175 West Street, Annapolis; 410-280-5160; Metropolitanannapolis.com; Modern American; breakfast, lunch, dinner, late-night \$\$\$ ☎ 🍷 🌿 🐾 🏆

Miss Shirley's Café

1 Park Place, Annapolis; 410-268-5171; MissShirleys.com; Southern American; breakfast, brunch, lunch \$ 🍷 🌿 🐾 🏆

Rams Head Tavern

33 West Street, Annapolis; 410-268-4545; Ramsheadgroup.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🍷 🌿 🎸 🐾 🏆

Sailor Oyster Bar

196 West Street, Annapolis; 410-571-5449; Sailoroysterbar.com; American grill, seafood, cocktails; weekend lunch, dinner \$\$\$ 🌿

Stan & Joe's Saloon

37 West Street, Annapolis; 410-263-1993; Stanandjoessaloon.com; American; lunch, dinner, late-night, Sunday brunch \$ 🍷 🌿 🎸 🐾 🏆

Tsunami

51 West Street, Annapolis; 410-990-9868; Tsunamiannapolis.com; Fusion, sushi; lunch, dinner, late-night \$\$ 🌿 🐾 🎸

Greater Annapolis**Basmati**

2444 Solomons Island Road, Annapolis; 410-266-6355; Basmatiofannapolis.com; Indian; lunch, dinner \$\$ ☎ 🍷 🌿 🐾 🏆

Blue Rooster Café

1372 Cape St. Claire Road, Annapolis; 410-757-5232; GoToRoosters.com; Modern American; breakfast, lunch, dinner \$\$ 🌿 🍷 🏆

Brio Tuscan Grille

305 Sail Place, Annapolis; 410-571-5660; Brioitalian.com; Italian; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🌿 🎸 🐾 🏆

Broadneck Grill & Cantina

1364 Cape St Claire Road, Annapolis; 410-757-0002; Broadneckgrill.com; Contemporary American and Mexican Cuisine; serve breakfast Saturday and Sunday; lunch, dinner \$\$ 🍷 🌿 🎸 🏆

Bruster's Real Ice Cream

1409 Forest Drive, Annapolis; 410-295-0025; Brustersannapolis.com; Dessert \$ 🍷 🐾

Buffalo Wild Wings

2337-A Forest Drive, Annapolis; 410-573-0331; Buffalowildwings.com; American; lunch, dinner \$ 🌿 🍷

Cantler's Riverside Inn

458 Forest Beach Road, Annapolis; 410-757-1311; Cantlers.com; Crabs, seafood; lunch, dinner \$ 🍷 🌿 🎸 🏆

The Canton Restaurant

11 Ridgely Avenue, Annapolis; 410-280-8658; Cantonannapolis.com; Chinese; lunch, Dinner \$ 🌿 🍷

Cooper's Hawk

1906 Towne Centre Blvd, Annapolis; 443-837-9989; Chwinery.com; American; lunch, dinner \$\$ 🍷 🌿 🏆

Chevys Fresh Mex

2436 Solomons Island Rd, Annapolis; 410-573-4932; Chevysannapolis.com; Mexican; lunch, dinner, brunch \$\$ ☎ 🍷 🌿 🏆

Chris' Charcoal Pit

1946 West Street, Annapolis; 410-266-5200; Chrischarcoalpit.com; Greek; lunch, dinner \$ 🌿 🍷 🏆

Chuy's

2339 Forest Drive, Annapolis; 512-473-2783; Chuys.com; Mexican; lunch, dinner \$-\$\$ 🌿 🍷

Double T Diner

12 Defense Street, Annapolis; 410-571-9070; DoubleTdiner.com; American diner; breakfast, lunch, dinner, late-night \$\$ 🍷 🌿 🍷 🏆

Eggcellence

2625 Housley Road, Annapolis; 410-573-9503; Eggcellence-brunchery.com; American; breakfast, lunch \$ 🍷

Evelyn's

26 Annapolis St, Annapolis; 410-263-4794; Evelynsannapolis.com; American; breakfast, brunch, lunch, happy hour \$\$ 🍷 🌿 🎸

Giolitti Delicatessen

2068 Somerville Road, Annapolis; 410-266-8600; Giolittideli.com; Delicatessen; lunch, dinner \$ 🍷 🌿 🎸

Gordon Biersch

1906 Towne Centre Boulevard, Ste. 155, Annapolis; 410-266-5965; Gordongbiersch.com; American; lunch, dinner \$\$ ☎ 🍷 🌿 🎸

Grapes Wine Bar

1410 Forest Drive, Annapolis; 410-571-5378; Grapeswinebarannapolis.com; Mediterranean; lunch (Sat. only), dinner \$\$ 🍷 🌿 🎸 🏆

The Greene Turtle

177 Jennifer Road, Annapolis; 410-266-7474; Greenturtle.com; American, sports bar; lunch, dinner \$ 🍷 🌿 🎸 🏆

Herald Harbor Hideaway

400 Herald Harbor Road, Crownsville; 410-923-4433; Herald-harborhideaway.com; American; lunch, dinner \$ 🍷 🌿 🎸

Heroes Pub

1 Riverview Avenue, Annapolis; 410-573-1996; Heroespub.com; American, sports bar; lunch, dinner \$\$ 🌿 🍷 🎸 🏆

Italian Market & Restaurant

126 Defense Highway, Annapolis; 410-224-1330; Theitalianmarket.com; Italian; lunch, dinner \$ 🍷 🌿

Jalapeños

85 Forest Plaza, Annapolis; 410-266-7580; Jalapeñosonline.com; Spanish, Mexican; lunch, dinner \$\$ ☎ 🍷 🌿 🎸 🏆

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"Best customer service I've had in a long time. This will definitely be a regular spot for me."
-Taylor Steadman **WINNER!**

La Sierra

2625 Riva Road, Annapolis; 410-573-2961; Lasierrestaurantinc.com; Mexican; lunch, dinner \$\$ 🍷 🌿

Lebanese Taverna Café

New Annapolis Location TBD; Lebanese-taverna.com; Middle Eastern; lunch, dinner \$ 🍷 🌿 🐾 🏆

Lemongrass Too

2625-A Housley Road, Annapolis; 410-224-8424; Lemongrassannapolis.com; Thai; lunch, dinner \$\$ 🍷 🌿 🐾 🏆

Les Folies Brasserie

2552 Riva Road, Annapolis; 410-573-0970; Lesfoliesbrasserie.com; French; lunch, dinner \$\$ ☎ 🍷 🌿 🏆

Lures

1397 Generals Highway, Crownsville; 410-923-1606; Luresbarandgrille.com; American grill, seafood; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🌿 🎸 🏆

Ledo Pizza

505 S. Cherry Grove Avenue, Annapolis; 410-295-3030; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$\$ 🍷 🌿 🏆



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The Melting Pot

2348 Solomons Island Road, Annapolis; 410-266-8004; Meltingpot.com; Fondue; dinner \$ \$ 🍷 🍴 🍷

Mission BBQ

2101 Somerville Road, Annapolis; 443-569-4700; Mission-bbq.com; Barbecue; lunch, dinner \$ \$ 🍷 🍴 🍷

Newk's Eatery

2077 Somerville Rd. Suite 150, Annapolis; 410-934-7000; Newk's.com; Sandwiches, soups, salads, pizza; lunch, dinner \$ 🍷

Paladar Latin

Kitchen & Rum Bar
1905 Towne Centre Boulevard, Ste. 100, Annapolis; 410-897-1022; Paladarlatinkitchen.com; Latin American; lunch, dinner, late-night, Week-end brunch \$ \$ 🍷 🍴 🍷 * 🍷

Paul's Homewood Café

919 West Street, Annapolis; 410-267-7891; Paulshomewoodcafe.com; Mediterranean; lunch, dinner, brunch \$ \$ 🍷 🍴 🍷 * 🍷

Pasticcio

150-F Jennifer Road, Annapolis; 443-949-0608; Pasticcioannapolis.com; Italian; lunch, dinner \$ \$ 🍷

Ports of Call

210 Holiday Court, Annapolis; 410-573-1350; Doubletreeannapolis.com; Modern American; breakfast, lunch, dinner \$ \$ 🍴

Rams Head Roadhouse

1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadgroup.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$ \$ 🍴 🍷 🍴

Red, Hot & Blue

200 Old Mill Bottom Road, Annapolis; 410-626-7427; Redhotandblue.com; Barbecue; lunch, dinner \$ 🍴 🍷

Riverbay Roadhouse

1374 Cape St Claire Road, Annapolis; 410-757-2919; Riverbay-roadhouse.com; Steak, seafood; breakfast, lunch, dinner \$ \$ 🍷 🍴 🍷 🍴 🍷

Royal Karma

302 Harry S. Truman Pkwy, Suite K, Annapolis; 410-266-5006; Indianfoodannapolis.com; Indian; Lunch buffet, dinner \$ \$ 🍷 🍴 🍷

Sakura Japanese Steak & Seafood House

2625 Housley Road, Annapolis; 410-573-0006; Sakurasteakhouse.com; Japanese; lunch, dinner \$ \$ 🍷 🍴 🍷

Sam's on the Waterfront

2020 Chesapeake Harbour Drive East, Annapolis; 410-263-3600; Samsonthewaterfront.com; Modern American; lunch, dinner, Sunday brunch \$ \$ 🍷 🍴 🍷 🍴 🍷 * 🍷 🍴 🍷

Sandy Pony Donuts

1901 Towne Centre Blvd., Ste 130, Annapolis; 301-873-3272; Sandyponydonut.com; Breakfast \$ 🍷 🍴 🍷

Seafood Palace Buffet

81 Forest Plaza A, Annapolis; 410-216-2186; Seafoodpalacebuffet.com; American, Japanese, Seafood; lunch, dinner \$ 🍷

Severn Inn

1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; Severninn.com; Seafood; lunch, dinner, Sunday brunch \$ \$ 🍷 🍴 🍷 * 🍷

Soul

509 S. Cherry Grove Avenue, Annapolis; 410-267-6191; Soulannapolis.com; Southern-inspired small plates; lunch, dinner, Saturday & Sunday brunch \$ \$ 🍷 🍴 🍷

Stoney River

Legendary Steaks
2190 Annapolis Mall, Annapolis; 410-224-8312; Stoneyriver.com; Steakhouse; lunch, dinner \$ \$ 🍷 🍴 🍷

Union Jack's

2072 Somerville Road, Annapolis; 410-266-5681; Union-jacksannapolis.com; British-style pub; lunch, dinner, Sunday brunch \$ \$ 🍴 🍷 🍴 🍷

Ziki Japanese Steakhouse

1906 Towne Center Boulevard, Ste. 4250, Annapolis; 410-224-6598; Zikisteakhouse.com; Japanese, sushi; lunch, dinner \$ \$ 🍷 🍴 🍷 * 🍷

Zoe's Kitchen

1901 Towne Center Boulevard, Ste. 105, Annapolis; 410-266-7284; Zoeskitchen.com; Casual Mediterranean Lunch, dinner \$ 🍴 🍷 * 🍷

Eastport / Bayridge

Adam's Taphouse and Grill

921C Chesapeake Avenue, Annapolis; 410-267-0064; Adams-grilleannapolis.com; Barbecue; lunch, dinner \$ \$ 🍴 🍷

Annapolis Smokehouse & Tavern

107 Hillsmere Drive, Annapolis; 410-571-5073; Annapolissmokehouse.com; American BBQ; lunch, dinner, catering, Week-end brunch \$ \$ 🍷 🍴 🍷 * 🍷

Blackwall Hitch

400 6th Street, Annapolis; 410-263-3454; Theblackwallhitch.com; Upscale-casual New American restaurant; brunch, lunch, dinner, late-night \$ \$ 🍴 🍷 * 🍷

Boatyard Bar & Grill

400 Fourth Street, Annapolis; 410-216-6206; Boatyardbarandgrill.com; American, seafood; breakfast, lunch, dinner. \$ \$ 🍴 🍷 * 🍷

Bread and Butter Kitchen

303 Second Street, Ste. A, Annapolis; 410-202-8680; Breadandbutterkitchen.com; American; breakfast, lunch \$ 🍷 🍴 🍷

Carrol's Creek

410 Severn Avenue, Annapolis; 410-263-8102; Carrolscreek.com; Seafood; lunch, dinner, Sunday brunch \$ \$ 🍷 🍴 🍷 * 🍷

Chart House

300 Second Street, Annapolis; 410-268-7166; Chart-house.com; Seafood; dinner, Sunday brunch \$ \$ 🍷 🍴 🍷

Davis's Pub

400 Chester Avenue, Annapolis; 410-268-7432; Davispub.com; American; lunch, dinner, late night \$ 🍴 🍷 * 🍷

Eastport Kitchen

923 Chesapeake Avenue, Annapolis; 410-990-0000; Eastportkitchen.com; American; breakfast, lunch, dinner \$ \$ 🍷

Grump's Café

117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$ 🍴 🍷

Jack's Fortune

960 Bay Ridge Road, Annapolis; 410-267-7731; Jackfortune1.com; Chinese; lunch, dinner \$ 🍴 🍷 🍷

Lewnes' Steakhouse

401 Fourth Street, Annapolis; 410-263-1617; Lewnessteakhouse.com; Steakhouse, seafood; dinner \$ \$ \$ 🍷 🍴 🍷

Main & Market

914 Bay Ridge Road, Annapolis; 410-626-0388; Mainandmarket.com; Farm-to-table; breakfast, lunch, dinner \$ \$ 🍴 🍷 🍷

O'Leary's Seafood Restaurant

310 Third Street, Annapolis; 410-263-0884; Olearysseafood.com; Seafood; dinner, Sunday brunch \$ \$ \$ 🍷 🍴 🍷

Rocco's Pizzeria

954 Bay Ridge Road, Annapolis; 410-263-9444; Roccospizzashop.com; Pizza; lunch, dinner \$ 🍴 🍷 🍷

Ruth's Chris

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris-Annapolis.com; Steakhouse; dinner \$ \$ \$ 🍷 🍴 🍷

Sammy's Pizza Kitchen

1007 Bay Ridge Ave, Annapolis; 410-990-9800; Sammyspizzakitchen.com; Italian; lunch, dinner \$ - \$ \$ 🍷

Vin 909 WineCafe

909 Bay Ridge Avenue, Annapolis; 410-990-1846; Vin909.com; Farm-to-table; lunch, dinner \$ \$ 🍴 * 🍷

Edgewater / South County

Adam's Taphouse and Grill

169 Mayo Road, Edgewater; 410-956-2995; Adamsgrilleannapolis.com; Barbecue; lunch, dinner \$ \$ 🍴 🍷

All American Steak House

139 Mitchells Chance Road, Edgewater; 410-956-4494; Theallamericansteakhouse.com; American; lunch, dinner \$ \$ 🍴

Bayside Inn

1246 Mayo Road, Edgewater; 410-956-2722; American, Seafood; breakfast, lunch, dinner \$ \$ 🍴 🍷 *

Bella Sera

9 Lee Airpark Drive, Edgewater; 410-956-8555; Bellasera-tasteofitaly.com; Italian; lunch, dinner \$ 🍷

Broadneck Grill & Cantina

74 Central Avenue West, Edgewater; 410-956-3366; Broadneckgrill.com; American and Mexican Cuisine; lunch, dinner \$ 🍷 🍷 🍷 🍴 🍷

The Bistro at South River

3451 Solomons Island Road, Edgewater; 410-798-5865; Golfclubsr.com; Modern American; breakfast, lunch, dinner \$ \$ 🍴 *

Chad's BBQ

158 W Central Ave, Edgewater; 410-956-7774; chadsbbq.com; Authentic smoked barbecue; lunch, dinner \$ 🍴 🍷 * 🍷

Pier Oyster Bar

48 South River Road, Edgewater; 443-837-6057; Coconutjoesusa.com; Caribbean; lunch, dinner, late-night \$ 🍴 🍷 * 🍷

Edgewater Restaurant

148 Mayo Road, Edgewater; 410-956-3202; Edgewaterrestaurant.com; American, seafood; lunch, dinner, Sunday brunch \$\$ 🍴 🍷 🏠

Fuji Steakhouse

169 Mitchells Chance Road, Edgewater; 410-956-8898; Fujisteakhousemd.com; Japanese; lunch, dinner \$\$ 🍴 🍷 🍷

Glory Days Grill

3 Lee Airpark Drive, Edgewater; 443-808-8880; Glorydaysgrill.com; American, sports bar; lunch, dinner \$ 🍴 🍷 🍷

The Greene Turtle

3213 Solomons Island Road, Ste. A, Edgewater; 410-956-1144; Greenturtle.com; American Lunch, dinner, late-night \$ 🍴 🍷 🏠 🍷

Happy Harbor

533 Deale Road, Deale; 410-867-0949; Happyharbordeale.com; American; lunch, dinner \$ 🍴 🍷 🍷

Harvest Thyme Modern Kitchen & Tavern

1251 West Central Ave, Davidsonville; 443-203-6846; Harvestthymetavern.com; American; lunch, happy hour, dinner \$ 🍴 🍷 🏠

Hispa Restaurant

183 Mayo Road, Edgewater; 410-956-7205; Latin American; breakfast, lunch, dinner \$

Killarney House

584 West Central Avenue, Davidsonville; 410-798-8700; Killarneyhousepub.com; Irish; lunch, dinner, late-night \$\$\$ 🍴 🍷 🍷 🍷

Ledo Pizza

3072 Solomons Island Road, Edgewater; 410-956-6700; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$\$ 🍴 🍷 🏠

WHAT'S UP? READERS'



RESTAURANT REVIEW

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DINING GUIDE

O'LOUGHLIN'S RESTAURANT

"Good food, great service. Love the burgers!" -Daryl Hodge

Bella Italia

1460 Ritchie Highway, Arnold; 410-757-3373; Bellaitaliaarnold.com; Italian; lunch, dinner \$ Y 🍴

Brian Boru Restaurant & Pub

489 Ritchie Highway, Severna Park; 410-975-2678; Brianborupub.com; Irish; lunch, dinner, Sunday brunch \$\$ 📞 Y 🍴 *

Café Bretton

849 Baltimore Annapolis; Boulevard, Severna Park; 410-647-8222; Cafe-bretton.com; French; dinner \$\$

Café Mezzanotte

760 Ritchie Highway, Severna Park; 410-647-1100; Cafemezz.com; Italian; lunch, dinner \$\$ 📞 Y 🍴 * 🎵

Capiche Street Food Italiano

147 Ritchie Highway, Suite E, Severna Park; 443-906-3200; Capicheitaliano.com; Italian; lunch, dinner \$

Deep Creek Restaurant & Marina

1050 Deep Creek Avenue, Arnold; 410-757-4045; Thedeepcreekrestaurant.com; Seafood; lunch, dinner \$\$ Y 🍴 🌊

Founders Tavern & Grille

8125 Ritchie Highway, Pasadena; 410-544-0076; Founders-tavernandgrille.com; American; lunch, dinner \$ 📞 Y 🍴

Gina's Cafe

601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascafestmikes; Southwestern, Vegetarian; lunch, dinner \$\$

LA Posta Pizzeria

213 Baltimore Annapolis Blvd., Severna Park; 443-906-2840; Lapostapizzeria.com; Italian; lunch, dinner \$-\$\$

M Thai Restaurant

181 Mitchells Chance Road, Edgewater; 410-956-0952; Thai; lunch, dinner \$

Mike's Bar & Crab House

3030 Riva Road, Riva; 410-956-2784; Mikescrabhouse.com; Seafood; lunch, dinner, late-night \$\$ 📞 Y 🍴 🌊 * 🎵

Nova Sushi Bar and Asian Fusion

3257 Solomons Island Road, Edgewater; 410-956-5326; Novasushi.com; Sushi, lunch, dinner \$-\$\$

Old Stein Inn

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ Y 🍴 * 🎵 🏰

Petie Greens Bar and Grill

6103 Drum Point Road, Deale; 410-867-1488; Petiegreens.com \$\$ 📞 Y 🍴 🌊 * 🎵

Pirate's Cove

4817 Riverside Drive, Galesville; 410-867-2300; Piratescovemd.com; Seafood; breakfast, lunch, dinner, Sunday brunch \$\$ 📞 Y 🍴 🌊 * 🎵

Plazuelas

3029 Solomons Island Road, Edgewater; 410-956-0080; Mexican; lunch, dinner \$

Red N Reel Restaurant

4165 Mears Avenue, Chesapeake Beach; 410-257-2735; Chesapeakebeachresortspa.com; Seafood; breakfast, lunch, dinner \$\$ 📞 Y 🍴 🌊 *

Saigon Palace

10 Mayo Road, Edgewater; 410-956-0505; Vietnamese; lunch, dinner \$ Y 🍴

Skipper's Pier

Restaurant & Dock Bar
6158 Drum Point Road, Deale; 410-867-7110; Skipperspier.com; Seafood; dinner \$\$ 🌊 *

South County Café

5690 Deale Churchton Road, Deale; 410-867-6450; American; breakfast, lunch, dinner \$\$ 🍴

Stan & Joe's Saloon South

173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ Y 🍴 * 🎵 🏰

Thursday's Steak & Crabhouse

4851 Riverside Drive, Galesville; 410-867-7200; Seafood; lunch, dinner \$\$ Y 🍴 🌊 *

Yellowfin Steak & Fish House

2840 Solomons Island Road, Edgewater; 410-573-1333; Yellowfin-restaurant.com; Steak, seafood; lunch, dinner, Sunday brunch \$\$ 📞 Y 🌊 * 🏰

Arnold / Severna Park / Pasadena & Beyond

Adam's Ribs

589 Baltimore Annapolis Boulevard, Severna Park; 410-647-5757; Adamsribs.com; Barbecue; lunch, dinner \$\$ Y 🍴

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Ledo Pizza

552 Ritchie Highway, Severna Park; 410-544-3344; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$\$
🍷👑

Lemongrass Arnold

959 Ritchie Highway, Arnold; 410-518-6990; Lemongrassannapolis.com; Thai; lunch, happy hour, dinner \$

Mamma Angela's

2225-A Defense Highway, Crofton; 443-584-4038; Mammaas.com; Italian; lunch, dinner \$-\$\$ 🍷

Mi Pueblo II

554-A Ritchie Highway, Severna Park; 410-544-4101; Mipueblo2.com; Mexican; lunch, dinner \$ 🍷👑

Mother's Peninsula Grill

969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American, seafood; lunch, dinner \$\$ 🍷👑

O'Loughlin's Restaurant

1258 Bay Dale Drive, Arnold; 410-349-0200; Oloughlinspub.com; American; lunch, dinner, late-night \$\$ 🍷👑

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Severna Park
410-793-5930
Parktavensp.com
American; lunch, din-
ner \$\$ 🍷 🍴

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139 Ritchie Highway,
Suite A, Severna Park;
410-647-8216; Pas-
calschophouse.com;
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prime steaks; happy
hour, dinner \$\$ 🍷 🍴 🍹
*👑

The Point Crab

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700 Mill Creek Road,
Arnold; 410-544-5448;
Thepointcrabhouse.
com; Casual contempo-
rary American Seafood
restaurant; brunch,
lunch, dinner \$\$ 🍷 🍴
🍹 🎵 *👑

Rips Country Inn

3809 N. Crain Highway,
Bowie; 301-805-5900;
Ripscountryinn.com;
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and Chesapeake eats;
breakfast,
lunch, dinner \$\$ 🍷 🍴

Romilo's Restaurant

478-A Ritchie Highway,
Severna Park; 410-544-
6188; Romilosresta-
urant.com; Greek; lunch,
dinner \$\$ 🍷 🍴

Severna Park Taphouse

58 W. Earleigh Heights
Road, Severna Park;
410-793-5759; Sever-
naparktaphouse.com;
American, sports bar;
dinner \$ 🍷

Twains Tavern

8359 Baltimore Annapo-
lis; Boulevard, Pasa-
dena; 410-647-5200;
Twainstavern.com;
American, sports bar;
dinner \$ 🍷 🎵

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Michaels; 410-745-9111;
Bistrostmichaels.com;
Euro-American; brunch,
dinner \$\$ 🍷 🍴

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14556 Solomons Island
Road S, Solomons;
410-449-6382; Theis-
landhideawaysolomons.
com; American; lunch,
dinner 🍷 🍴 🍹 🍹 *

Knoxies Table

180 Pier 1 Road,
Stevensville; 410-249-
5777; Baybeachclub.
com; American; dinner,
weekend brunch 🍷
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22 South Harrison
Street, Easton; 410-
822-3204; Mason-
sredux.com; Modern
American; lunch,
dinner, Sunday brunch
\$-\$\$ 🍷 🍴 🍹 *

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January Calendar

(F) FAMILY EVENTS (C) CHARITY EVENTS (TIX) AVAILABLE AT WHATSUPTIX.COM

Advertisers listed in **red** What's Up? Tix event listed in **blue**



↑ Celebrate the life and legacy of Dr. Martin Luther King Jr. during the 5th Annual City of Annapolis Martin Luther King Jr. Parade on Monday, January 21st, 12-3 p.m. The parade will start on Amos Garrett Boulevard and continue down West Street and Main Street, and will feature bands, choirs, specialty cars, community groups, and more.

Tuesday

1

SPECIAL EVENTS

Video Game Wizards - Transforming Science and Art Into Games at Baltimore Museum of Industry, Baltimore. 10 a.m.-4 p.m. \$7-12. Now through January 31, 2019. 410-727-4808. Thebmi.org

Do Ho Suh: Almost Home at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. Free admission. Now through January 21, 2019. 202-633-7970. Americanart.si.edu

Kent's Carvers and Clubs: Guides, Gunners and Co-ops at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. \$6-15. Now through March 31, 2019. 410-745-2916. Cbmm.org

Pictures of the Year: 75 Years of the World's Best Photography at Newseum, Washington. 9 a.m.-5 p.m. (Mon.-Thurs.) \$15-25. Now through January 20, 2019. 202-292-6100. Newseum.org

Diane Arbus: A Box of Ten Photographs at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. Free. Now through January 21, 2019. 202-633-7970. Americanart.si.edu

Exploring the Chesapeake - Mapping the Bay at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. Prices vary. Now through March 17, 2019. 410-745-2916. Cbmm.org

Sense of Humor at National Gallery of Art, Washington. 11 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Free. Now through January 6, 2019. 202-737-4215. Nga.gov

Crowning Glory: Art of the Americas at The Walters Art Museum, Baltimore. 10 a.m.-5 p.m. (Fri.-Sun. and Wed.), 10 a.m.-9 p.m. (Thurs.), closed Mon. and Tues. Free. Now through October 7, 2018. 410-547-9000. Thewalters.org

Subverting Beauty: African Anti-Aesthetics at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through June 2, 2019. 443-573-1700. Artbma.org

Luisa Moreno at The National Museum of American History, Washington. 10 a.m.-5 p.m. (Every day). Free. Now through January 2019. 202-633-1000. americanhistory.si.edu

Special Olympics at 50 at The National Museum of American History, Washington. 10 a.m.-5 p.m. (Every day). Free. Now through January 2019. 202-633-1000. Americanhistory.si.edu

A Century of Conservation: The 1918 North American Migratory Bird Treaty at Ward Museum of Wildfowl Art, Salisbury. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). \$7 adult, \$5 seniors, \$3 child and college student with ID, free for members and veterans/active military. Now through February 17, 2019. 410-742-4988. Wardmuseum.org

Kuba: Fabric of an Empire at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through January 20, 2019. 443-573-1700. Artbma.org

Sean Scully: Landline at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. Free. Now through February 3, 2019. 202-633-1000. Hirshhorn.si.edu

Mark Bradford: Tomorrow is Another Day at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through March 3, 2019. 443-573-1700. Artbma.org

Between Worlds: The Art of Bill Traylor at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. Free. Now through February 17, 2019. 202-633-7970. Americanart.si.edu

Japan Modern: Prints in the Age of Photography at Freer Gallery of Art / Arthur M. Sackler Gallery - Smithsonian Institution, Washington. 10 a.m.-5:30 p.m. Free. Now through January 21, 2019. 202-633-1000. Freersackler.si.edu

Parenting: An Art without a Manual at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.). Prices vary. Now through September 1, 2019. 410-244-1900. Avam.org

John Waters: Indecent Exposure at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Free. Now through January 6, 2019. 443-573-1700. Artbma.org

The Chiaroscuro Woodcut in Renaissance Italy at National Gallery of Art, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Free. Now through January 20, 2019. Nga.gov

Rafael Lozano-Hemmer: Pulse at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. Free. Now through April 28, 2019. 202-633-1000. Hirshhorn.si.edu

Gordon Parks: The New Tide, Early Work 1940-1950 at National Gallery of Art, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Free. Now through February 18, 2019. Nga.gov

Charline Von Heyl: Snake Eyes at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. Free. Now through January 27, 2019. 202-633-1000. Hirshhorn.si.edu

Disrupting Craft: Renwick Invitational 2018 at Smithsonian American Art Museum Renwick Gallery, Washington D.C. 11:30 a.m.-7 p.m. Free. Now through May 5, 2019. 202-633-7970. Americanart.si.edu

Rodarte at National Museum of Women in the Arts, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). \$10 for adults, \$8 for seniors and students, free for youth under 18. Now through February 10, 2019. 202-783-5000. Nmwa.org

Romare Bearden: Visionary Artist at Reginald F. Lewis Museum of Maryland African American History & Culture, Baltimore. 10 a.m.-5 p.m. (Wed.-Sat.), 12-5 p.m. (Sun.). \$6-8. Now through March 3, 2019. 443-263-1800. Lewismuseum.org

The Annual Members' Exhibition: The Museum at 60 at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). \$3 for non-members, free for children under 12. Now through January 13, 2019. 410-822-2787. Academyartmuseum.org

Anne Arundel Community College Printmaking Club: Moods of Blue at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri., closed Tues.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through January 5, 2019. \$6. 410-222-1777. Fqwp.org

Ambreen Butt - Mark My Words at National Museum of Women in the Arts, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). \$10 for adults, \$8 for seniors and students, free for youth under 18. Now through April 14, 2019. 202-783-5000. Nmwa.org

Portraits of the World: Korea at Smithsonian National Portrait Gallery, Washington. 11:30 a.m.-7 p.m. Now through November 17, 2019. Free. 202-633-8300. Npg.si.edu

DIS | A Good Crisis at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through November 19th, 2019. Free. 443-573-1700. Artbma.org

Lights on the Bay at Sandy Point State Park, Annapolis. 10 a.m.-5 p.m. \$15-50. Lightsonthebay.org (F) (C)

25th Annual Penguin Swim at Princess Royale Ocean City Hotel, Ocean City. 10 a.m. \$25. 410-641-9671. Aghpen-penguinswim.com (C)

PERFORMING ARTS

The Importance of Being Earnest at Everyman Theatre, Baltimore. 7:30 p.m. Prices vary. 410-752-2208. Everymantheatre.org

MUSIC

Wale & Friends 8th Annual New Year's Day Show at Fillmore Silver Spring, Silver Spring. 8 p.m. \$39.50. 301-960-9999. Fillmoreilver-spring.com

Wednesday

2

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. Marylandlivecasino.com

Time Frames: Contemporary East Asian Photography at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through March 24th, 2019. Free. 443-573-1700. Artbma.org

RiverArts' Member Show at Chestertown RiverArts, Chestertown. 11 a.m.-5:30 p.m. (Tues.-Fri.), 10 a.m.-5:30 (Sat.), 11 a.m.-3 p.m. (Sun.), 11 a.m.-8 p.m. (first Fridays). Now through January 27th, 2019. Free. 410-778-6300. Chestertownriverarts.net

Preschool Storytime at Discoveries: The Library at the Mall, Annapolis. 10:30 a.m. Free. 410-222-7371. Aacpl.org

PERFORMING ARTS

The Importance of Being Earnest at Everyman Theatre, Baltimore. (See 1/1).

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$49-175. 202-467-4600. Kennedy-center.org

DIS | A Good Crisis at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$49-149. 202-467-4600. Kennedy-center.org

MUSIC

Official Blues Brother Revue at Rams Head On Stage, Annapolis. 8 p.m. \$45. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Wizards vs. Atlanta Hawks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday

3

SPECIAL EVENTS

Arts and Crafts at Talbot County Free Library, St. Michaels. 10 a.m.-1 p.m. Free. 410-745-5877. Tcfl.org

Chestertown Writers' Group at Kent County Library, Chestertown. 5-6:30 p.m. 410-778-3636. Kentcountylibrary.org

Babies in Bloom at Discoveries: The Library at the Mall, Annapolis. 10:30 a.m. Free. 410-222-7371. Aacpl.org

Knitting for Good at Anne Arundel County Public Library, Odenton. 6:30 p.m. Free. 410-222-7371. Aacpl.org

The Great Movies: Notorious at Anne Arundel County Public Library, Severna Park. 6:15 p.m. Free. 410-222-7371. Aacpl.org

Female Empowerment & Intro to Self Defense at Anne Arundel County Public Library, Broadneck. 6:30 p.m. Free. 410-222-7371. Aacpl.org

PERFORMING ARTS

Elf The Musical at Olney Theatre, Olney. 8 p.m. Prices vary. 301-924-3400. Olneytheatre.org

The Importance of Being Earnest at Everyman Theatre, Baltimore. (See 1/1).

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Ozomatli at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

SPORTS

Navy Men's Basketball vs. Holy Cross at Alumni Hall, Annapolis. 1 p.m. \$5-10. Navysports.com (F)

Navy Men's Basketball vs. Colgate University at Alumni Hall, Annapolis. 7 p.m. \$5-10. Navysports.com (F)

Friday

4

SPECIAL EVENTS

First Friday at Eastern Interiors at Eastern Interiors, Chestertown. 5-7 p.m. Free. 443-282-0215. Easterninteriors.com

First Friday in Chestertown at Downtown Chestertown, Chestertown. 5-8 p.m. Free. 443-282-0246. Kentcounty.com

Milk and Cookies Reading Club at Kent County Library, Chestertown. 4-5 p.m. Free. 410-778-3636. Kentcountylibrary.org

Babies at Play at Anne Arundel County Public Library, Edgewater. 9:30 a.m. Free. 410-222-7371. Aacpl.org

Storybook Movies at Anne Arundel County Public Library, Odenton. 9:30 a.m. Free. 410-222-7371. Aacpl.org

PERFORMING ARTS

Elf The Musical at Olney Theatre, Olney. (See 1/3).

The Importance of Being Earnest at Everyman Theatre, Baltimore. 10:30 a.m. & 8 p.m. Prices vary. 410-752-2208. Everymantheatre.org

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Bruce in the USA at Rams Head On Stage, Annapolis. 8:30 p.m. \$35. 410-268-4545. Ramsheadonstage.com

Justin Timberlake at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

Leon Fleisher's Birthday Celebration at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

Saturday

5

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. [Winecellarsofannapolis.com](#)

American Red Cross Blood Drive at Anne Arundel County Public Library, Edgewater. 9:30 a.m. Free. 410-222-7371. [Aacpl.org](#)

PERFORMING ARTS

Elf The Musical at Olney Theatre, Olney. 2 p.m. & 8 p.m. Prices vary. 301-924-3400. [Olneytheatre.org](#)

The Importance of Being Earnest at Everyman Theatre, Baltimore. 2 p.m. & 8 p.m. Prices vary. 410-752-2208. [Everymantheatre.org](#)

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 & 7:30 p.m. \$49-175. 202-467-4600. [Kennedy-center.org](#)

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 8 p.m. \$49-149. 202-467-4600. [Kennedy-center.org](#)

MUSIC

Bruce in the USA at Rams Head On Stage, Annapolis. 8:30 p.m. \$35. 410-268-4545. [Ramsheadonstage.com](#)

Fillmore Flashback at Fillmore Silver Spring, Silver Spring. 8:30 p.m. \$15.50. 301-960-9999. [Fillmoresilver-spring.com](#)

Get the Led Out: Tribute to Led Zeppelin at Rams Head Live, Baltimore. 9 p.m. \$27.50 in advance, \$33 at the door. 410-244-1131. [Ramsheadlive.com](#)

Leon Fleisher's Birthday Celebration at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

Twelfth Night Concert: Christmas in Amsterdam at Hammond-Harwood House, Annapolis. 6-9 p.m. \$45 for members, \$50 for non-members. [Hammondharwood-house.org](#)

Sunday

6

PERFORMING ARTS

Elf The Musical at Olney Theatre, Olney. 2 p.m. Prices vary. 301-924-3400. [Olneytheatre.org](#)

The Importance of Being Earnest at Everyman Theatre, Baltimore. 2 p.m. Prices vary. 410-752-2208. [Everymantheatre.org](#)

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

The Play That Goes Wrong at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

MUSIC

Herman's Hermits Starring Peter Noone at Rams Head On Stage, Annapolis. 5 p.m. & 8 p.m. \$47.50. 410-268-4545. [Ramsheadonstage.com](#)

Leon Fleisher's Birthday Celebration at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

Monday

7

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. [Academyart-museum.org](#)

The Garfield Center Presents: Live Playwrights' Society at The Garfield Center for the Arts, Chestertown. 7:30 p.m. Free. [Liveplaywrightssociety.org](#)

Lunch and Learn at Talbot County Free Library, St. Michaels. 12 p.m. Free. 410-745-5877. [Tcfl.org](#)

Monday Movie at Kent County Library, Chestertown. 2-4 p.m. Free. 410-778-3636. [Kentcountylibrary.org](#)

Maker Mondays at Anne Arundel County Public Library, Glen Burnie. 6 p.m. Free. 410-222-7371. [Aacpl.org](#)

Tuesday

8

SPECIAL EVENTS

Book Lovers Social at Queen Anne's County Library, Kent Island. 7 p.m. Free. 410-643-8161. [Qaqlibrary.org](#)

Preschool Story Time at Kent County Library, Chestertown. 10 a.m. Free. 410-778-3636. [Kentcountylibrary.org](#)

Family Storytime at Discoveries: The Library at the Mall, Annapolis. 6:30 p.m. Free. 410-222-7371. [Aacpl.org](#)

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Ronnie Spector and the Ronettes at Rams Head On Stage, Annapolis. 8 p.m. \$65. 410-268-4545. [Ramsheadonstage.com](#)

Noname at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

SPORTS

Washington Capitals vs. Philadelphia Flyers at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. [Capitalonearena.monumentalsportsnetwork.com](#) (F)

Wednesday

9

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. [Marylandlivecasino.com](#)

St. Anne's School Open House at St. Anne's School, Annapolis. 9:30-11 a.m. 410-263-8650. [Stanness-school.org](#)

STEM Story Time at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m. Free. 410-745-5877. [Tcfl.org](#) (F)

Painted Pages: Illuminated Manuscripts, 13th & 18th Centuries at St. John's College Mitchell Gallery, Annapolis. 12-5 p.m. (Tues.-Sun.). Now through February 24th, 2019. Free. 410-626-2656. [Sjc.edu](#)

Ray Hass Photography at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri., closed Tues.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through February 17, 2019. \$6. 410-222-1777. [Fagwp.org](#)

Winter Bingo at Anne Arundel County Public Library, Severn. 6:30 p.m. Free. 410-222-7371. [Aacpl.org](#)

PERFORMING ARTS

Comedian Sean Sarvis, Chocolate & Thomas "Teezus" Terrell Jr. at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. [Ramsheadonstage.com](#)

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

Dancing with the Stars Live! at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. [Mgmnational-harbor.com](#)

SPORTS

Washington Wizards vs. Philadelphia 76ers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. [Capitalonearena.monumentalsportsnetwork.com](#) (F)

Thursday

10

SPECIAL EVENTS

Informational Session: Middle School at Saint John the Evangelist Catholic School, Severna Park. 6:30 p.m. Free. 410-647-2283. [Stjohnschool.org](#)

Chesapeake Treasures Smocking Guild at Crofton Community Library, Crofton. 6:30-9 p.m. First two visits free. 410-721-4112. [Chesapeake-treasures.org](#)

Winter Lecture Series: Dr. John F. Morrissey at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. [Amaritime.org](#)

Visual Harmony: Visual Art Interprets Performing Art at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Free. 410-263-5544. [Marylandhall.org](#)

Family Bingo at Anne Arundel County Public Library, Linthicum. 6:30 p.m. Free. 410-222-7371. [Aacpl.org](#)

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

MUSIC

Blackhawk at Rams Head On Stage, Annapolis. 8 p.m. \$49.50. 410-268-4545. [Ramsheadonstage.com](#)

Turangalila -Symphonie at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

Friday

11

SPECIAL EVENTS

MLM Mastermind at Capital Financial Partners, Annapolis. 3-5 p.m. First Meeting Free. 703-439-7804. [Annapolismlm.eventbrite.com](#)

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/2).

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$20. 202-467-4600. [Kennedy-center.org](#)

Silent Sky at The Colonial Players, Annapolis. 8 p.m. \$23. 410-268-7373. [Thecolonialplayers.org](#)

Thank You, Dad at Theatre Project, Baltimore. 8 p.m. \$21. 410-752-8558. [Theatreproject.org](#)

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. 8 p.m. \$15. 410-810-2060. [Garfieldcenter.org](#)

Washington National Opera: Taking Up Serpents at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$35-45. 202-467-4600. [Kennedy-center.org](#)

MUSIC

Jenn Grinels at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. [Ramsheadonstage.com](#)

The Revivalists at The Anthem, Washington. 8 p.m. \$45-65. 202-888-0020. [Theantheatmdc.com](#)

Dan Navarro at Avalon Theatre, Easton. 8 p.m.-30. 410-770-8000. [Avalonfoundation.org](#)

Badfish A Tribute To Sublime at Fillmore Silver Spring, Silver Spring. 8:30 p.m. Prices vary. 301-960-9999. [Fillmore-silverspring.com](#)

The Ten Band at Rams Head Live, Baltimore. 8 p.m. \$10 in advance, \$15 at the door. 410-244-1131. [Ramsheadlive.com](#)

Off The Cuff: Turangalila -Symphonie at The National Philharmonic Music Center at Strathmore, North Bethesda. 8:15 p.m. Prices vary. 410-783-8000. [Bsomusic.org](#)

SPORTS

Washington Wizards vs. Milwaukee Bucks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. [Capitalonearena.monumentalsportsnetwork.com](#) (F)

Navy Hockey vs. West Chester at U.S. Naval Academy McMullen Ice Arena, Brigade Sports Complex, Annapolis. 7:30 p.m. \$10 for adults, \$5 for youth, free for Midshipmen. [Usnahockey.com](#) (F)

Saturday

12

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. [Winecellarsofannapolis.com](#)

Second Saturday Art Night Out at Town of St. Michaels. 5 p.m. Free. [Tourtalbot.org](#)

Everyman Theatre Winter Gala 2019 at Everyman Theatre, Baltimore. 5 p.m.-12 a.m. Prices vary. 410-752-2208. [Everymantheatre.org](#)

On Stage

Annapolis:

Silent Sky

Colonial Players of Annapolis ; January 11th through February 2nd, 2019; \$23; Colonialplayers.org; 410-268-7373 *Silent Sky* is the true story of astronomer Henrietta Leavitt, who begins work at the Harvard Observatory in the early 1900s. Unallowed to touch a telescope or express an original idea, she joins a group of women “computers,” charting the stars for a renowned astronomer who calculates projects in “girl hours” and has no time for the women’s probing theories. Henrietta Leavitt explores a woman’s place in society during a time of immense scientific discoveries, when women’s ideas were dismissed until men claimed credit for them.

Baltimore

Thank You, Dad

Theatre Project; January 11th through January 20th, 2019; \$21; Theatreproject.com; 410-752-8558 *Thank You, Dad* is a collection of three short plays based on the life of the Reverend Jim Jones, founder of the deadly religious cult The Peoples Temple.

Fun Home

Baltimore Center Stage; January 17th through February 24th, 2019; Prices vary; Centerstage.org; 410-332-0033 Based on Alison Bechdel’s own best-selling illustrated memoir, this poignant tale harnesses every facet of music and theater to explore and unravel the mysteries of childhood and the surprising secrets that shape a life.

Jerusalem

Fells Point Corner Theatre; January 18th through February 3rd, 2019; \$19-24; Fpct.org

St. George’s Day in England, the morning of the county fair, the local drifting soul and pied piper of chaos, Johnny “Rooster” Byron, stirs the souls of his countrymen to forego the comforts of modern suburban life and raise their spirits in the countryside. His children want to spend the day with him, thugs want to teach him a lesson, the authorities want rid of him, but Rooster just wants more out of life.

Charlie and the Chocolate Factory

The Hippodrome Theatre; January 22nd through January 26th, 2019; Prices vary; France-merrickpac.com; 800-982-2787 Willy Wonka is opening his marvelous and mysterious chocolate factory...to a lucky few. That includes Charlie Bucket, whose bland life is about to burst with color and confection beyond his wildest dreams. He and four other golden ticket winners will embark on a mesmerizing joyride through a world of pure imagination.

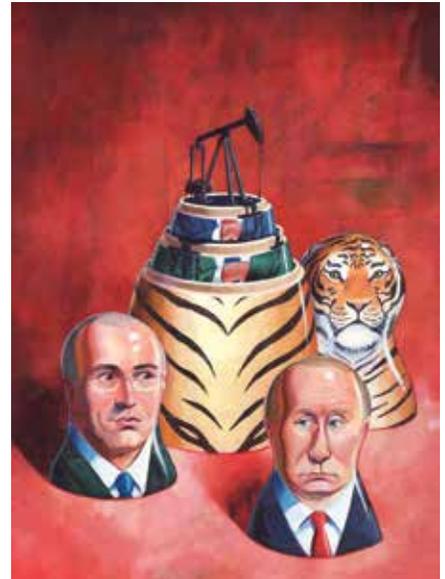
D.C.

School of Rock The Musical

National Theatre; January 16th through January 27th, 2019; Prices vary; Thenationaldc.org; 202-628-6161 Based on the hit film, this hilarious new musical follows Dewey Finn, a wannabe rock star posing as a substitute teacher who turns a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band.

Admissions

Studio Theater; January 16th through February 17th, 2019; Prices vary; Studiotheatre.org; 202-332-3300 When the son of the white progressive-and-proud dean of admissions at a boarding school is waitlisted at his Ivy League dream school, his reaction opens a deep rift between the family’s public values and private actions.



↑ Kleptocracy

Arena Stage; January 18th through February 24, 2019; Prices vary; Arenastage.org; 202-488-3300 It is one of the most pivotal moments in history—the Soviet Union has collapsed. In the ensuing rampage of hyper-capitalism, the Oligarchs, a new class of robber barons, plunge Russia into a terrifying dark age of chaos and corruption. When the richest and most ruthless Oligarch attempts to reform and open Russian markets to the world, he’s confronted by a young Vladimir Putin who is charting his own path to power.

Second Saturday in Downtown Cambridge at Downtown Cambridge, Cambridge. 5-9 p.m. Free. Downtowncambridge.org

Sound Health: Second Saturdays at The John F. Kennedy Center for the Performing Arts, Washington. 9:30 a.m. & 11:30 a.m. Free. 202-467-4600. Kennedy-center.org

Book Sale at Dorchester County Library, Cambridge. 9 a.m.-1 p.m. Free. 410-228-7331. Visitdorchester.org

Art Walk at Downtown Cambridge. 5 p.m. Free. 410-228-1000. Visitdorchester.org

Family Game Day at Anne Arundel County Public Library, Severna Park. 2 p.m. Free. 410-222-7371. Acapl.org (F)

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/5).

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 4 p.m. \$20. 202-467-4600. Kennedy-center.org

Red at Compass Rose Theater, Annapolis. 2 p.m. & 8 p.m. \$25-41. 410-980-6662. Compassrosetheater.org

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Thank You, Dad at Theatre Project, Baltimore. 3 p.m. & 8 p.m. \$21. 410-752-8558. Theatreproject.org

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/11).

Washington National Opera: Three New 20-Minute Operas, part of the American Opera Initiative Festival at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$19-35. 202-467-4600. Kennedy-center.org

MUSIC

80s Night w. The New Romance at Rams Head On Stage, Annapolis. 8:30 p.m. \$20. 410-268-4545. Ramsheadonstage.com

The Legwarmers: Ultimate 80's Experience at Rams Head Live, Baltimore. 9 p.m. \$20. 410-244-1131. Rams-headlive.com

Adriana Lecouvreur at Avalon Theatre, Easton. 1 p.m. \$21. 410-770-8000. Avalonfoundation.org

The British Invasion Experience Dinner Theatre at Wicomico Youth & Civic Center, Salisbury. 5:30 p.m. \$40. 410-548-4900. Wicomicociviccenter.org

Off The Cuff: Turangalila -Symphonie at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. Prices vary. 410-783-8000. Bsomusic.org

Music Box: Bugs at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. \$12. 410-783-8000. Bsomusic.org

Jackson Dean at Rams Head On Stage, Annapolis. 1 p.m. \$10. 410-268-4545. Rams-headonstage.com

SPORTS

Washington Capitals vs. Columbus Blue Jackets at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Navy Men's Basketball vs. Boston University at Alumni Hall, Annapolis. 2 p.m. \$5-10. Navysports.com (F)

Sunday

13

SPECIAL EVENTS

Open Studio: Book Arts Studio at Academy Arts Museum, Easton. 1-4 p.m. TBD. 410-822-2787. Academyart-museum.org

PERFORMING ARTS

Miss Saigon at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$49-175. 202-467-4600. Kennedy-center.org

Cartography at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/12).

Silent Sky at The Colonial Players, Annapolis. 2 p.m. \$23. 410-268-7373. Thecolonialplayers.org

Thank You, Dad at Theatre Project, Baltimore. 3 p.m. \$21. 410-752-8558. Theatreproject.org

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. 3 p.m. \$15. 410-810-2060. Garfieldcenter.org

Washington National Opera: Taking Up Serpents at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. \$35-45. 202-467-4600. Kennedy-center.org

MUSIC

Maggie's Celtic Celebration for the New Year at Rams Head On Stage, Annapolis. 4 p.m. \$25. 410-268-4545. Ramsheadonstage.com

Turangalila -Symphonie at The National Philharmonic Music Center at Strathmore, North Bethesda. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

SPORTS

Washington Wizards vs. Toronto Raptors at Capital One Arena, Washington. 1 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Monday

14

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

B2C Mastermind at Anne Arundel Chamber of Commerce, Annapolis. 9-11 a.m. First Meeting Free. 703-439-7804. Annapolismmcb2c.eventbrite.com

SPORTS

Washington Capitals vs. St. Louis Blues at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday

15

SPECIAL EVENTS

Tyler Henry - The Hollywood Medium at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 301-971-5000. Mgmnationalharbor.com

PERFORMING ARTS

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

MUSIC

MA at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

Wednesday

16

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m.-4 a.m. \$5. 443-842-7000. Marylandlivecasino.com

St. Michaels Book Club at Talbot County Free Library, St. Michaels. 3:30-5 p.m. Free. 410-745-5877. Tcfl.org

A Symphony Storytime at Anne Arundel County Public Library, Brooklyn Park. 7 p.m. Free. 410-222-7371. Acapl.org (F)

Author Visit: Laura Kamoie at Anne Arundel County Public Library, Dealde. 7 p.m. Free. 410-222-7371. Acapl.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 8 p.m. Prices vary. 202-332-3300. Studiotheatre.org

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/15).

School of Rock The Musical at The National Theatre, Washington. 7:30 p.m. Prices vary. 202-628-6161. Theatricaldc.org

MUSIC

The Verve Pipe at Rams Head On Stage, Annapolis. 8 p.m. \$25. 410-268-4545. Ramsheadonstage.com

Thursday

17

SPECIAL EVENTS

Winter Lecture Series: Randolph George at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amaritime.org

The Impractical Jokers at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. Royalfarm-sarena.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. 7:30 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. 8 p.m. \$19-24. Fpct.org

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/15).

Red at Compass Rose Theater, Annapolis. 7 p.m. \$25-41. 410-980-6662. Compassrosetheater.org

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Thank You, Dad at Theatre Project, Baltimore. (See 1/11).

MUSIC

Vivian Green at Rams Head On Stage, Annapolis. 7 p.m. \$45. 410-268-4545. Rams-headonstage.com

BSO Pulse: Dan Deacon at Joseph Meyerhoff Symphony Hall, Baltimore. 8:30 p.m. Prices vary. 410-783-8000. Bsomusic.org

The Wood Brothers at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

Friday

18

SPECIAL EVENTS

45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 11 a.m.-5 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

Super Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (C)

Open House at Saint Andrew's Day School, Edgewater. 9-11 a.m. Free. Standrewsum.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. 8 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. 8 p.m. Prices vary. 202-554-9066. Arenastage.org

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 7:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

School of Rock The Musical at The National Theatre, Washington. 8 p.m. Prices vary. 202-628-6161. Theatricaldc.org

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Thank You, Dad at Theatre Project, Baltimore. (See 1/11).

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/11).

West Side Story Reimagined at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$35-40. 202-467-4600. Kennedy-center.org

MUSIC

Lez Zeppelin at Rams Head On Stage, Annapolis. 8:30 p.m. \$39-50. 410-268-4545. Ramsheadonstage.com

Bobby Sanabria MultiVerse Big Band at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$35-40. 202-467-4600. Kennedy-center.org

Creedence Clearwater Revival- Chronicle Vol 1 at Avalon Theatre, Easton. 8 p.m. \$40. 410-770-8000. Avalonfoundation.org

False Confessions at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

Renée Fleming Sings Schubert at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Bobby Sanabria MultiVerse Big Band at The John F. Kennedy Center for the Performing Arts, Washington. 9 p.m. \$35-40. 202-467-4600. Kennedy-center.org

The Wood Brothers at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 930.com

Exhibitions



Leaf from a *Shahnameh* (*Book of Kings*), story of Rostam Slays the White Div, Persian, 16th - 17th century, opaque watercolor, gold, and ink on paper, Museum Purchase. Reading Public Museum, Reading, Pennsylvania.

Annapolis

↑ Painted Pages: Illuminated Manuscripts, 13th–18th Centuries

Mitchell Gallery, St. Johns College; January 9th through February 24th, 2019; Free; Sjc.edu; 410-626-2556 Explore the rich pageantry of the Golden Age of handmade manuscripts.

This exhibition includes European and Middle Eastern medieval Bibles, prayer books, psalters, breviaries, and other sacred manuscripts.

Anne Arundel Community College Printmaking Club: Moods of Blue

The Galleries at Quiet Waters Park; Now through January 5th, 2019; \$6; Fqwp.org; 410-222-1777

The Printmaking Club of Anne Arundel Community College (AACC) brings together students, faculty, and professionals who study and practice the various methods of printmaking. The exhibit, *Moods of Blue*, captures subjects as well as moods beyond the mere color.

Ray Haas Photography →

The Galleries at Quiet Waters Park; January 9th through February 17th, 2019; Opening Reception: Sunday, January 13th, 1:30–3:30 p.m.; \$6; Fqwp.org

Throughout his life as math teacher, rancher, and editor, Ray Haas maintained a love of photography. He began as a youngster with a Brownie camera, and continued this hobby until his death in 2012. Many of his photographs were taken here in Maryland or during his summers in North Dakota, and others during trips to Europe. Ray always loved quiet spaces, both natural and historic, that provided a place for contemplation.



Ray Haas, "Evening Sky in North Dakota," Photography, Garden Gallery, Quiet Waters Park

Baltimore:

DIS | A Good Crisis

Baltimore Museum of Art; Now through November 19, 2019; Free; Artbma.org; 443-573-1700 This immersive video installation organized by the New York-based collective DIS invites visitors into critical conversations on the subjects of money, politics, and contemporary media.

↓ Time Frames: Contemporary East Asian Photography

Baltimore Museum of Art; Now through March 24, 2019; Free; Artbma.org; 443-573-1700

More than 40 rarely shown color and black-and-white photographs delve into various concepts of time, from a reflection on a legend or historical event, to a memory, missed moment, or a future imagined and anticipated.



Daido Moriyma. Tokyo. 2008, printed 2012. Collection of Brenda Edelson, Santa Fe © Daido Moriyma

Visual Harmony: Visual Arts Interprets Performing Art

Maryland Hall for the Creative Arts; January 10th through March 2nd, 2019; Opening Reception: Thursday, January 17th, 5:30 p.m.; Free; Marylandhall.org; 410-263-5544 From Degas to Pollack, visual artists have both represented and been motivated by the performing arts. Whether depicting dancer, listening to jazz while painting, or creating sets or costumes for a play, all arts are important and inspiring. MFA and Maryland Hall for the Creative Arts are partnering on an exhibition to celebrate the overlap between visual and performing art.

The Amity Affliction & Senses Fail at Rams Head Live, Baltimore. 7:15 p.m. \$25 in advance, \$29 at the door. 410-244-1131. Ramsheadlive.com

SPORTS

Washington Capitals vs. New York Islanders at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday

19

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellarsofannapolis.com

45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 10 a.m.-5 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

Cover Your Chin for Charity at Waterfowl Festival Building, Easton. 7:30 p.m. Prices vary. Coveryourchin.com (C)

Engaged & Inspired at *Bleue's on the Water*, Glen Burnie. 1:30-5:30 p.m. TBA. 410-760-4115. Whatsuptix.com (TIX)

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/18).

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. (See 1/18).

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/18).

School of Rock The Musical at The National Theatre, Washington. (See 1/18).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Thank You, Dad at Theatre Project, Baltimore. 3 p.m. & 8 p.m. \$21. 410-752-8558. Theatreproject.org

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/11).

Story District's Top Shelf at Lincoln Center, Washington. 8 p.m. \$35-45. 202-888-0050. Theincolnldc.com

MUSIC

Beginnings at Rams Head On Stage, Annapolis. 8 p.m. \$42.50. 410-268-4545. Ramsheadonstage.com

Sibelius Violin Concerto at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Dylan Scott at Fillmore Silver Spring, Silver Spring. 9 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

Cracker and Camper Van Beethoven at 9:30 Club, Washington. 6 p.m. \$25. 202-265-0930. 930.com

Sunday

20

SPECIAL EVENTS

45th Annual East Coast Fishermen's and Aquaculture Trade Expo at Roland E. Powell Convention Center, Ocean City. 10 a.m.-3 p.m. \$15-25. 410-216-6610. Marylandwatermen.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 2 p.m. Prices vary. 202-332-3300. Studiotheatre.org

Fun Home at Centerstage, Baltimore. 2 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. 2 p.m. \$19-24. Fpct.org

Kleptocracy at Arena Stage, Washington. 2 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

Matthew Bourne's New Adventures: Cinderella at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$29-129. 202-467-4600. Kennedy-center.org

School of Rock The Musical at The National Theatre, Washington. 2 p.m. & 7:30 p.m. Prices vary. 202-628-6161. Thenationaldc.org

Silent Sky at The Colonial Players, Annapolis. (See 1/13).

Thank You, Dad at Theatre Project, Baltimore. (See 1/13).

The Curate Shakespeare at Garfield Center for the Arts, Chestertown. (See 1/13).

Passion and Fire: The Music of Spain at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$50-65. 202-467-4600. Kennedy-center.org

MUSIC

Sibelius Violin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

Panic At The Disco at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

ASAP ROCKY at The Anthem, Washington. 8 p.m. \$50-250. 202-888-0020. Theanthemdc.com

Renée Fleming Sings Schubert at The John F. Kennedy Center for the Performing Arts, Washington. 3 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Starbelle at Rams Head On Stage, Annapolis. 8 p.m. \$20. 410-268-4545. Ramsheadonstage.com

Monday

21

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyartmuseum.org

Martin Luther King Jr Parade at Downtown Annapolis, Annapolis. 12-3 p.m. Free. Annapolismkjrparade.org (F)

MUSIC

Crash Test Dummies 25th Anniversary Tour at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Wizards vs. Detroit Pistons at Capital One Arena, Washington. 2 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday

22

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

MUSIC

Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$34-149. 202-467-4600. Kennedy-center.org

Peter & Jeremy at Rams Head On Stage, Annapolis. 8 p.m. \$39.5. 410-268-4545. Ramsheadonstage.com

SPORTS

Washington Capitals vs. San Jose Sharks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Wednesday

23

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m.-4 a.m. \$5. 443-842-7000. Marylandivecasino.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. (See 1/22).

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. (See 1/22).

MUSIC

Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$34-149. 202-467-4600. Kennedy-center.org

SPORTS

Navy Men's Basketball vs. Lehigh University at Alumni Hall, Annapolis. 7 p.m. \$5-10. Navysports.com (F)

Thursday

24

SPECIAL EVENTS

Annapolis Symphony: Symphony Study- Winter Session at Maryland Hall for the Creative Arts, Annapolis. 7-8:30 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

Cool Schools Plunge at Sandy Point State Park, Annapolis. 10 a.m.-1 p.m. Prices vary. Plungemd.com (C)

Winter Lecture Series: John Page Williams at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amaratime.org

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. \$14 for adults, free for children 12 and under. Baltimoreboatshow.com (F)

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/17).

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

School of Rock The Musical at The National Theatre, Washington. (See 1/16).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. (See 1/22).

MUSIC

Baltimore Symphony Youth Orchestras Chamber Concert at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. \$10 general, \$5 for students and seniors (60+). 410-783-8000. Bsomusic.org

Rodgers and Hammerstein at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Scotty McCreery at Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

Jesse McCartney at Rams Head Live, Baltimore. 8 p.m. \$28 in advance, \$30 at the door. 410-244-1131. Ramsheadlive.com

Star Wars: Return of the Jedi at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$34-149. 202-467-4600. Kennedy-center.org

Kacey Musgraves at The Anthem, Washington. 8 p.m. \$55-150. 202-888-0020. Theanthemdc.com

Super Diamond at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

SPORTS

Washington Wizards vs. Golden State Warriors at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Friday

25

SPECIAL EVENTS

Police Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (C)

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. \$14 for adults, free for children 12 and under. Baltimoreboatshow.com (F)

Corporate Plunge at Sandy Point State Park, Annapolis. 1 p.m. Prices vary. Plungemd.com (C)

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/18).

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. (See 1/18).

School of Rock The Musical at The National Theatre, Washington. (See 1/18).
Silent Sky at The Colonial Players, Annapolis. (See 1/11).
Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. (See 1/22).

MUSIC

Rodgers and Hammerstein at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

An Evening with Brandy at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$39-139. 202-467-4600. Kennedy-center.org

GUSTER at 9:30 Club, Washington. 8 p.m. \$37 for one night, \$65 for two nights. 202-265-0930. 930.com

Fun Home at Centerstage, Baltimore. 2 p.m. & 8 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. 2 p.m. & 8 p.m. Prices vary. 202-554-9066. Arenastage.org

School of Rock The Musical at The National Theatre, Washington. (See 1/18).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. 2 p.m. & 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

MUSIC

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$20. 202-467-4600. Kennedy-center.org

Rodgers and Hammerstein at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Neko Case at Lincoln Theater, Washington. 8 p.m. \$46. 202-888-0050. Thelincolndc.com

David Sánchez: CARIB at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$30-40. 202-467-4600. Kennedy-center.org

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 11 a.m. \$20. 202-467-4600. Kennedy-center.org

An Evening with Brandy at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$39-139. 202-467-4600. Kennedy-center.org

GUSTER at 9:30 Club, Washington. 8 p.m. \$37 for one night, \$65 for two nights. 202-265-0930. 930.com

SPECIAL EVENTS

What's Up? Bridal Expo 2019 at The Byzantium Event Center, Annapolis. 1-4 p.m. \$15. 410-266-6287. Whatsuptix.com (TIX)

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-5 p.m. \$14 for adults, free for children 12 and under. Baltimoreboatshow.com (F)

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 2 p.m. & 7 p.m. Prices vary. 202-332-3300. Studiotheatre.org

Fun Home at Centerstage, Baltimore. 2 p.m. & 7:30 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/20).

Kleptocracy at Arena Stage, Washington. (See 1/20).

School of Rock The Musical at The National Theatre, Washington. (See 1/20).

Silent Sky at The Colonial Players, Annapolis. (See 1/13).

Charlie and the Chocolate Factory at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. Prices vary. 800-982-2787. France-merrickpac.com

A Night of Entertainment featuring Oz Pearlman at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. 410-900-1150. Modell-lyric.com

MUSIC

Gaelic Storm at Rams Head On Stage, Annapolis. 1 p.m. & 8 p.m. \$40. 410-268-4545. Ramsheadonstage.com

Rodgers and Hammerstein at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$20. 202-467-4600. Kennedy-center.org

King Princess at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 930.com

NSO Music for Young Audiences: Banda Magda at The John F. Kennedy Center for the Performing Arts, Washington. 4 p.m. \$20. 202-467-4600. Kennedy-center.org

Monday
28

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

MUSIC

Rainbow Kitten Surprise at 9:30 Club, Washington. 7 p.m. \$35. 202-265-0930. 930.com

Tuesday
29

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

American Ballet Theatre: Harlequinade at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$39-150. 202-467-4600. Kennedy-center.org

Fun Home at Centerstage, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. (See 1/22).

MUSIC

Rainbow Kitten Surprise at 9:30 Club, Washington. 7 p.m. \$35. 202-265-0930. 930.com

Washington Performing Arts presents Jeremy Denk, piano at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$55. 202-467-4600. Kennedy-center.org

Wednesday
30

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m.-4 a.m. \$5. 443-842-7000. Marylandlivecasino.com

School Open House at Saint John the Evangelist Catholic School, Severna Park. 9 a.m.-8 p.m. Free. 410-647-2283. stjohnspschool.org

Open Mic Night at The Garfield Center for the Performing Arts, Chestertown. 7:30 p.m. Free. Garfieldcenter.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

Fun Home at Centerstage, Baltimore. (See 1/17).

Kleptocracy at Arena Stage, Washington. 12 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

The Phantom Tollbooth at Todd Performing Arts Center, Wye Mills. 7 p.m. \$20 for adults, \$10 for children. 410-822-2999. Avalonfoundation.org

MUSIC

HYMN: Sarah Brightman in Concert at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

SPORTS

Washington Wizards vs. Indiana Pacers at Capital One Arena, Washington. 8 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday
31

SPECIAL EVENTS

Winter Lecture Series: James G. Gibb at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amaratime.org

Annapolis Symphony: Symphony Study- Winter Session at Maryland Hall for the Creative Arts, Annapolis. 7-8:30 p.m. Prices vary. 410-263-0907. Annapolis-symphony.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 1/16).

American Ballet Theatre: Harlequinade at The John F. Kennedy Center for the Performing Arts, Washington. (See 1/29).

Fun Home at Centerstage, Baltimore. (See 1/17).

Jerusalem at Fells Point Corner Theatre, Baltimore. (See 1/17).

Silent Sky at The Colonial Players, Annapolis. (See 1/11).

MUSIC

Amen Dunes at 9:30 Club, Washington. 10 p.m. \$20. 202-265-0930. 930.com

Poppy (NEW DATE) at 9:30 Club, Washington. 6 p.m. \$25. 202-265-0930. 930.com

Respighi Pines of Rome at The National Philharmonic Music Center at Strathmore, North Bethesda. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Raissa Katona Bennett, Vocalist at Gibson Center for the Arts, Chestertown. 7:30 p.m. Prices vary. 410-778-7839. Washcoll.edu

Trifonov plays Beethoven's "Emperor" at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Saturday
26

SPECIAL EVENTS

Bosom Buddies Ball at Westin Annapolis Hotel, Annapolis. 5:30 p.m. Prices vary. Bosombuddiescharities.com (C)

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellarsofannapolis.com

Baltimore Boat Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. \$14 for adults, free for children 12 and under. Baltimoreboatshow.com (F)

Pee Wee & Family Plunge at Sandy Point State Park, Annapolis. 11 a.m. Prices vary. Plungemd.com (F) (C)

Polar Bear Plunge at Sandy Point State Park, Annapolis. 10 a.m. Prices vary. Plungemd.com (F) (C)

PERFORMING ARTS

Comedian Tom Papa at Rams Head On Stage, Annapolis. 8 p.m. \$37.50. 410-268-4545. Ramsheadonstage.com

Annapolis Opera: The Three Little Pigs at Maryland Hall for the Creative Arts, Annapolis. 11 a.m. \$16. 410-263-5544. Marylandhall.org (F)

Admissions at Studio Theatre, Washington. 2 p.m. & 8 p.m. Prices vary. 202-332-3300. Studiotheatre.org

Sunday
27

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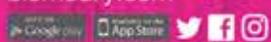
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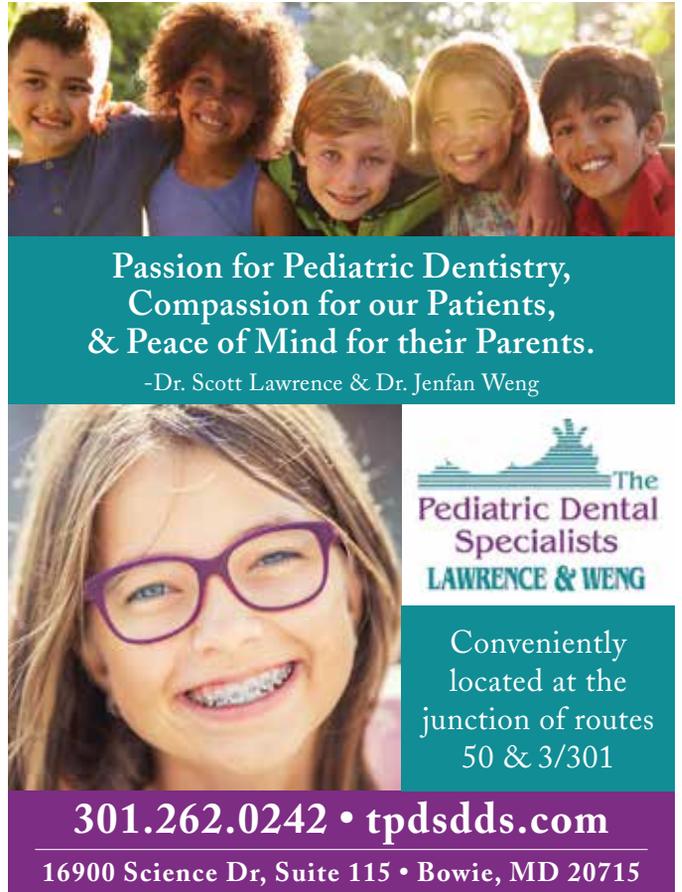
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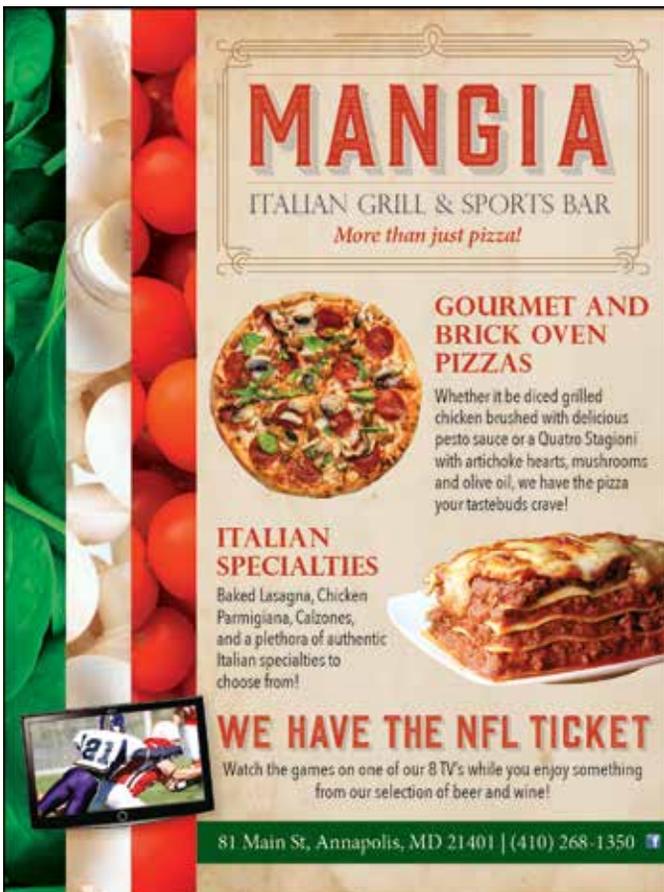
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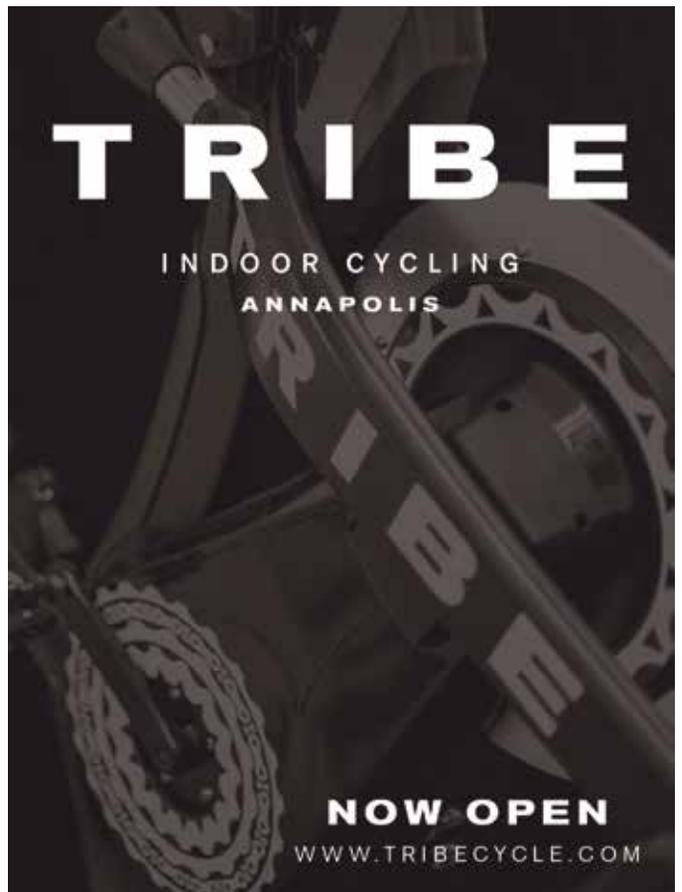
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Where's Wilma?

FIND WILMA AND WIN!

Happy 2019! We're celebrating the start of a new year with a new look! Journey with Wilma as she shows you around our new and improved magazine layout. Take a pit-stop at the redesigned Private School Guide, don't forget to check out the "Mental Health in Maryland" article, and read up on some great places to ski, snowboard, and more in the Winter Sports Resort Guide. Pop some champagne because 2019 is going to be great!

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

Congratulations to this month's winner: David Delia of Annapolis, who won a gift certificate to O'Leary's Seafood Restaurant!

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



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Entries must be received by January 31st, 2019. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

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The Integrity of Journalism Attacked

By Ellen Moyer

At one time Americans expected journalists to be watchdogs on government and business and their actions. Their reporting was trusted to enable us to make informed opinions on the issues of the day. Implicit in the profession was and still is a loyalty to the citizens with an obligation to tell the truth on “all the news that is fit to print.”

Unlike the current vitriol accusing reporters as agents of “fake news” and “enemies of the people,” journalists remain committed to a free society dependent on a free press and committed to monitoring with impartiality and objectivity the powerful and the institutions that impact our lives.

Admittedly, journalists bring their own experience to the profession of reporting in newspapers or on the air in radio or television. The multiplicity of news agencies with a variety of perspectives and depth in research, however, serve as a check and balance on the news that is available to you and I. Journalists have also put themselves in harm’s way to discover the facts and bring all the news that is fit to print to us.

Back in the 1940s, Ernie Pyle earned a Pulitzer Prize for his roving stories on small town America and the accounts of ordinary soldiers during WWII. Pyle was on the front line in the foxholes of Europe sending back commentary picked up by newsreels in movie houses across America. The nation was informed and engaged with a spirit of 1776 resemblance, and with victory gardens and war bonds and air raid drills for a successful conclusion of a war we were determined to win. Ernie Pyle, the celebrated journalist was killed by enemy fire in 1945 in the Battle of Okinawa, the last pitched battle of WWII.

Dedicated to freedom of the press, journalists face increasingly turbulent times, are often imprisoned by authoritarian leaders who do not like the scrutiny of the powerful or the corruption of wealth that keeps masses of people in poverty. But in America, a free press is still thriving and free from attack (until 2016) in a culture established by the first colonists and their thirst for news. Boston in 1690 produced the first publication; three pages of the “Public Occurrences,” which once a month kept the American public aware of the immoralities of the King of France and the outcomes in the French and Indian War. New publications expanded in Boston and Philadelphia where the public

learned about pirates and the death of Blackbeard and English politics and political criticism that precipitated a law suit that firmly established the principle of freedom of the press later written into our Constitution.

By 1727, Annapolis had published its first newspaper, the *Gazette*, which in 50 years would be a leading mouthpiece in the fight for a new nation. The *Gazette* still exists as the oldest continuous published newspaper, the *Annapolis Capital*. Newspapers informed the public on the Declaration of Independence and the Constitution in 1787. They are the asset that opened the doors to the settlement of the West and for two cents bound new settlers to the nation through a continuous stream of news

At the turn of the last century, social activist and Republican, the Honorable Theodore Roosevelt, commenced a fight against corruption and business monopolies. His effort was supported by investigative reporters. In 1902–03, Ida Tarbell profiled and reported on JD Rockefeller and Standard Oil’s efforts to force small oil companies into bankruptcy. Her reporting led to the Sherman Anti-Trust Act.

Author Upton Sinclair exposed unsanitary conditions in the slaughter and packing plants in Chicago. Big corporate efforts slammed him but his findings led to the pure Food and Drug Act of 1906. Their efforts served the interests of the public against power and corporate greed.

It hasn’t always been smooth sailing. When the news is disturbing the giants of industry, they speak out with their own fake news and obfuscation of the truth. R.J. Reynolds didn’t like exposure of their complicity in covering up reports on lung cancer from cigarettes. The news reports on Vietnam by



David Halberstam revealed the military’s misleading rosy claims about American successes in this unpopular war. In 1964, Halberstam received a Pulitzer Prize for his reporting. In 1972, Woodward and Bernstein, reporters for the *Washington Post*, unveiled a series of political dirty tricks in a break in at the Democratic Headquarters at Watergate directed by President Richard Nixon himself.

America has a proud tradition of freedom of the press that has served the American public over time by protecting it from the abuse of power. The press—through magazines, newspapers, radio, and television—has from their beginnings offered substantiated information to aid an informed public on the issues of the time. Interested public can even fact check assertions reported in the press.

“The enemy of the people” or perpetrators of “fake news” have long been the tools of the rich and powerful to selfishly secure motives of greed and corruption and power. As distrust of the news and character assassination against reporters is fanned by he “who protesteth too much,” it might be prudent to consider whose interest is being served by the diatribe.

What do you think and why?

Please email your thoughts to our Publisher and Editor at: Veronica@whatsupmag.com and Editor@whatsupmag.com.



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(From left to right) Danny Liang, M.D., Clifford Solomon M.D. and Amiel Bethel, M.D.

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