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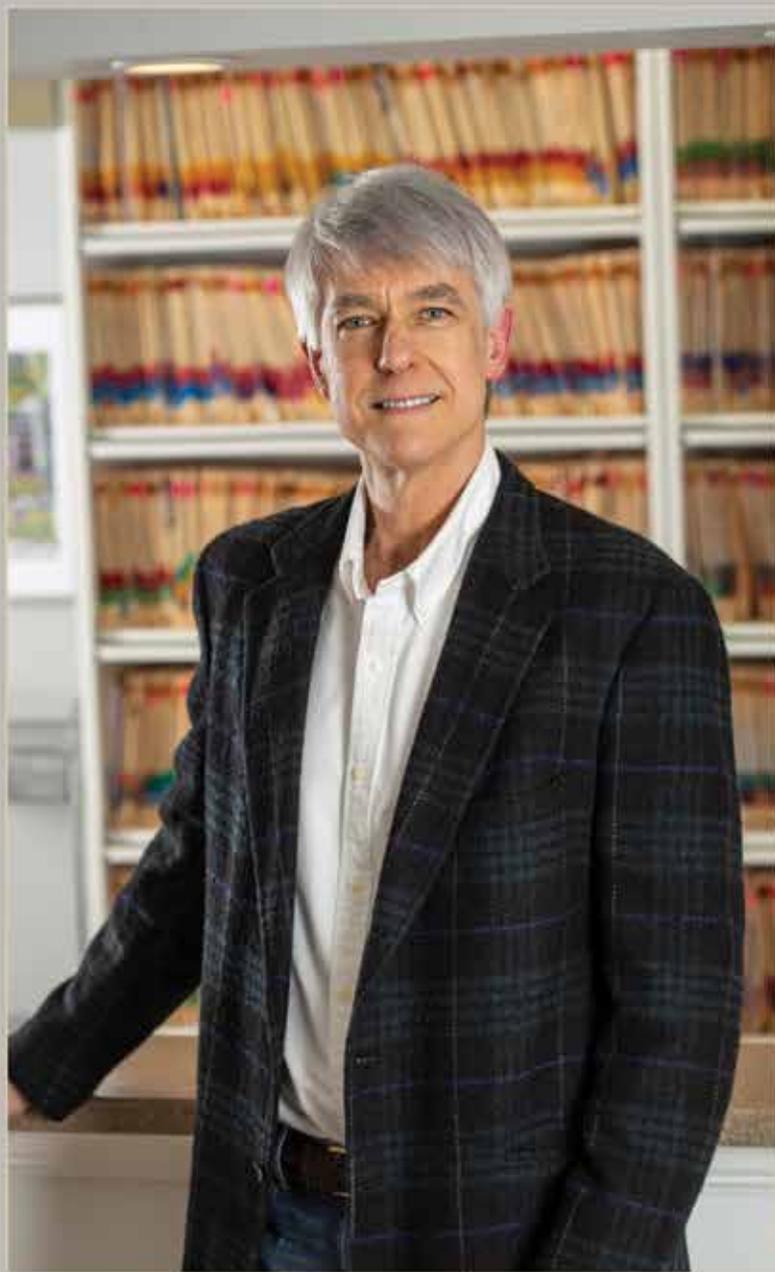
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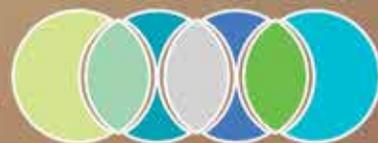
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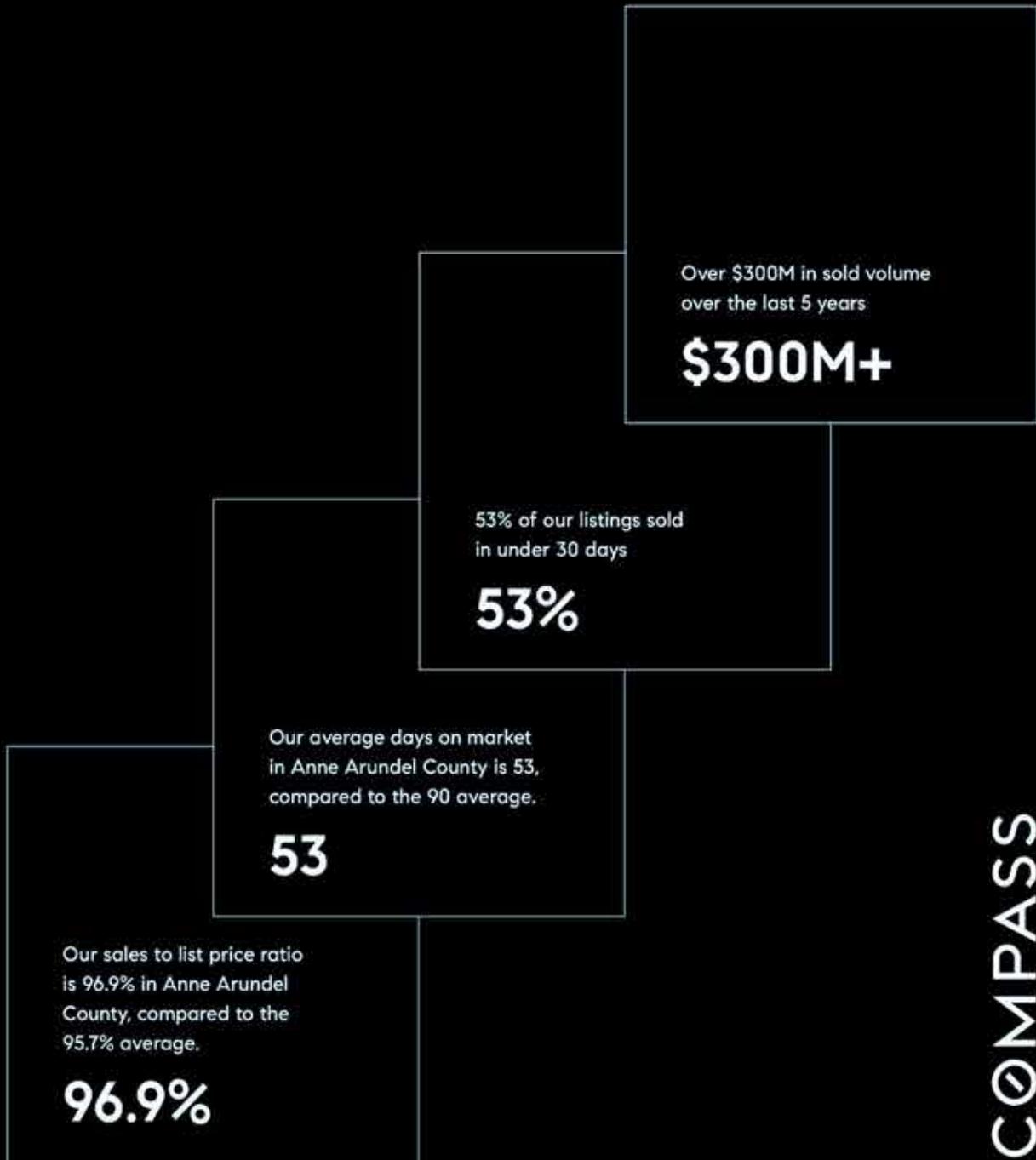
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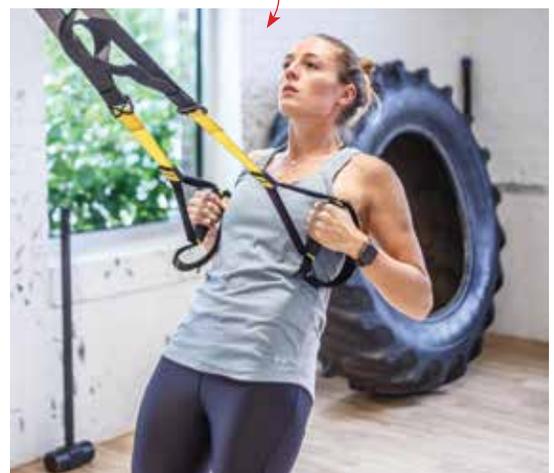
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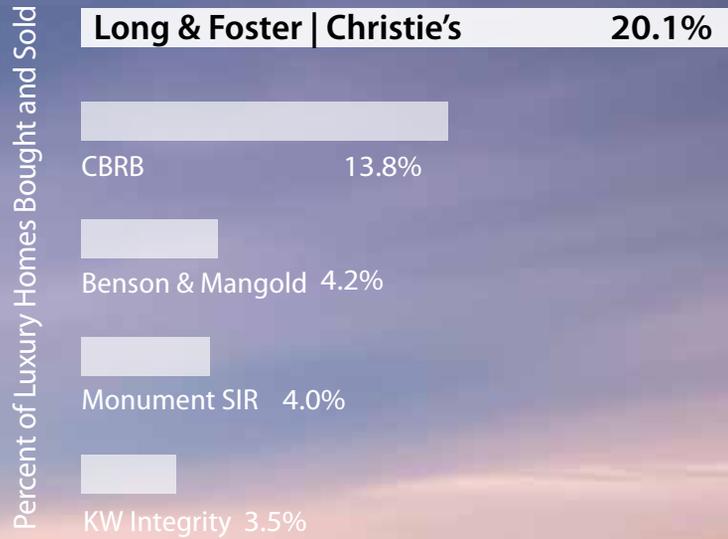
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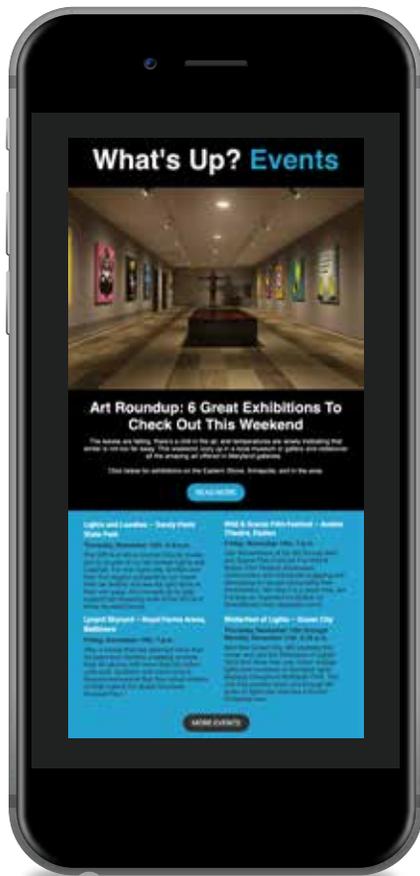
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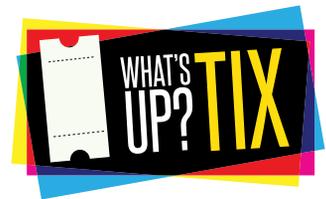


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From the editor



James Houck,
Editorial Director



I've got pretty thick skin; at least I think I do. As I write this, there's seemingly no near-term solution for the national controversies that inundate our daily news feeds—the government shutdown, the wall, foreign policy...the list goes on. Recently—just last month in fact—our publication jumped on the bandwagon, if you will, by introducing more in-depth content and presenting serious issues—some national—through a local lens. I'm specifically referring to the article “A Lone Voice Pursues the American Dream,” about the ripple effect of immigration policy on Maryland industry and immigrants living and working in our communities.

I knew this article would ruffle feathers. Which, in turn, could ruffle mine.

The feedback to this article wasn't overwhelming; it was expected. And I thank the many of you that took time to express your thoughts

on the subject, whether you agreed with the written perspectives or not. I read some well-constructed takes on immigration policy. I also read inflammatory rhetoric that dismissed our publication as “typically biased liberal reporting and shameful” and “pathetic reporting.”

As I said, I've got thick skin, but those type of digs get to me. They get under my skin. They get to me more so than name calling or when I'm called out for a literal mistake (hey, we all make them, right?). This is my work. This is our team's work. Our livelihood in many ways. And a dig of that nature just reeks of ignorance and is an easy out from having a real conversation. Dismissing real perspectives on the front lines doesn't help the conversation move toward understanding or solutions.

Interestingly, about four months ago, we were “outed” as being a “conservative rag.” Can't win them all, I suppose. 🙄

Whether you are right- or left-leaning on the political spectrum, you can count on us to deliver views you may not have otherwise considered on a variety of topics that hit close to home. Our mission was, and remains, to benefit our communities by giving information that informs and educates us, with balance and fairness. And, we will continue to push the envelope when and where we can. In this month's issue of *What's Up? Annapolis*, we investigate the renowned criminal gang MS13, how it's infiltrated our community, and is affecting the livelihood of our Latino residents (immigration policy, again, comes into play). In our *What's Up? Eastern Shore* edition, we take a closer look at how big industry is active throughout the region and in a very positive way! I think you could surmise that one article fits the left foot, the other on the right. You can read both articles online later this month at whatsupmag.com, should you not receive one or the other magazine.

“We will continue to push the envelope when and where we can.”

I think this brings home the point that we are here for you. To that end, we also offer respite from the day-to-day controversy in the form of feel-good articles, such as this month's “15 Science-Backed Ways to Practice Self-Care” by Kelsey Casselbury. I'm especially fond of tip #5. And in Frederick Schultz' “Visionaries Among Us,” you'll learn about several dynamos in our community. If you dig deep, you'll find there's a lot to be proud of, whether it's your own endeavors, those of our peers, or even the pages of this magazine. I know I am.

And I look forward to discussing all of this with you, be it compliments or criticism. I've got my thick skin on.



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The Look

Enjoy an evening that is all about you during What's Up? Media's sixth annual beauty and wellness event, The Look, held at The Westin Annapolis hotel Friday, March 1st, 6-9 p.m. Enjoy a girls' night out filled with fun, fashion, champagne, shopping, and self-care. Tickets are \$18 and available at Whatsuptix.com.

Photo by Tony J Photography

← Arlo Guthrie

After the enthusiastic response from fans following his “Alice’s Restaurant Massacre 50th Anniversary Tour,” Arlo Guthrie is back on the road. His new tour, entitled “Alice’s Restaurant—Back By Popular Demand,” coincides with the 50th anniversary of the *Alice’s Restaurant* feature film. Guthrie will be joined by members of his former acclaimed band, Shenandoah, and his daughter, singer-songwriter Sarah Lee Guthrie, who will open the show. Arlo Guthrie will be performing at Maryland Hall for the Creative Arts on Sunday, February 10th, 8 p.m. Ticket prices range from \$75 to \$90. For more information, and to purchase tickets, visit Marylandhall.org.

Photo by Dennis Andersen Photography



VALENTINE'S 5K

Join the Annapolis Striders on Saturday, February 9th, 10 a.m. at Kinder Farm Park for their annual Valentine's 5K. This 5K is the first race of the year for the Striders and the first leg of their 2019 Championship Series. Because of a high sellout rate, advance registration is required. For more information, visit Annapolis-striders.org.

OBİ MARDI GRAS GALA

Travel to Bourbon Street with Opportunity Builders, Inc. during its annual Mardi Gras Gala Saturday, February 22nd, 6 p.m. at Live! Casino & Hotel. Enjoy live music from Oracle, entertainment by magicians and street performers, New Orleans-themed food, games, live and silent auctions, and more. Tickets are \$100 for a non-alcohol ticket, and \$135 for an unlimited beer and wine ticket. Proceeds will support programs that enrich the lives of adults with developmental disabilities. For more information, call 410-787-9192 or visit Obiworks.org

Progressive International Motorcycle Show

The largest touring consumer motorcycle event in the United States, the Progressive International Motorcycle Show (IMS), stops at the Walter E. Washington Convention Center in D.C. Friday, February 8th, 3-7 p.m.; Saturday, February 9th, 10 a.m.-8 p.m.; and Sunday, February 10th, 10 a.m.-5 p.m. Whether you're a motorcycle buyer or enthusiast, IMS gives attendees an inside look at the newest products and trends, and showcases all that motorcycling has to offer. Tickets are \$17 for adults and free for children ages 11 and under. For more information, visit Motorcycleshows.com.



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Shells and Bells

A PARTY ON THE CREEK



Chesapeake BaySavers would like to thank our sponsors & partners for making our 2nd Annual Shells and Bells, Party on the Creek a huge success! The event was held on December 8th at the Historic Charles Carroll House & Gardens to raise funds for the Chesapeake BaySavers environmental education program, scientific research and restoration efforts. The gracious support from these businesses & individuals demonstrates their commitment to providing you and your family a clean, healthy and vibrant Chesapeake Bay. To learn more visit, chesapeakebaysavers.org.



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BALTIMORE BLAST SOCCER

Cheer on the Baltimore Blast soccer team during their four home games this month. The Blast will play Utica City FC on Friday, February 8th, 7:30 p.m. and Sunday, February 24th, 3 p.m.; Harrisburg Heat on Sunday, February 10th, 3 p.m.; and Milwaukee Wave on Friday, February 22nd, 7:30 p.m. All games will be at the SECU Arena in Towson. For more information, and to purchase tickets, visit Baltimoreblast.com.



ARMY-NAVY BASKETBALL DOUBLEHEADER

Head to the U.S. Naval Academy's Alumni Hall on Saturday, February 16th to cheer on the Midshipmen basketball teams as they take on Army in a doubleheader. The women will play at 12 p.m. followed by the men at 2:30 p.m. Tickets are \$20 for adults and \$3 for youth and seniors. For more information, and to purchase tickets, visit Navysports.com

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Annapolis Home & Garden Expo →

The Annapolis Spring Home & Garden Expo is coming to the Byzantium Event Center on Saturday, February 23rd, 10 a.m.-6 p.m. and Sunday, February 24th, 11 a.m.-5 p.m. This event will offer guests the opportunity to discover new products for their home. There will over 80 companies showcasing kitchens, baths, decking, landscape design, closet organization, whole-house remodeling, and more. Designer and architect Vern Yip will be at the show Saturday at 12 p.m. and 2:30 p.m. to discuss home design and trends. Tickets are \$5 for adults, \$3 for military, and free for children 14 and under. For more information, visit MidAtlanticExpos.com.

JIM GAFFIGAN

Comedian Jim Gaffigan is bringing his Quality Time Tour to Modell Performing Arts Center at The Lyric Thursday, February 7th, 7 p.m. and Friday, February 8th, 7 p.m. and 9:30 p.m. Gaffigan is a three-time, Grammy nominated comedian, actor, writer, producer, and two-time, New York Times best-selling author. Ticket prices vary. For more information, visit Modell-lyric.com.



← NATIONAL OUTDOOR SHOW

The National Outdoor Show returns to the South Dorchester School in Church Creek Friday, February 22nd, 5 p.m. and Saturday, February 23rd, 10:30 a.m. Now in its 74th year, the show celebrates Dorchester County's heritage and highlights the unique spirit and character of local farmers, hunters/trappers, watermen, and more. Events include competitions and contests, exhibits, food tastings, and the Miss Outdoors and Little Miss/Little Mister Outdoors pageant. Tickets are \$8 for adults and \$4 for children. For more information, and a full schedule of events, visit Nationaloutdoorshow.org.



Photo courtesy of American Craft Council

← AMERICAN CRAFT SHOW

Now in its 45th year, the American Craft Show returns to the Baltimore Convention Center Friday, February 22nd, 10 a.m.–8 p.m.; Saturday, February 23rd, 10 a.m.–6 p.m.; Sunday, February 24th, 11 a.m.–5 p.m. This three-day celebration of all things handmade offers collectors and enthusiasts of design, craft, and art the opportunity to discover and shop the best quality crafts in the country.

Advance tickets are \$14 (one-day pass) and \$34 (three-day pass). On-site tickets are \$16 (one-day pass) and \$36 (three-day pass). American Craft Council members and children 12 and under are free. For more information, visit Craftcouncil.org.



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Baltimore Heart Ball ↓

The Baltimore Heart Ball returns to the Baltimore Marriott Waterfront on Saturday, February 23rd, 6 p.m. This annual black-tie event celebrates the life-saving work of the American Heart Association, and brings together more than 600 of the region's most prominent medical, corporate, and community leaders. Enjoy an evening of dinner, dancing, entertainment, and live and silent auctions. Tickets are \$500 per person. For more information, visit Baltimoremdheartball.heart.org.



Photo by Jackson Photography

SALTWATER FISHING EXPO

One of the most popular winter fishing shows, the Saltwater Fishing Expo, returns to the Annapolis Elks Lodge Saturday, February 23rd, 8 a.m.–3 p.m. Purchase gear from some of the best local tackle dealers and experience an outstanding seminar series all in one place. Admission is \$5 for adults and free for kids ages 14 and under. Admission includes four informative seminars from local expert anglers. For more information, and a complete seminar schedule, visit Saltwaterfishingexpo.com.

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MFA Collector's Choice

Attendees at the Maryland Federation of Arts' (MFA) 42nd annual Collector's Choice event hit the lottery. Member artists donated artwork to a lottery-style selection, whereby winning ticket holders chose the artwork of their liking to take home. Nearly 200 guests enjoyed food supplied by Chart House, Ledo Pizza, Main & Market, and Rams Head at Annapolis Volvo. The October 28th event was the main fundraiser for the Annapolis-based MFA, which holds the distinction of being the oldest continuously operating nonprofit gallery in the state.



Photography by Kenneth Tom **1.** Alec Courtright and Joe Dickey **2.** Michelle Eichorn and Kass McGowan **3.** Ronald Dorado **4.** Tracy Barwick and Elana Harris **5.** Angela and Emil Petruncio



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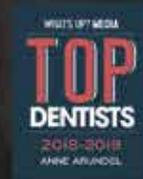
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Night in Havana

On October 13th, Arundel Lodge hosted its annual gala Hope Re-imagined, for which the theme was “Night in Havana!” at the Byzantium in Annapolis. The 1950s Cuban-inspired evening featured cocktails, hors d’oeuvres, dinner, dancing, auctions, and “Casino de Vino” live entertainment.



Photography by Ted Mueller **1.** Alan Cook, Carla Edmunds, and Ashley Marshall **2.** Tanya and Rick St. John **3.** Ashleigh Maguire, Jason Cherry, Tracey Resnick, and Brian Cunningham **4.** Fred Delp, Rosalie Zaia, Beverly Marcus, Nick Lacey, and Jean White **5.** Tom Maskell, Darlene Monaco, Holly Atcherson, Ray Atcherson, Rose Russo, and Matt Russo



TOWNE SOCIAL

Privateer Party

Historic London Town and Gardens hosted its annual Privateer Party, a semi-formal fundraiser, on its grounds in Edgewater on November 2nd. Guests—many of whom dressed in pirate attire—enjoyed food from local caterers and restaurants, silent and live auctions, dancing, and rum tastings.



Photography by Stephen Buchanan **1.** Kyle Dalton, Claire Goode, and Chelsea Mueller **2.** Sue Dodds and Barbara Polito **3.** Christine Colvis and Jackie Lavigne **4.** Cyrena Simons and Pat Morrison **5.** Cynthia Reuter and Janet Anderson **6.** Jacqueline Kennedy and Lauren Silberman



TOWNE SOCIAL

National Alliance on Mental Illness Gala

The National Alliance on Mental Illness Anne Arundel County held its first Mental Health Gala on Saturday, October 6th at the Crowne Plaza Hotel in Annapolis. The evening featured a cocktail reception, dinner, awards, music, and dancing. The purpose of this special event was to raise awareness and reduce the stigma of mental illness.

Photography by Ted Mueller 1. Mike Martinko, Heather Martinko, and Anne Whitty 2. Laura and John Butler 3. Rosalie Zaia, Joyce Edelson, and Mike Drummond 4. Steve Schuh, Dawn Lindsay, and Al Mezzanotte 5. Cassandra Thomas, Gwendette Hubbard, Marilyn Bell, Dorothy Dickerson, and Thomas Bell 6. Richard Montaner, Liz Montaner, Rosamond Dove, and Jay Dove

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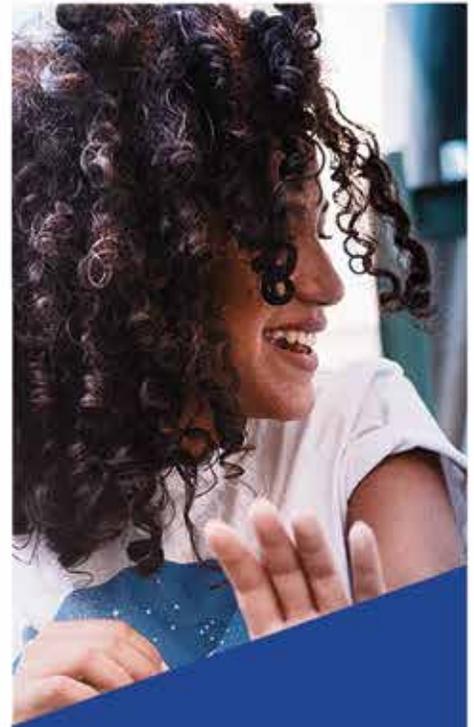
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TOWNE SALUTE

Beth Wilson

Children's Theatre of Annapolis

By Cate Reynolds

If superwoman exists, she's disguised as Beth Wilson. As a busy mother who homeschools two of her four children, works three-days a week as a pediatric nurse at the University of Maryland Hospital, and works part-time as a youth minister, Wilson doesn't have much free time. But she still manages to volunteer full-time with the Children's Theatre of Annapolis (CTA).

When her son, Andrew, became involved with CTA, Wilson began working with the organization. Inspired by her son's passion for theater and own involvement, Wilson has continued to devote her time to the organization and now, six years later, is in her second year as president of the CTA board.

How did you get involved with the Children's Theatre of Annapolis?

My first memory of Children's Theatre is when my third child was about four. My mother-in-law said, "Hey, there's this theater that's done by kids. Let's go see a show." So, we took the three kids to a show. The show was *Peter Pan*, and my 4-year-old was just completely enamored. He looked at me when we walked out and he said, "I want to do that."

When [my son] was old enough, he started taking workshops there, and he really enjoyed the experience. So, when he was old enough to audition for the main stage production, he auditioned and, low and behold, he got into the show. The parents were encouraged to volunteer, and that was my first experience working with CTA. It's hard work, but I love it.

Why do you think the Children's Theatre is important for the community?

In this day and age, the arts are not as funded as they need to be and the kids that thrive in arts programs are limited in their access to the programs. CTA is a place where the kids are able to thrive in the place that they're passionate about. It's a place for them to be accepted and encouraged.

We have kids that are learning how to work lights, work sound equipment, build props and sets, and put costumes together, along with learning how to bring a character and story to life. We have a number of alumni who have gone to college and pursued engineering, IT,

"We have kids that are learning how to work lights, work sound equipment, build props and sets, and put costumes together, along with learning how to bring a character and story to life."

or teaching careers. But the skills they learned through their experience at CTA are part of their everyday lives. Putting on a theater production, whether on stage or behind the scenes, is a lot about teamwork and communication and being able to work with different personalities, and those things are life skills.

You've been a member of the CTA board for four years, and you are currently serving your second year as board president. Can you tell me about your current role?

I do a little bit of everything. Communication facilitation is probably the biggest thing that I do, and trying to plan for the future of CTA. I brainstorm and plan ways to make CTA better. It really is just trying to help manage the chaos of volunteering, and the business and production aspects of the organization.

On average, how many hours a week do you spend volunteering for CTA?

Oh, I don't count. It would probably be a little daunting if I actually counted. We are a volunteer organization.

Every one of our productions is manned by volunteers. Our CTA families and our community volunteers put in hundreds, if not thousands, of hours. It's a lot, especially when we're in the middle of a production, but it's not that way all the time. Sometimes it's just a few hours a week of meetings and answering emails. It all depends on where we are in the production cycle.

At one time, the majority of our volunteers were simply just the parents of the kids. Over the past couple of years, we really tried to expand our volunteer pool. Now, we have people that have no connection with the kids that are in the production, but who have

skill sets that they just want to share with us. We have people that were previously linked into CTA through their kids, but their kids have aged out, and they're coming back to help. We have previous board members that come back even when they're no longer on the board. We also have a good number of kids who are volunteering, but are not specifically linked to a show, which is fabulous.

What do you love most about CTA? What has kept you involved?

One thing that has kept me involved is my kids. They want to be a part of it. That's where their friends are. It's become a part of our family

cycle. We know that when auditions happen, for the next four months we're going to be at the theater. It's become a part of our family lifestyle. My performer loves it still. He loves being at the theater, and whether he's in a show or not, it doesn't matter. CTA has become my community. It's become a part of what I do, a part of my identity, and my ability to give back. I guess, in that respect, my son's passion became my passion.

I truly believe in the work that we're doing, that CTA is fulfilling a need and a desire in the community and in my family. I believe that the experiences that the kids have are life-altering

and that does, for periods of time, become our bigger family. When you spend that much time with people, you become family. You get to know each other really well and you see each other on good days and not so good days, but for four months, you become an extended family. All of those reasons are why I keep showing up.

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

Love Yourself from the Inside Out.

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Mayor of Annapolis Gavin Buckley; Anne Arundel County Executive Steve Schuh; Samaritan House Executive Director Mike Goldfaden; The Merrill Foundation's Nancy Merrill; Maryland Department of Health Deputy Secretary Fran Phillips; Former Samaritan House Board President Kirk Noonan; and Samaritan House Board President Mike Dillon. Photo by Jay Stearns

↑ Samaritan House Breaks Ground on New Residence Hall

In late October, Samaritan House officials and local representatives broke ground on its new 16-bed residence facility in Annapolis, the Samaritan Center. This project is part of the Campus of Recovery expansion plan, which began in 2012, and has been made possible through fundraising and grants received from the city, county, and state. So far, the organization has been able to build a pavilion, renovate the current house, and expand and pave a new parking area. The Samaritan House is a state-certified residence facility for men who are recovering from addiction.



Left to right: Jennifer Miller, Rodney Johnson, Newk's Eatery Owner Tom Saia, and Anne Arundel County Chamber of Commerce President & CEO Mark Kleinschmidt



Tribe Cycle Owner Jen Selby. Photo by Mindy LaMarca of Pure Grin Photography

↑ TRIBE CYCLE HOSTS GRAND OPENING AND RIBBON CUTTING PARTY

Tribe Cycle celebrated its opening with a ribbon cutting and grand opening cocktail party in early November. Tribe Cycle offered free classes and a citation was given to the company by Anne Arundel County Economic Development Corporation at the event. The cycle studio, located on Bestgate Road, officially opened its doors in mid-October, and offers 30- and 45-minute classes, themed rides, and group events.



↓ Maryland Hall Celebrates Opening of New Production Wing

Maryland Hall celebrated the opening of its new production wing with a ribbon-cutting ceremony in late October. This event signified the conclusion of Act II of the Campaign for Maryland Hall, which is a five-year, \$18 million-plus project to modernize and further develop the arts center. The ceremony also honored the dedication of the Goldstein-Cunitz Center for Film and New Media in the Bowen Theatre. About 200 guests attended the event, including First Lady of Maryland Yumi Hogan, Speaker of Maryland House of Delegates Michael Busch, and Annapolis Mayor Gavin Buckley.



Left to right: Superintendent of Anne Arundel County Public Schools Dr. George Arlotto; First Lady of Maryland Yumi Hogan; Chairman of the Board of Directors of Maryland Hall Alan Friedman; Speaker of Maryland House of Delegates Michael Busch; President and CEO of Maryland Hall Margaret Davis; and Mayor of Annapolis Gavin Buckley. Photo courtesy of Maryland Hall

← The Arc Central Chesapeake Region Receives \$500,000 from The Weinberg Foundation

The Arc Central Chesapeake Region (The Arc CCR) received a \$500,000 grant from The Harry and Jeanette Weinberg Foundation, one of the largest private charitable foundations in the United States. This award will benefit The Arc CCR's "Promise It Forward Capital Campaign," which supports the construction of a safe, healthy, and accessible building that will allow the organization to maintain its growing programs. The Arc CCR is a nonprofit organization dedicated to helping people with intellectual and developmental disabilities achieve independence.

← NEWK'S EATERY OPENS IN ANNAPOLIS

Newk's Eatery opened its second Maryland location in November. The fast casual chain, which also has a location at The Village at Waugh Chapel in Gambrills, opened at the Annapolis Towne Centre on Somerville Road. The eatery serves lunch and dinner, offering sandwiches, soups, salads, hand-rolled pizzas, and more. The new location can accommodate 110 guests, and includes an outdoor patio. The Annapolis restaurant is Newk's Eatery's 125th location.

Photo courtesy of Carrie Olish



↑ BLUE CRAB CUPCAKES CELEBRATES ONE YEAR IN BUSINESS

Blue Crab Cupcakes celebrated its first anniversary in early November. Carrie Olish owns the Annapolis-based sweet treat shop. She started the business baking out of a commercial kitchen at American Legion Post 175 in Severna Park. Blue Crab Cupcakes won *What's Up? Annapolis'* 2018 Best Of Annapolis award for Best Cupcakes. In addition to delectable and decorative cupcakes, the bakery also offers cake pops, pies, and wedding cakes, as well as gluten-free and vegan options.



Left to right: Bradley Patrick; Dustin Patrick; Taunya Clarke; Belinda Hall; and Harold 'Wes' Patrick. Photo courtesy of the Coast Guard Foundation

↑ Annapolis Student Awarded Coast Guard Foundation Scholarship

Bradley Patrick, an Annapolis resident who will attend the University of Maryland in the fall, was one of 177 students who was awarded a scholarship from the Coast Guard Foundation for the 2018-2019 academic year. This scholarship benefits the children of enlisted men and women who are serving or have served in the U.S. Coast Guard. Recipients receive anywhere from \$1,000 to \$5,000. Patrick, who is the son of MKMC Harold Patrick, began at the University of Maryland this past fall.

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



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TOWNE ATHLETE

Anna Coffin

Annapolis High School
Cross Country, Indoor Track,
Lacrosse

By Caley Breese

The original reason Anna Coffin wanted to join the cross country team during her freshman year was to stay in shape for lacrosse. But thanks to her older sister's influence, she ended up enjoying it more than she anticipated. Now, four years later, Coffin is gearing up to run cross country and indoor and outdoor track in college.

"It is great to see Anna follow in my footsteps in cross country and track," says her sister, Maria, who runs for Providence College. "She has natural speed from playing lacrosse and has put in the work to build her endurance, which has really paid off for her."

Coffin grew up very involved in sports. She swam for the Naval Academy Aquatic Club for five years, eventually quitting in eighth grade to play lacrosse more competitively. She's played lacrosse since she was six years old, and competed on the elite club team CCLAX from eighth grade to the beginning of her senior year. She has been a starting varsity midfielder for Annapolis since her freshman year.

Running is a family affair for 17-year-old Coffin. Not only did she follow in her sister's footsteps, but her mother, Laura, is the head coach of Annapolis' cross country team.

"Anna has always been a strong athlete in many sports, but she has most recently worked on her aerobic endurance, which has led to significant progress in cross country," Laura says. "It has been fun to watch her develop over the last four years, from the perspective of both a mom and a coach."

Coffin has been a dominant runner for the cross country and track teams since she began. She was the county champion her sophomore, junior, and senior years in cross country. During her junior season of cross country, she finished second in state.

"It definitely motivates me to keep trying with whatever I'm doing. It feels good to have some incentive and something to work towards."

In her junior year of indoor track, Coffin placed second in state in the 1600-meter run and third in state for the 3200-meter run, and earned the county and regional titles in the 1600.

"It definitely motivates me to keep trying with whatever I'm doing," Coffin explains. "It feels good to have some incentive and something to work towards."

Toward the end of her senior season of cross country, Coffin suffered an ankle sprain right before the State Championship, but she didn't let that stop her. She pushed through and ran injured, taking third place overall, just seconds behind the first and second place winners.

"As her mom and coach, I am very proud of her for showing the grit and courage it takes to run a race even when injured," Laura says. "She is a really tough kid."

Being a top runner isn't the only thing Coffin strives for success in. She is in the IB Program at Annapolis, and is determined to earn a 5.0 grade point average for her senior year. Coffin is also a member of the National

Honor Society, is a Student Athletic Advisory Committee (SAAC) representative for Annapolis, and tutors second- and third-graders at Tyler Heights Elementary School.

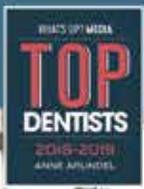
"It's part of the IB Program," she explains. "We each have activity service hours, so one of the things we do is a group of us go on Wednesdays to tutor at Tyler Heights Elementary School, which is awesome. I really like it. It's awesome because I always work with the same group of kids and they're really funny."

When it comes to running in college, Coffin has visited several schools, including the University of Maryland and Xavier University. While Coffin is still unsure of where she's interested in attending, she's eager to face the challenges that college running will bring her.

"I'm looking forward to being able to run and practice with girls who are at and above my level," Coffin says. "I just hope that [I'll have a team] and coach that will be able to make me better. I'm just trying to follow in my sister's footsteps because she came from Annapolis High School, which is not really known for running and she did awesome, so I think it's cool that I've been able to follow in her footsteps."

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

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Don't Worry, Be Happy: If Only It Were That Simple

Current economic performance remains solid, but clouds form on the horizon

By Anirban Basu

It can be tempting to presume that all is right with the economy. Economists and others certainly have plenty of data with which to support the notion that the proverbial glass is nearly full.

For example, in 2017, a synchronized global expansion blossomed as every major advanced economy experienced accelerating economic growth except for Brexit-beleaguered Britain and as key emerging nations like Brazil and Russia returned to the growth column.

Helped in part by a stronger global economy—by late summer 2018—the U.S. recorded an unprecedented tally of available job openings at 7.14 million. Given that there are only six million unemployed Americans, this suggests that at least theoretically there is a job for everyone looking for one.

By September, the nation's unemployment rate had achieved nearly a 50-year low. One would have to go back to December 1969 to identify an unemployment rate so low. Predictably, with low unemployment colliding with an incredible volume of available job openings, wages are being tugged higher. Though real wage growth remains soft given rising inflationary pressures, nominal wage growth is about as good as it has been in a decade.

Job growth has been apparent in every large U.S. metropolitan area, with the pace of job growth tending to be fastest in the South and West. Markets like Orlando, Dallas, Denver, Charlotte, Seattle, Houston, Atlanta, Portland (Oregon), and Phoenix have been especially prolific concerning expanding their base of employment. However, job growth has also been apparent in markets like Boston, Baltimore, Minneapolis, and in other parts of the U.S. Unemployment is low virtually every-



where, including in Maryland where it has lingered in the low-fours for months and in Virginia, where it recently fell below 3 percent.

Then there is the matter of the passage of the Tax Cuts and Jobs Act, the first meaningful reform of the nation's tax code since 1986. The Act restructured income brackets, reduced personal income taxes for many Americans, shrank the C-corporation tax

rate to 21 percent, and made it easier to repatriate profits earned abroad. The new law also increased the amount a company can immediately expense for certain types of purchases. During the first half of 2018, this supported brisk growth in capital expenditures, which in turn has helped push U.S. economic growth from the roughly two percent rate that characterized much of the expansion to around three percent.



Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, Maryland. In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. 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.

Silver Linings Become Grey Clouds

Make no mistake—there is little risk of a near-term recession. Consumer confidence remains elevated and a variety of leading indicators suggesting ongoing momentum. But the gloss has begun to come off the recovery's rose. Arguably, this begins with shifting policies. While much attention has been given to tariffs and ongoing trade skirmishes between the U.S. and a variety of other societies, most notably China, less glaring focus has been invested in steadily tightening monetary policy, which has translated into rising interest rates. The combination of higher borrowing costs, rising wage pressures, higher costs of steel, softwood lumber, and other inputs to production have resulted in sputtering corporate profits, which helps explain the rocky financial market performance that characterized much of October.

There have been other headwinds to emerge, including faltering emerging market currencies, the murder of a *Washington Post* journalist that threw further chaos into energy markets, and growing evidence of a housing market slowdown. Add it all up, and the 2019 economic outlook looks meaningfully shakier than it did just a few months ago.

Moreover, while many have praised the tax cuts, the total impacts remain unclear. By the third quarter, there was evidence that tax cut impacts were on the wane, with business spending suddenly softening. There are also instances

in which the tax reform frustrates economic activity. For example, the tax bill placed a cap of \$10,000 on state and local tax deductions. Wealthy states that put a higher tax burden on their citizens in exchange for large-scale spending on public education and other services bear the brunt of the tax change.

Since Maryland is one of the nation's wealthiest and also most highly taxed states, this is especially impactful. An article posted in *Housing-Wire*, a website focused on U.S. mortgage and housing markets, quoted Maryland Attorney General Brian Frosh as saying, "Eliminating [state and local tax] deductions will jack up taxes for more than half a million Marylanders. Those Marylanders affected by the changes from the new tax bill are expected to lose up to \$6.5 million in deductions."

Arguably, the most worrisome aspect of the economy takes the form of rising inflationary pressures. Economists deploy a term called the natural rate of unemployment. When unemployment falls below that natural rate, inflation tends to spike, producing sharp increases in borrowing costs and softer investment. At 3.7 percent, the official rate of U.S. unemployment is now meaningfully below that natural rate of unemployment. This set of circumstances prevailed before the 1980–81 recession, the '90–91 recession, the 2001 recession, the 2007–09 recession, and now. Thus, while the early-2019 economic outlook remains benign given existing economic momentum and still lofty confidence among consumers and businesses alike, the outlook beyond next year's first half is suddenly steeped in murkiness.

15

Science-Backed Ways to Practice Self-Care

Taking care of yourself should be priority No. 1 in the goal to lead a happy, productive life

By Kelsey Casselbury

You can't pour from an empty cup. You can't squeeze water from a rock. You can't tackle the problems of others if you haven't been taking care of yourself.

Self-care is more than just a trendy hashtag, but rather a legitimate wellness concept with origins in the medical community. People in those high-stress or high-risk jobs, such as doctors, trauma workers, social workers, or EMTs, need a way to combat the emotional toll the days take on them.



There's no denying that talking about self-care is trendy—Google Trends, which tracks statistics surrounding what folks look up on the Internet—reported that queries for self-care began to double at the end of 2016. It correlates to society's increased interest in wellness, which is about experiencing positive health (physically and mentally) rather than simply the absence of illness.

It often feels like prioritizing others—your kids, your spouse, your boss and his endless list of pointless tasks—is honorable. The truth is that when you neglect yourself, no one benefits. Rather than seeing self-care as a passing fad, see the surge as an opportunity to put yourself first, even if it's only once in a while.



Why Is Practicing Self-Care So Hard to Do?

Activities that are labeled as “self-care” are often enjoyable, and yet they’re put on the back burner so often. Why is that? A few reasons:

It takes effort. Practicing self-care in a way that positively affects your mental and physical health is a lot harder than it seems in theory. Sure, lying on the couch in front of *Friends* reruns and playing Candy Crush doesn’t take a lot of effort, but it’s also not really a healthy form of self-care. That’s not to say you shouldn’t do it, as those mindless evenings are truly necessary sometimes—but it’s not self-care.

“Busy” is glorified. In 2012, essayist Tim Krieder wrote a piece, “The Busy Trap,” in *The New York Times*. It went viral in its explanation of how being “busy” can be seen as a synonym for being important. “[Being busy] serves as a kind of existential reassurance, a hedge against emptiness,” Krieder noted. “Obviously, your life cannot possibly be silly or trivial or meaningless

if you are so busy, completely booked, in demand every hour of the day.”

It’s seen as selfish. Americans have a serious guilt complex and a misunderstanding of the difference between self-care and self-indulgence. Too many people feel like they *should* be doing something “better,” like cleaning, working, or spending time

with their kids, rather than participating in an activity that's solely for their own benefit. "I don't deserve this," they think. "I'm not good enough for this."

Here's the thing: You *are* worthy of self-care, even when it takes time away from other important tasks or people. It can be as simple as stretching for a few minutes, as indulgent as going on a mini-vacation, or any one of these 15 ways to practice self-care, all of which have research backing the benefits they provide for your mental and physical health.



1

Stretching

Put this one in the "feels so good but takes so much effort" category, at least when you do it right—and that means giving yourself 10 to 15 minutes daily of solid stretches for your whole body. Flexibility training (the in-the-know term for stretching) is linked to increased blood flow in the muscles and lower blood pressure, according to a 2016 study from the *American Journal of Physiology-Heart and Circulatory Physiology*, which can lower overall stress. Additionally, research done on surgeons that was published in the *Annals of Surgery* concluded that targeted stretching micro-breaks improved mental focus and reduced pain. There's no need to get into a full-fledged yoga routine if that's not your thing. Touch your toes, twist your spine, and roll your neck until you feel the stretch, and then hold it for 20 to 30 seconds at a time.



2

Mini-Vacays

This one might feel like self-indulgence, but it's *definitely* self-care, too. It's easy to skip traveling because it seems like it requires too much time away from work or money that, let's face it, is earmarked for other things. There is very real evidence, though, that putting vacations on the backburner does more harm than good, at least when it comes to your health. They cut back on stress, according to a study from the American Psychological Association, as well as reduce your overall risk of death by 20 percent (and the risk of death from heart disease by 30 percent). Research from the Centers for Disease Control and Prevention determined

that women who took the least amount of vacation time—once every six years or less—were eight times more likely to have a heart attack than those who get away at least twice a year. Even anticipating a getaway can boost happiness, according to research in *Psychological Science*, so start planning the next getaway as soon as you get back from one mini-vacation.



3

Snuggle with a Furry Friend

(or Adopt One!)

Dog, cats, guinea pigs, ferrets—you love them, but they're stressful, right? Luckily, your pets' cuteness has some serious benefits to it, including ▶

Social support: Animals might not talk, but *Journal of Personality and Social Psychology* research found that people with serious health challenges, like HIV or a recent heart attack, do better if they have a pet because they feel more supported.

Lower cholesterol: People, especially men, with pets tend to have lower cholesterol and triglycerides, says Australian National Heart Foundation researchers.

Stress relief: When you look at that cutey-patootie ball of fur, your body releases a super-powerful chemical, oxytocin, while decreasing cortisol, the stress hormone. Findings from research from the State University of New York at Buffalo noted that blood pressure response to stress is cut in half for cat and dog owners.



“[Being busy] serves as a kind of existential reassurance, a hedge against emptiness, obviously, your life cannot possibly be silly or trivial or meaningless if you are so busy, completely booked, in demand every hour of the day.”



6

Read a Book

How many times have you heard someone say (or thought to yourself), “I would love to read more, but I just don’t have the time”? Make the time! Findings from the University of Sussex noted that reading just six minutes a day reduces stress levels by up to 68 percent, while other research determined that reading helps boost memory and prevents age-related cognitive decline by forming new neural circuits. If you’re not sure what to pick up first, check out what’s trending on Amazon Books or book-logging website Goodreads. As of this writing, 2018’s most popular books on Goodreads are *The Woman in the Window*, a thriller by A.J. Finn, *The Great Alone*, by Kristin Hannah, and nonfiction memoir *Educated*, by Tara Westover.

7

Diffuse Your Favorite Scents

Essential oils have exploded in popularity over the past few years for myriad intensions, including cleaning, pain relief, and even as an insect repellent. However, one of the

oils’ original purposes, aromatherapy, could be an alternative therapy for symptoms of depression and other chronic medical conditions, according to a review of studies published in the *Journal of Alternative and Complementary Medicine*. Aromatherapy may work by stimulating receptors in the nose, which send messages to the limbic system, which controls emotions in the brain, via the nervous system, says the Mayo Clinic. Pick out one or more of these scents to diffuse to potentially help:

Lavender • Jasmine • Basil
Rose • Chamomile • Geranium



8

Flip on Your Favorite TV Comedy

The experts say this is the golden age of television, and the bevy of streaming sources available means that your favorite funny episodes—whether it’s *Modern Family*, *Friends*, *MASH*, or *I Love Lucy*—are at your fingertips. Laughter therapy is a legitimate tactic for improving quality of life and decreasing stress and anxiety, and one of the easiest ways to take part is to watch a hilarious TV show. When you laugh, the stress hormones cortisol and epinephrine decrease, while dopamine and serotonin, which regulate joy, increase.



4

Declutter Your House

(or Desk or Car or...)

Remember—self-care isn’t always easy nor incredibly fun, and this particular task proves it. However, taking the time to declutter your surroundings is indeed the ultimate in self-care because it’s a chore that’s easy to set aside but gives an extraordinary sense of relief and pleasure when it’s done. Clutter actually builds both stress and depression—particularly if other people notice it—found a *Personality and Social Psychology Bulletin* study, while other research from the *Journal of Neuroscience* noted that clutter overstimulates the brain and makes it hard to focus. The cure (hopefully): a serious decluttering session.

5

Let the Profanity Fly

Swearing might not be proper etiquette, but just letting it loose can make a difference in your health. Why is the simple act of speech considered self-care? Sometimes you need to give yourself permission to break from being polite, which can be tough for some folks. However, research indicates that using profanity not only increases your ability to tolerate pain—like if you step on a Lego or pinch your finger—but also gives you a sense of control over a difficult situation, which boosts self-esteem and confidence. Don’t take this as permission to speak like a mouthy sailor, though, because the benefits only go far before studies show it starts to detract from a healthy, happy life.

“Self-Care is more than just a trendy hashtag, but rather a legitimate wellness concept with origins in the medical community. People in those high-stress or high-risk jobs, such as doctors, trauma workers, social workers, or EMTs, need a way to combat the emotional toll the days take on them.”



9

Volunteer to Help Others

There’s a fine line where volunteering transforms from self-care into something much less healthy. If you can keep on the right side of that line, volunteering supports long-term positive physical and mental health outcomes, including—but not limited to—more satisfaction with life, decreased symptoms of depression, and lower blood pressure, according to multiple studies, including one from Carnegie Mellon University that found around 200 hours of volunteering per year correlated to better physical health. What about that aforementioned fine line? Well, it’s easy to over-commit and turn the altruistic intentions into feelings of stress and resentment.

10

Listen to Sad Music

It might sound counterintuitive, but listening to sad music can make you feel better, both when you’re down in the dumps and when you’re in a good mood. Research from 2014 found that sad music can evoke positive feelings, including peacefulness and kindness, as well as boost empathy. If the song makes you cry, that may be all the better—sometimes you need that cathartic release of tears.



Listen to Happy Music, Too!

Of course, you don’t want to listen to sad music exclusively; you need those upbeat tunes, too! A significant amount of research supports the idea that music has an impact on mental and physical health, including a 2011 Canadian study that noted that listening to music increases the brain’s



production of the mood-enhancing chemical dopamine, as well as another set of findings that listening to music reduces pain and anxiety.

12

Dance It Out

While that music is on, you might as well double-down on the self-care. Dancing isn’t just a great form of cardio but also a pretty awesome way to stave off dementia, if you can believe it. Researchers

followed folks for more than five years to determine which leisure activities helped reduce the risk of developing Alzheimer’s disease, finding that dancing was one of them (also good choices: reading, board games, and musical instruments).

13

Plan a Friend Date

Your social life makes more of a difference for your health than you might realize—in



14

Cook a Nutritious Meal

fact, good relationships with friends make more of a difference than those with family members, particularly once you're a little bit older, says a 2017 study from the University of Michigan that involved more than 270,000 people from 100 countries. It's not just about *having* friends, though, but having quality friends. People who report that friends are a source of stress suffer from more chronic illnesses; those who say friends are a source of support tend to be happier.

There are a few healthy habits at play here: First, simply eating healthy foods, mainly fruits and vegetables, is one of the ultimate acts of self-care. There's no need to explain the myriad ways that nutritious food supports physical and mental health; however, it's not just about what you eat. Taking the time to plan out your meals is linked to a better diet and healthier weight, according to a study published in the *International Journal of Behavioral Nutrition and Physical Activity*.



15

Look at Something Cute

It might be your kids. It could be your dog. It might even be your spouse! Sure, they're all cutie-patooties, which give you a health boost. If none

of those options are available, though, just some adorable Internet pictures will provide you with the healthy, happy fuzzy-wuzzies, too. It can even make you more productive at the office (no, really!) A study published in 2012 in *PLoS One* examined the effect of *Kawaii*, the Japanese word for "cute," on university students, finding that viewing pictures of puppies and kittens boosted focus, improved mood, and benefitted productivity. If your boss catches you, it wasn't our fault.



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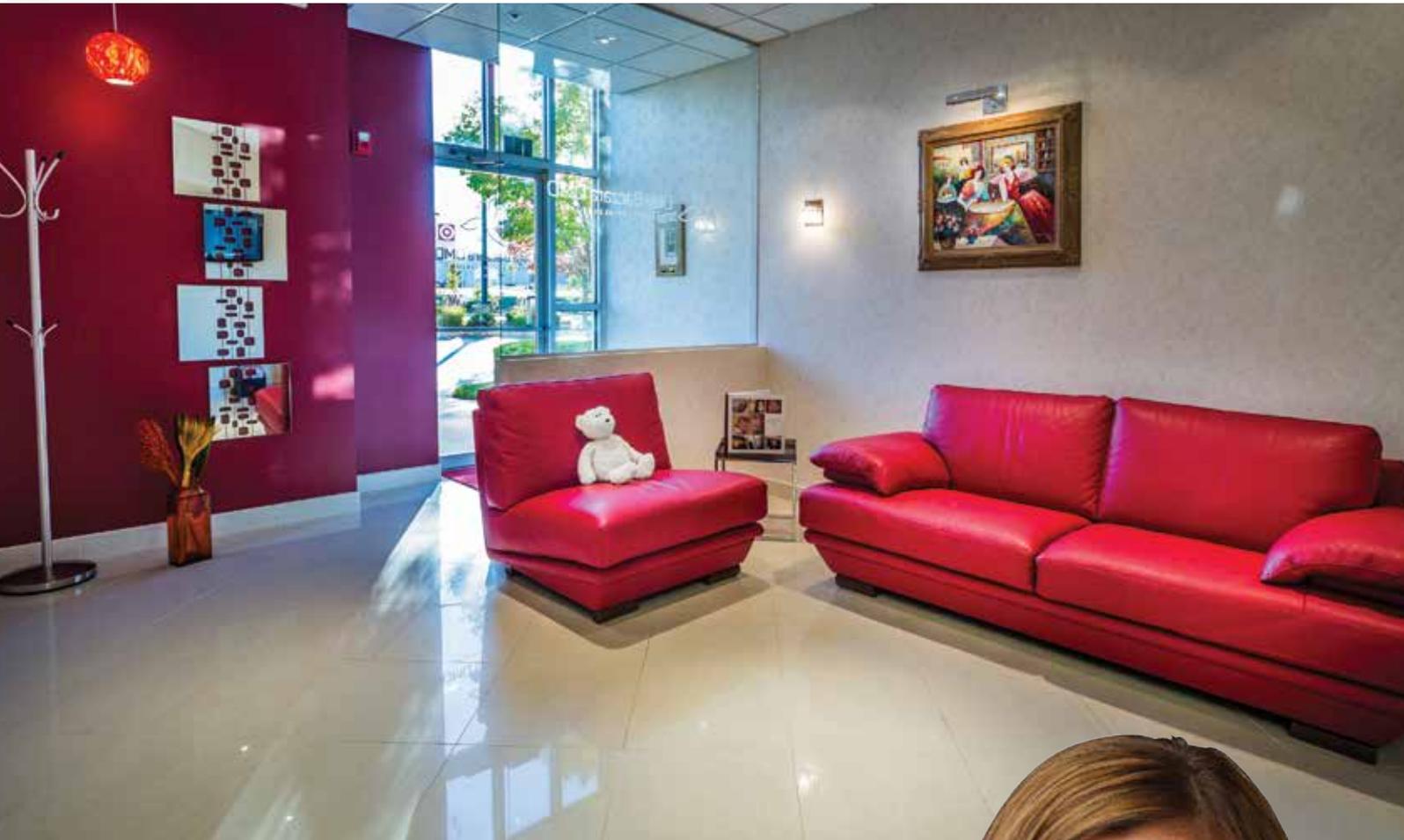
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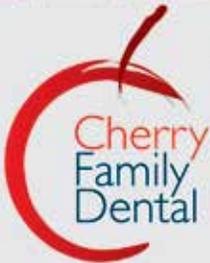
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2019 BEST OF BALLOT

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 the 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 before 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!



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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.....

 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.....



**RETAIL &
 PROFESSIONAL
 SERVICES**

Oil/Vinegar Shop

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Optician

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Outdoors Store.....

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Pet Grooming.....

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Pet Store.....

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Specialty Grocer.....

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Organic Selection.....

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Retail Beer Selection

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Retail Wine Selection.....

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Sports/Workout Equipment

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Summer Camp.....

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Unique Gifts

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Eco-Friendly Business.....

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Accounting

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Bank.....

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Hotel

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Computer Repair

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Customer Service.....

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Financial Advisor.....

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In-Home Senior Assistance.....

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Senior Living Facility.....

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Local Nonprofit Organization.....

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Tax Law

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Auto Body Shop.....

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Auto Dealership.....

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Golf Cart/Utility Vehicle Dealership.....

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Auto Insurance.....

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Auto Repair.....

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Boat Detailing

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Carwash.....

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Driving School.....

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Marina.....

.....

Wedding/Event Planner

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Pet Services

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Tutoring Services.....

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 **REAL ESTATE,
HOME &
GARDEN**

Real Estate Team/Brokerage.....

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Waterfront Team/Brokerage.....

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Residential Realtor.....

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Waterfront Realtor

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Residential Property Developer

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Commercial Property Developer

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Commercial Realtor.....

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Architect.....

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Closet/Organizer Designer.....

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Custom Builder

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Customer Service.....

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Driveway Design/Build.....

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Electrician.....

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Fence/Deck Contractor.....

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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.....

Fixtures & Hardware

 Garden Center.....

 Millwork/Moulding

 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.....



**MEDICAL,
 DENTAL &
 VETERINARY**

Dermatologist	Neck Contouring	Psychologist/ Therapy Practice
.....
Facial Contouring	Neurological Surgery	Psychiatrist
.....
Facial Rejuvenation	Neurologist	Rheumatologist
.....
Friendly Staff Doctors Office	Occupational Therapy	Rhinoplasty
.....
Gastroenterologist	Oculoplastic Surgery	Seniors Physician
.....
General Surgery	Oncologist	Sleep Apnea/ Snoring Treatment
.....
Gynecologist	Ophthalmologist	Speech Therapy
.....
Hormone Therapy	Orthopedic Hand Surgery	Sports Physical Therapy
.....
Hospice Medicine	Orthopedic Hip Surgery	Tattoo Removal
.....
IV Treatment	Orthopedic Knee Surgery	Urgent Care Medicine
.....
Laser Hair Removal	Orthopedic Sports Medicine	Urologist
.....
Laser Skin Treatment	Pain Management	Vascular Surgery
.....
Liposuction / Fat Removal	Pediatrician	Vein Restoration
.....
Mammography	Pharmacy	Adult Orthodontist
.....
Medical Grade Skin Care Products	Plastic Surgery-Reconstruction	Emergency Dentistry
.....
Mental Health Services	Podiatrist	Endodontist
.....
Mommy Makeover	Primary Care Medicine	Family Dentistry
.....

Friendly Staff Dentist Office

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General Dentist.....

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General Dentist (Cosmetic).....

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Holistic Dentistry

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Hygienists.....

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Implantologist.....

.....

Invisalign Specialist.....

.....

Oral & Maxillofacial Surgeon.....

.....

Orthognathic Surgery.....

.....

Pediatric Dentist

.....

Pediatric Orthodontist

.....

Periodontist.....

.....

Sedation/Phobia Treatment.....

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TMJ Treatment.....

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Total Mouth Reconstruction.....

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Veterinarian for Cats

.....

Veterinarian for Dogs

.....

Veterinarian for Small/Exotic Pets

.....

Veterinarian Surgery

.....

Veterinary Clinic.....

.....

Veterinarian for Large Animals (Farm).....

.....

Emergency Pet Care.....

.....

Naturopathic Doctor

.....

BEAUTY & FITNESS

Acupuncture.....

.....

Aromatherapy

.....

Balayage/Ombre

.....

Barre Class

.....

Bootcamp.....

.....

Brazilian Blowout

.....

Chemical Peel

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Children's Fitness Class

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Circuit Training.....

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CrossFit

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Customer Service

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Dance Class.....

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Deep Tissue Massage

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Eyebrow Care

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Eyelash Extensions.....

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Fabulous Haircut.....

.....

Facial

.....

Fashion Stylist.....

.....

Free Weights.....

.....

Friendly and Helpful Staff.....

.....

Gym.....

.....

Gym Amenities.....

.....

Gym Childcare.....

.....

Hair Extensions

.....

Holistic Health Coach.....

.....



Kickboxing.....	Place for a Day Spa	Therapeutic Massage.....
.....
Lifestyle Coach.....	Pool/Swim Facilities.....	TRX class.....
.....
Manicure.....	Prenatal Fitness Class	Tween Dance Class
.....
Martial Arts for Children.....	Reiki Practitioner	Tween Fitness Class
.....
Medi-Spa	Reflexology	Waxing
.....
Men's Haircut	Resort with Spa	Weight-loss Program/Regimen.....
.....
Microblading.....	Running Club	Yoga Instructor
.....
Mixed Martial Arts	Running Coach	Yoga Studio.....
.....
Mother-to-Be Massage	Salon Décor/Atmosphere	Bridal Makeup
.....
Nail Art	Salon for Coloring	Bridal Hairstyling
.....
Nail Gel	Salon Pampering.....	
.....	
Nutritionist.....	Salon Products.....	
.....	
Pedicure	Spinning Class	
.....	
Permanent Makeup.....	Spray Tan	
.....	
Personal Trainer at a Gym	Stone Massage	
.....	
Personal Trainer at a Private Studio.....	Stylist for Long Hair	
.....	
Pilates Class	Tattoo Parlor.....	
.....	

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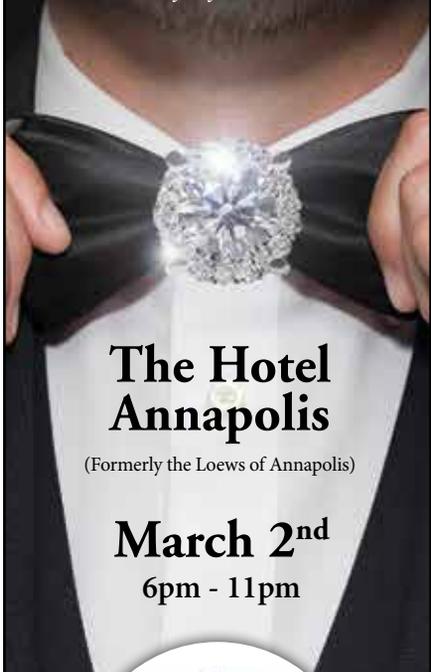
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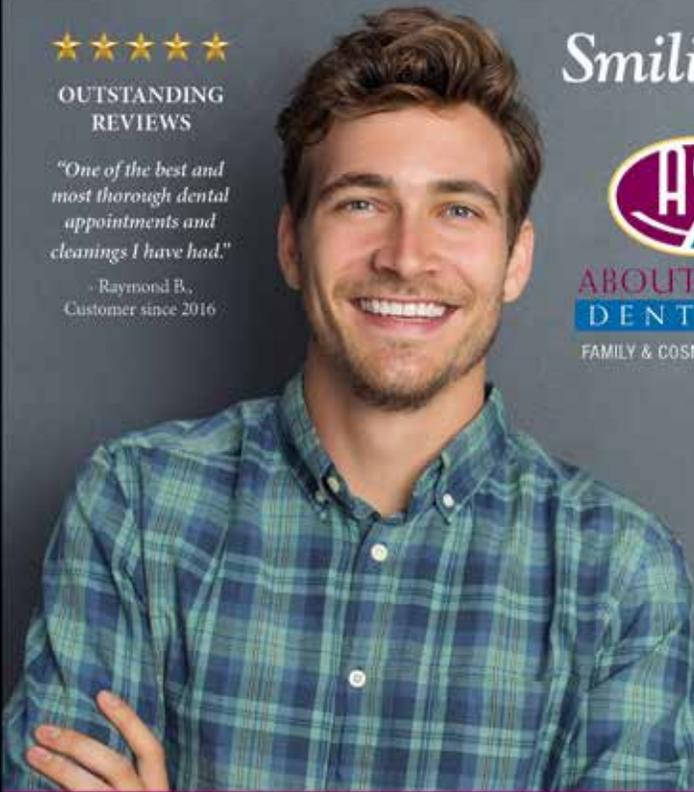
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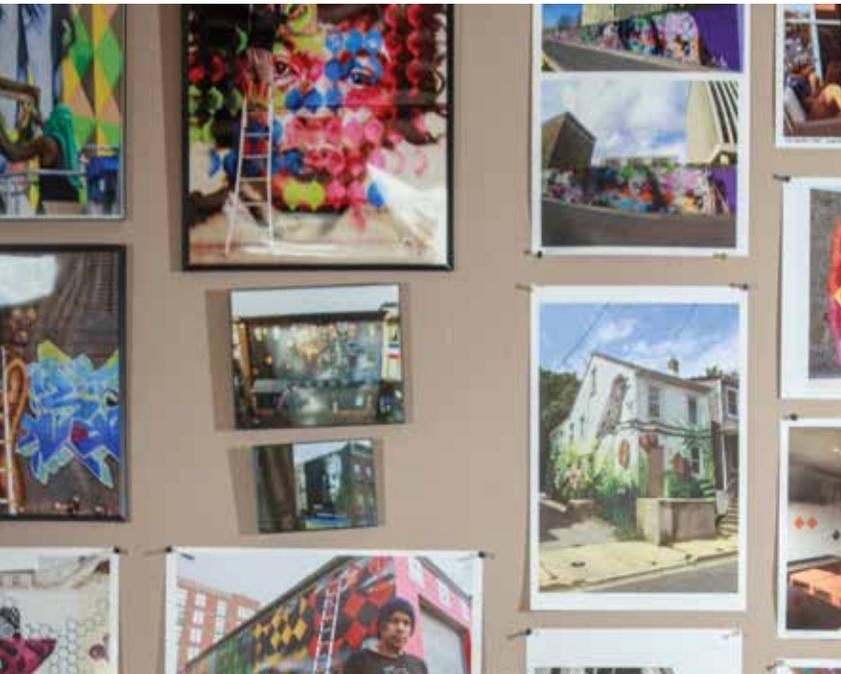
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Visionaries Among Us

By Frederick Schultz

The people we salute here come from diverse backgrounds, disciplines, and vocations, but they all share a common characteristic. Each in some way has made or is making where we live—and how we live—better. Collectively, they have changed or are now changing how we look at art, how we teach, what we eat, where we work, how we preserve what we have, the ways we care for each other and honor our past, and what we can do to make it all, not just good enough, but the best it can be.

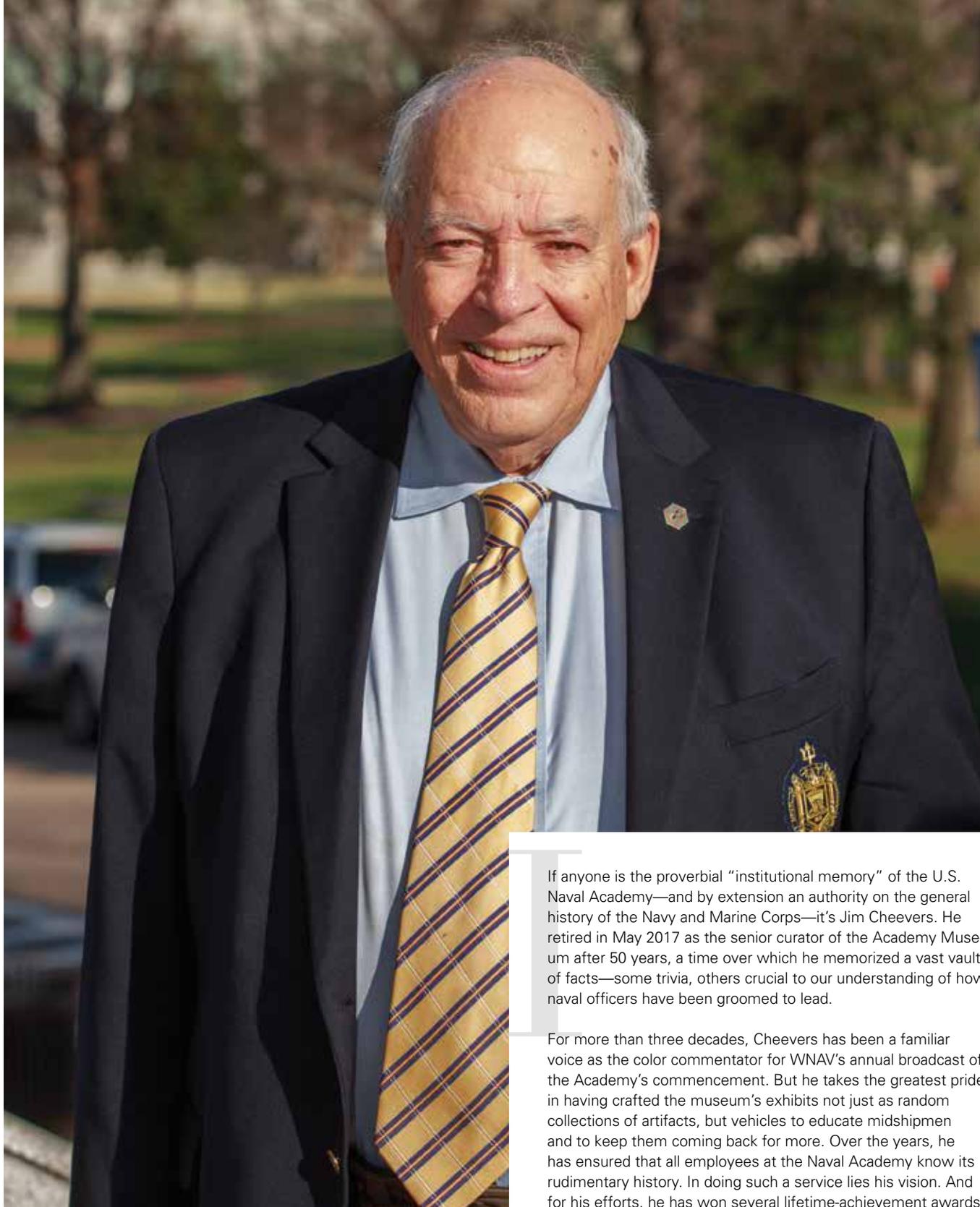
Frederick Schultz has been in magazine publishing his entire career, from editorial assistant to editor-in-chief and most everything in between. His journalistic work has appeared in numerous national and international publications, including American Heritage, American History Illustrated, the Chicago Tribune, Country Journal, and Naval History, among others. He is author of the book History Makers: Interviews (2000).



JEFF HUNTINGTON

The eye of the beholder has been both a friend and a foe to artist Jeff Huntington. But it's hard to argue against someone who is transforming otherwise bland and run-down non-historic building façades around the city into large painted murals—and inviting underprivileged children to work side by side with him to make it happen. Huntington, also known as Jahru, drew perhaps the closest scrutiny to his work in 2015. That year, future Annapolis Mayor Gavin Buckley caused an uproar from historic preservationists when he had Huntington paint a mural on the side of his Tsunami restaurant on West Street. For his part, Huntington has said that he'd never paint over a historic structure, "which is in itself a work of art."

Huntington now lives in Annapolis after studying at the Art Institute of Chicago and the Corcoran School of Art. He taught painting as an adjunct faculty member at the Corcoran School of the Arts & Design/George Washington University from 2012 until 2016, when he and his wife, Julia Gibb, founded the nonprofit arts-outreach program, "Future History Now." His work appears around the world and is represented by Porter Advisory in New York City, Reyes+Davis in Washington, and the Annapolis Collection Gallery. Huntington's murals appear in Brazil, Colombia, France, the Philippines, India, Hawaii, and across the continental United States. Over the next year, he plans to complete more projects for Chicago, the Philippines, India, Nigeria, and, of course, Annapolis.



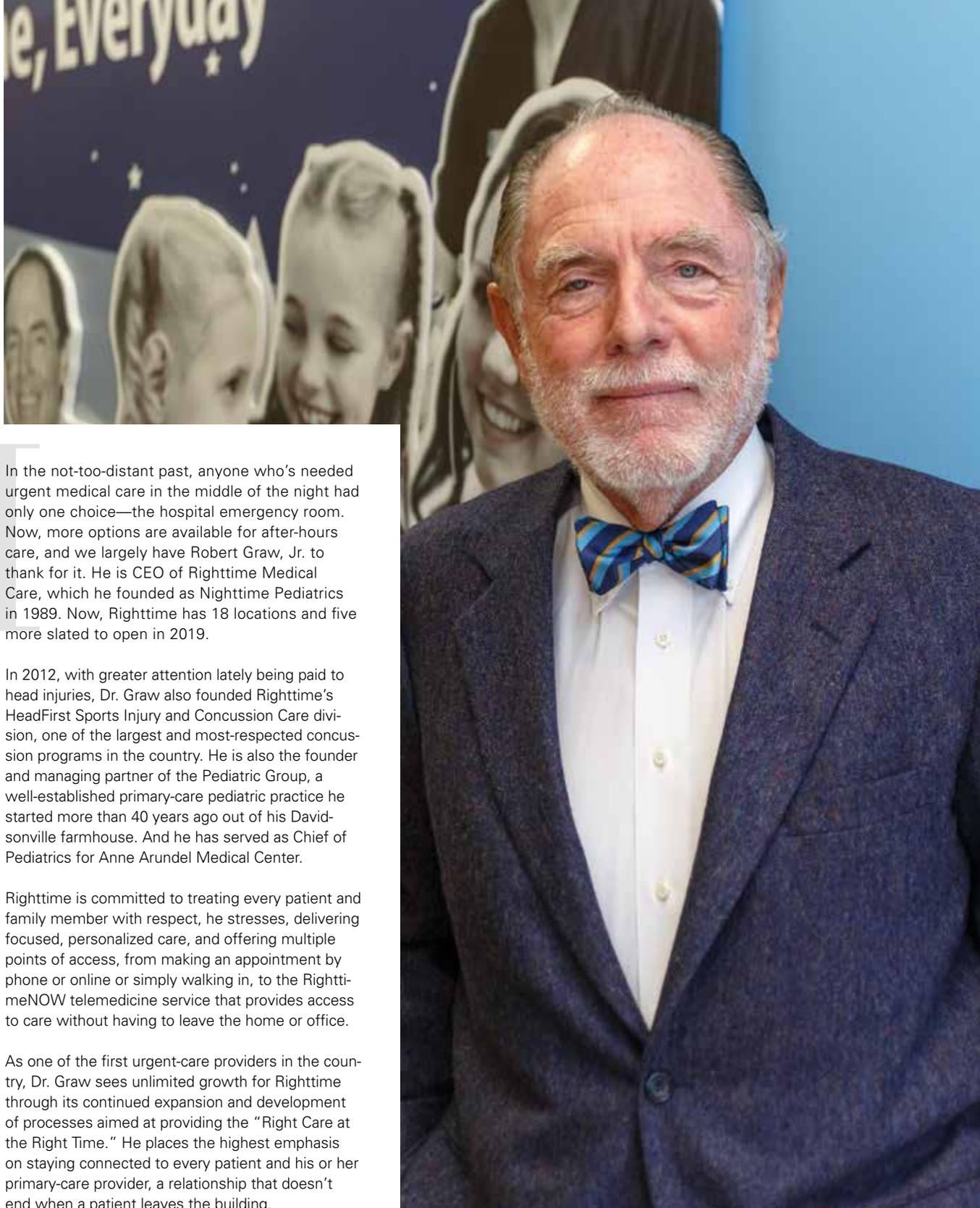
If anyone is the proverbial “institutional memory” of the U.S. Naval Academy—and by extension an authority on the general history of the Navy and Marine Corps—it’s Jim Cheevers. He retired in May 2017 as the senior curator of the Academy Museum after 50 years, a time over which he memorized a vast vault of facts—some trivia, others crucial to our understanding of how naval officers have been groomed to lead.

For more than three decades, Cheevers has been a familiar voice as the color commentator for WNAV’s annual broadcast of the Academy’s commencement. But he takes the greatest pride in having crafted the museum’s exhibits not just as random collections of artifacts, but vehicles to educate midshipmen and to keep them coming back for more. Over the years, he has ensured that all employees at the Naval Academy know its rudimentary history. In doing such a service lies his vision. And for his efforts, he has won several lifetime-achievement awards.

Though he’s stepped down from his role at the Academy, the Pittsfield, Massachusetts native, College of William and Mary graduate, and Army veteran will never retire from his adopted community here. “You could not help but fall in love with Annapolis,” he explains. Cheevers is a fixture on the boards of several civic associations and arts, educational, and wildlife organizations in the city and county and has spoken to “every yacht club, civic club, and garden club for miles around,” he says. Perhaps summing up his bearing in this community, the Annapolis mayor named Cheevers a “Living Legend” in 2012.

JAMIES

CHEEVERS



In the not-too-distant past, anyone who's needed urgent medical care in the middle of the night had only one choice—the hospital emergency room. Now, more options are available for after-hours care, and we largely have Robert Graw, Jr. to thank for it. He is CEO of Righttime Medical Care, which he founded as Nighttime Pediatrics in 1989. Now, Righttime has 18 locations and five more slated to open in 2019.

In 2012, with greater attention lately being paid to head injuries, Dr. Graw also founded Righttime's HeadFirst Sports Injury and Concussion Care division, one of the largest and most-respected concussion programs in the country. He is also the founder and managing partner of the Pediatric Group, a well-established primary-care pediatric practice he started more than 40 years ago out of his Davidsonville farmhouse. And he has served as Chief of Pediatrics for Anne Arundel Medical Center.

Righttime is committed to treating every patient and family member with respect, he stresses, delivering focused, personalized care, and offering multiple points of access, from making an appointment by phone or online or simply walking in, to the RighttimeNOW telemedicine service that provides access to care without having to leave the home or office.

As one of the first urgent-care providers in the country, Dr. Graw sees unlimited growth for Righttime through its continued expansion and development of processes aimed at providing the "Right Care at the Right Time." He places the highest emphasis on staying connected to every patient and his or her primary-care provider, a relationship that doesn't end when a patient leaves the building.

DR. ROBERT

GRAW, JR.



The Merrill family cast a wide philanthropic net over this region as owners of *Capital-Gazette* Communications, the former publisher of the Annapolis *Capital* and five other newspapers, along with *Washingtonian* magazine. Before his death in 2006, Phil Merrill had served in the administrations of three presidents as an adviser on national-defense issues and strategic studies. But he is best known locally as a newspaperman who served as president and CEO of his own company and was succeeded by his wife, Eleanor, who later sold it to Landmark Communications. Both are deceased now, but the family legacy lives on.

Among the many beneficiaries of their generosity is the Chesapeake Bay Foundation, which received \$7.5 million for the Philip Merrill Center, its headquarters on the Annapolis Neck peninsula, and the University of Maryland, which established the Philip Merrill College of Journalism at College Park with a \$10 million gift from the family. Most recently, the Merrill Foundation helped lay the groundwork for establishing a relief fund for the families of the five *Capital-Gazette* employees who were gunned down in their newsroom in June.

The journalism school at Maryland that bears his name includes a pertinent quote from Phil Merrill: "In a world that's dominated in large measure by the communications revolution, sound journalistic values and capabilities are more important than ever."

PHILIP & ELEANOR

MERRILL



Stephen Tillett has a long and impressive resumé to back up the rousing sermons he delivers at the Asbury Broadneck United Methodist Church near Cape St. Claire. His first book, *Stop Falling for the Okeydoke: How the Lie of 'Race' Continues to Hinder Our Country*, was released in May 2017 and has received numerous favorable reviews. In it, he dismisses race as a big lie, “a social construct that has no basis in science.” He is the author of numerous columns and political commentary and is committed to the unification of the human family. His outlook involves not race defined by skin color but the well-being of the only real race—the human race.

A native of Washington, D.C., he graduated from the city’s St. John’s College High School before receiving a B.A. from the American University School of Government and Public Administration and a Master of Divinity degree from the Howard University School of Divinity. Lieutenant Colonel Tillett retired from the U.S. Air Force Reserve in January 2017 after beginning his military career as a chaplain in the Air National Guard in December 1996.

Before answering the call to Asbury Broadneck in 2004, Tillett served as pastor of churches in both Washington and Baltimore. He has served as the president of the Annapolis Interdenominational Ministerial Alliance, and is the current president of the Anne Arundel County Branch of the NAACP, and recently received the “Dr. Martin Luther King, Jr. Peace Maker Award.” Tillett adheres especially to one message from Dr. King that “We must learn to live together as brothers [and sisters] or perish together as fools.”

REV. STEPHIEN

A. TILLETT



CRAIG

SEWELL

Anyone who thinks all food is created equal hasn't met Craig Sewell, much less ever sampled his wares. He's the former owner of the aptly named A Cook's Café, an Annapolis storefront eatery, cooking classroom, and distribution point for Community Supported Agriculture (CSA) that was situated in an otherwise nondescript industrial complex until it closed after 15½ years in June 2017. Now, Sewell is the marketing and livestock specialist for the Southern Maryland Agricultural Development Commission (SMADC), which assists farmers in the five Southern Maryland counties transition from their traditional crop of tobacco to raising livestock for meat. Establishing a supply chain for such ventures is where Sewell comes in.

It might seem like an unlikely pursuit for someone with an honors degree in economics from Harvard, but in a sort of metaphysical way, Sewell's rewards go beyond what he could have amassed in the corporate world. "Probably in our grandparent's day, and certainly in our great grandparent's day, eating food grown naturally on local farms...by people you knew," Sewell points out, "was the norm." And in his vision, that is precisely what he strives for today. "Food was fresher and tastier, prepared in harmony with the seasons, and grown without intervention of chemicals and hormones," Sewell says, "and in a larger economic sense, the money that was spent on food and related services was circulated in the local economy, not sent to corporate offices far away."



JOSEPH

OLMO

His business card is red, with a thick white arrow pointing to an oversize white “Hello” across the middle third of it. That is the first evidence anyone sees that young Mr. Olmo has no problem with self-confidence. And it turns out he also knows exactly what he wants to do for a living with two years at Anne Arundel Community College under his belt. A 2015 graduate of Archbishop Spalding High School, he has now transferred to his dream school, Catholic University, dual majoring in media communications and political science. Olmo wants to be a journalist.

“In my senior year of high school, we were required to bring laptops every day. Not long after, I became more attracted to what was on the screen than what the teacher had to say,” he says. “I became addicted to watching the news, and I used to fake reports in front of my friends. I tried to act just like [NBC anchors] Brian Williams and Lester Holt.”

At Catholic University, he has his own program broadcast once a week titled “Diálogo en América,” a weekly politics/news talk show with politicians and government officials. For the program, he says, “I’ve interviewed Oregon Senator Jeff Merkley, New Jersey Senator Cory Booker, various congressmen and congresswomen, and the attorney general of El Salvador and nearly all of the presidential candidates from that country.”

In the future, we’ll certainly be keeping an eye on Mr. Olmo at What’s Up? Media (and looking over our shoulders).



Visitors to Kinder Farm Park near Severna Park/Millersville can be forgiven if they think the “Kinder” part of the name has something to do with young people. Not that children don’t enjoy the open spaces and exhibits offered by the park, but the Kinder name comes from the insightful German immigrant family who ensured that their land would be put to good use by Anne Arundel County.

The Kinder Farm “complex” started in 1898, when Gustave bought 41 acres in Millersville, and between 1902 and 1907, when brother Henry Sr. bought adjacent land. In the next 50 years, Henry and his sons acquired 600 more acres. Other siblings purchased land along what was later named Kinder Road. The home Henry built in 1926 later became the park office. Henry’s sons, Edward (Eddie), Henry Jr., August, and Albert grew the estate in the 1940s to one of the largest cattle operations in the state. In 1979, the four brothers sold 288 acres to Anne Arundel County, land that became Kinder Farm Park.

Today, the Friends of Kinder Farm Park raises funds and oversees volunteer activities. The Visitors Center opened in 2010, and the Kinder Park Sawmill produces the wood used for cabinets, furniture, and displays in the Exhibit Hall. Under the direction of the Friends group, volunteers restored the Henry Kinder Farmhouse, which opened in 2014, and the Friends also sponsors livestock demonstrations through its 4H club and other popular events throughout the year. Farm history comes alive as well for visitors to the Tobacco Farm and Farmhouse museums.

All in all, the Kinder boys had the vision to ensure that their land survived essentially undisturbed in the midst of surrounding development. We think they would be proud.



KINDER

FAMILY



PAUL SPADARO

“Enthusiastic, passionate, dedicated, energetic, and tireless.” This is how Paul Spadaro describes his work as an advocate for the environment—most notably as president of the Magothy River Association. One of his first jobs, as a surveyor in Yorktown, New York, led him to assist in saving a wetland where a local developer sought to build a housing development. Through his expert testimony, the inappropriate use of the wetlands was denied. After Spadaro moved south to Maryland, he taught solar energy classes at Anne Arundel Community College and proceeded to look for volunteer opportunities to improve the environment.

Spadaro remembers the promise and enthusiasm of the first Earth Day in 1972. He believed then that people could make a difference to improve the environment through grassroots efforts, and his optimism has not changed. The environmentalist’s uncanny knack for bringing together local and federal government agencies, volunteers, and community organizations has even drawn the attention of the World Bank.

Spadaro is a “forward thinker,” he says, “always looking to and working for the future.” When he needs to make a decision regarding which projects to pursue, such as his recent efforts with volunteers to deploy “reef balls” in the Magothy River, he asks, “Will this help the river?” It already has.



JOSIE

URREA

Pinning down Josie Urrea is hard. A senior at Severna Park High School, she is the 45th student member, with full voting rights, of the Anne Arundel County Board of Education, where she is focusing on school safety and mental health. All the while she's looking ahead in her pursuit of a commission from the U.S. Naval Academy, where she's aiming to major in computer engineering and minor in Mandarin Chinese.

Mandarin Chinese? How did she arrive at that? "I've already studied it for four years in school but want to continue it because of my fascination with the culture," she says. "The language also opens up service learning, traveling, and job opportunities in my future that tie into the Navy. In school, I enjoy taking rigorous math, science, and STEM classes as well as being an active member and current president of my school's Model UN [United Nations]."

Urrea has wanted to attend the Naval Academy since middle school stating that "it's a place that challenges you to be the best teammate and leader you can while providing you with opportunities to see the world." She would also be the first in her Hispanic family to start a legacy at the Academy.

"Implicit bias," she told us, is one problem she hopes to confront for the rest of her life. How does she intend to do it? "Having the tough conversations around diversity and culture are necessary to learn about different people. Once these conversations become normalized, we build open-mindedness and empathy toward others that lead to understanding where people's perspectives originate. In this way, I hope we one day grow toward a more inclusive environment."

People with disabilities, from a simple sprained ankle to completely debilitating diseases, can have a hard time navigating the challenging world. And they often encounter others who have no concept of what it's like to cope with such hardship.

Enter, Karen-Ann Lichtenstein. Over the past 45 years, she has been committed to educating Marylanders—the business sector and the community at large—concerning the inclusion of people with disabilities. She is the embodiment of the mission statement of The Coordinating Center: “To partner with people of all ages and abilities and those who support them in the community to achieve their aspirations for independence, health, and meaningful community life.”

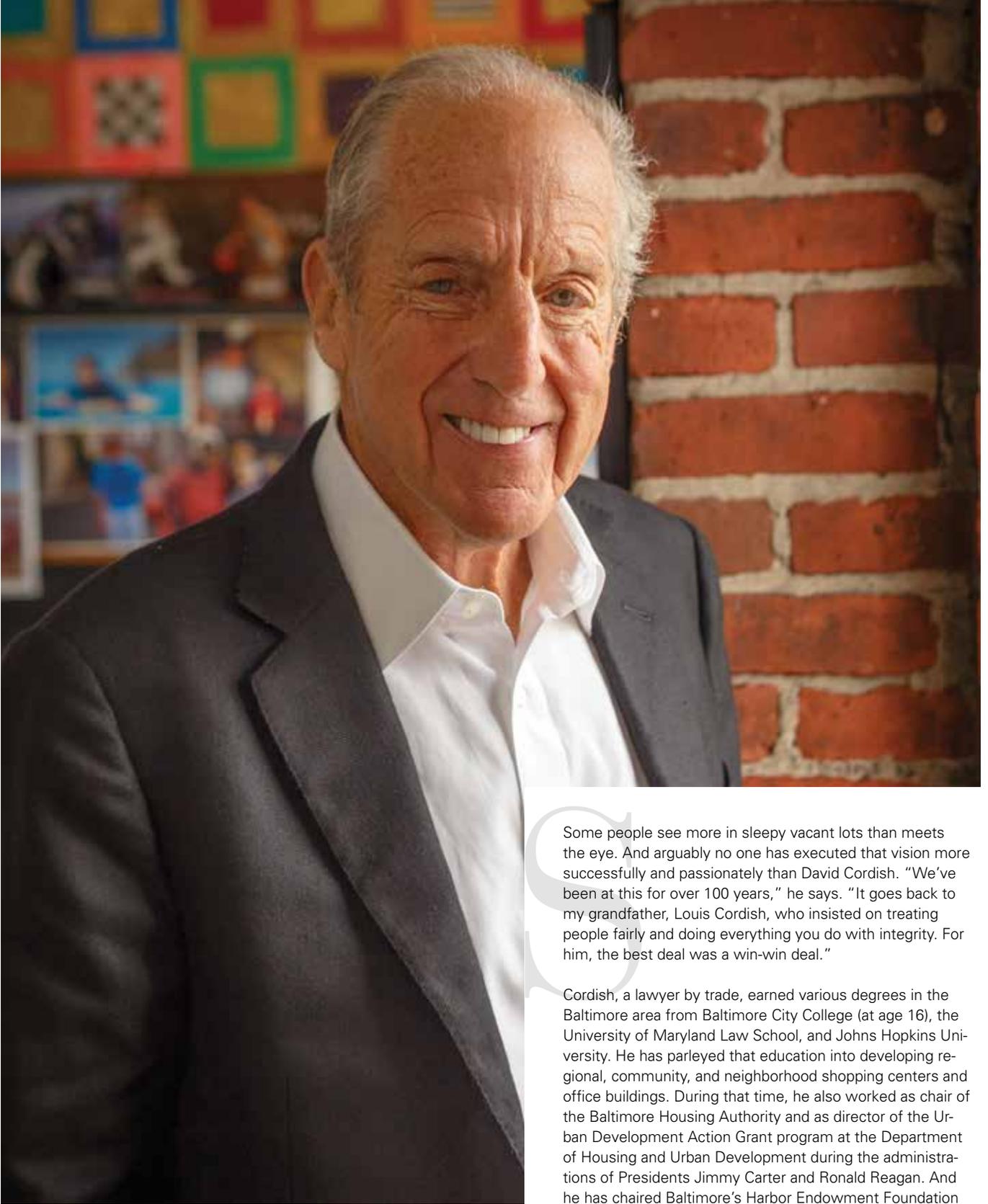
An unrelenting and strong advocate and champion for those who are disabled and have complex needs, she served for more than 25 years as president/ CEO of the center. Lichtenstein has overseen dramatic growth of the organization, headquartered on Veterans Highway in Millersville, from its comparatively humble beginnings serving 50 children with the most complex medical needs and moving them from hospitals to home, to numbers that have grown currently to more than 10,000 people of all ages, disabilities, medically complex needs, and social determinants of health.

“My vision for the center’s future,” she says, “is to continue its incredible work to ensure that people of all ages and abilities have equitable access to achieve optimal quality health, affordable housing, and meaningful community life.” Now Lichtenstein is handing over the reins of the center and looks forward to seeing her vision continue and thrive.



KAREN-ANN

LICHTENSTEIN



Some people see more in sleepy vacant lots than meets the eye. And arguably no one has executed that vision more successfully and passionately than David Cordish. “We’ve been at this for over 100 years,” he says. “It goes back to my grandfather, Louis Cordish, who insisted on treating people fairly and doing everything you do with integrity. For him, the best deal was a win-win deal.”

Cordish, a lawyer by trade, earned various degrees in the Baltimore area from Baltimore City College (at age 16), the University of Maryland Law School, and Johns Hopkins University. He has parleyed that education into developing regional, community, and neighborhood shopping centers and office buildings. During that time, he also worked as chair of the Baltimore Housing Authority and as director of the Urban Development Action Grant program at the Department of Housing and Urban Development during the administrations of Presidents Jimmy Carter and Ronald Reagan. And he has chaired Baltimore’s Harbor Endowment Foundation and served as a pro bono consultant and mediator for Johns Hopkins, Loyola College, and Stevenson University.

Currently, however, he is most proud of bringing the “Live!” brand to Anne Arundel County, for which he sees “tremendous opportunities.” The new hotel seems to excite Cordish the most: “We are so proud to have recently opened the flagship Live! Hotel at Live! Casino...the first hotel in the country to carry the Live! brand. It was especially exciting and a tremendous honor to be introducing this concept in our family’s hometown.”

DAVID

S. CORDISH



Addie Clash Travers' dedication and work to honor the legacy of Harriet Tubman (pictured, ca. 1870s) and the Underground Railroad inspired the formation of the Harriet Tubman Underground Railroad Visitor Center and future generations.



If only we could have interviewed Addie Clash Travers and talked to her about her ancestor, Harriet Tubman. Called “the Moses of her people,” Tubman was a “conductor” of the Underground Railroad in the mid-19th century. In the dark of night, she secretly helped slaves escape—estimated to total some 300—from the south across marshland on Maryland’s Eastern Shore to the Mason-Dixon Line and freedom. Some sources have quoted abolitionist Quaker Thomas Garrett as having said, “If she had been a white woman, she would have been heralded as the greatest woman of her age.” In fact, the prospects seemed in favor of replacing Andrew Jackson with Tubman on the \$20 bill, that is, until the 2016 presidential election.

Acknowledging Harriet Tubman’s roots in Dorchester County, about 12 miles southeast of Cambridge in the Bucktown area, had mostly eluded historians. But we can all thank “Miss Addie,” as she was known, for leading the way to correct that slight. A strong-willed “retired businesswoman and civic leader” born in Bucktown in 1913 and descended from the Ross family (the name of Tubman’s parents), she established “Harriet Tubman Day” in 1970 and served as vice president of the Harriet Tubman Association; a predecessor and inspiration to the establishment of Harriet Tubman Underground Railroad Visitor Center, the Harriet Tubman Museum, and the Harriet Tubman Scenic Byway. She was “the lady to contact” about anything on the subject. “I didn’t have no black history in school,” she once said, so she relied on accounts from the “older folks,” promising then and there to keep Harriet Tubman’s legacy alive.

ADDIE

CLASH TRAVERS



In 1988, she was the first woman and first American to run the full length of the great Himalayan massive, all 14 major peaks for 3,000 miles at altitude. Two years earlier, she ran the full length of Japan and swam records in many world bodies of water before that. Even after those monumental conquests, Mary Margaret Revell Goodwin insists that her latest project—to establish the first Maryland Museum of Women’s History and open it on the 100th anniversary of women getting the vote—is “more daunting and more important and beyond the difficulty of those efforts that went before it.”

Revell Goodwin has been a historian for Queen Anne’s County for 30 years and says she has loved every minute. As the county historian, she has seen many major event efforts come to fruition, “but none compared to this undertaking,” she contends. “Women’s stories have been the least told,” she points out, and she wants “a place where the stories of women can inspire, open discussion, deal with women’s issues through history, and just as important, offer upcoming young women the chance to make their own history.”

The monetary goal to open the museum is \$4 million. “We have our historic building, and it needs repair,” Revell Goodwin admits. The first exhibits from the museum will travel the state in advance of the opening in 2020.

MARY

MARGARET REVELL GOODWIN



JOHN WRANG

This innovator started raising chickens with his wife Judy in 2004. "We came late to farming compared to most," he admits, but "when the opportunity came to buy a small farm on the Eastern Shore, we jumped at it." Jumped *into* it is more like it. What appealed to John and Judy Wrang was something they studied thoroughly, pastured poultry, deciding there had to be a better way of producing chickens for meat (soon after purchasing their first flock of laying hens) than what the large poultry houses were offering.

To accomplish that, they followed plans for a "chicken tractor" which is a movable shelter that John shifts at regulated times to fresh patches of pasture.

What they started processing for themselves and their family quickly surpassed the quality of anything they bought in the grocery store. So they expanded the operation and today sell their fresh chicken and eggs from their pastured laying hens. "I believe pastured poultry is here to stay in the United States," John Wrang says. His products, farmed in "small batches," don't require the use of antibiotics and other medications "due to the cleaner environment they are raised in." It's a model that could positively shift the industry and how we think of food sourcing.

His loyal customer base at the county farmers' markets can testify to the difference. "Our customers have become like extended family," John says. When you reach the front of the line at the Wrangs' market set up on Sunday morning and ask how he's doing, John always replies, "I'm better now that I see you here."



People in crisis or simply down on their luck don't have to go it alone. They just need to know which way to turn. About 16 years ago, Krista Pettit founded Haven Ministries, Inc., that began as a homeless shelter serving individuals for a couple of months until they could get back on their feet. She is now executive director of the nonprofit organization, where its programs now include a longer-term homeless shelter with transportation services, a thrift store, street outreach program, a resource center with financial assistance, a warehouse with job training, and two food pantries. "My direction comes through prayer as I seek guidance in living out my calling by serving others," she says.

Pettit lives in Centreville with her husband Chris, a United Methodist pastor, and two children, and she is very active in her church and community. She characterizes her vision (and that of Haven Ministries) as "grandiose: where everyone is treated with respect and dignity and provided with all of life's necessities."

KRISTA

PETTIT

Haven Ministries has been on track to tackle this monumental task by expanding programs throughout the years and aiming toward purchasing a building for a longer-term housing assistance program, advancing the job-training program to include food service, and employing asset-based community development in an economically depressed neighborhood. To keep the vision moving forward, Haven Ministries also closely aligns with area organizations and businesses and surrounds itself with wise counsel.

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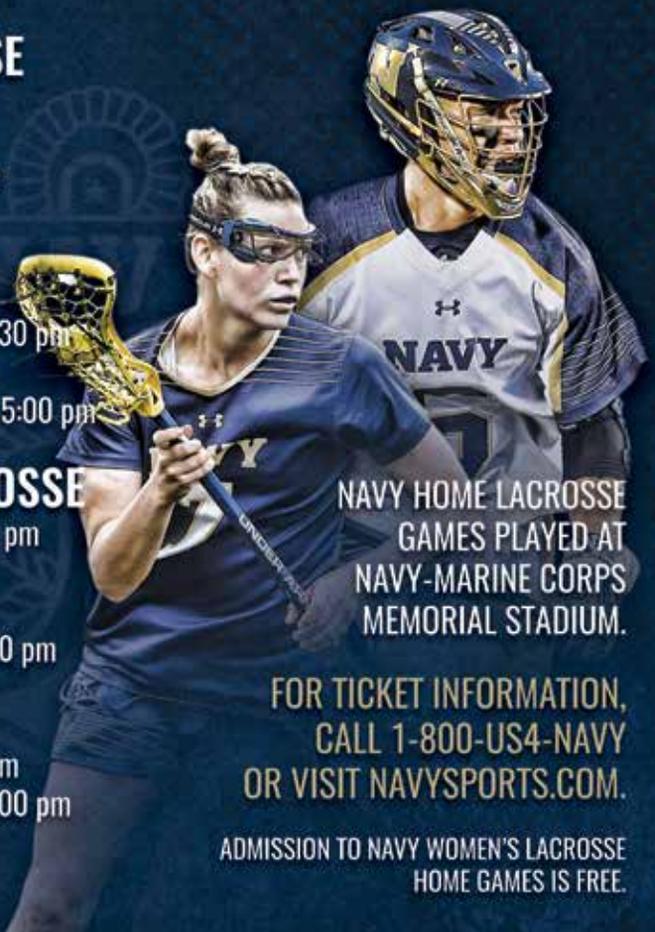
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- 3/30 vs. HOLY CROSS / 12:00 pm
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THE

MARA SALVATRUCHA

ENIGMA

Solving the social problems attributed to the complex criminal gang, commonly known as **MS13**, demands a deeper understanding of its roots

By Diana Love



Jenni Rivera

June 24th: Jennifer Riviera Lopez, age 21, is reported missing. She's discovered September 20th, tortured and dismembered in a shallow grave at Elks Camp Barrett, Crownsville. **August 1st:** a 15-year old girl in Kensington, Montgomery County, Maryland is beaten 28 times with a bat "for not being a good enough prostitute." The girl's beating was so severe, she was left with indented buttocks, extensive bruising, and visible bleeding from the neck down. **August 5th:** Neris Giovanni Bonilla-Palacios, age 17, reported missing August 5th, is discovered buried in a shallow grave October 5th near Quiet Waters Park, Annapolis. Also, in August, David Riviera is reported missing. He has yet to be found. **September:** An unidentified man later found to have connections to Annapolis is discovered stabbed 100 times, decapitated, with his heart cut out and buried separately in Wheaton Park, Montgomery County. Also, in September the body of Jose Hernandez-Portillo, 22, missing since 2016, is found in a shallow grave near Quiet Waters Park.



Damaris Reyes Rivas

It's the summer 2017. At Quiet Waters Park in Annapolis, adults enjoy bucolic evenings at summer concerts and children make the most of time on the water at camp. Elks Camp Barrett, Crownsville. Scouts romp and play in the great outdoors. Montgomery County, Maryland. Residents enjoy all the perks that life in the Washington, D.C. suburbs offers: fine dining, shopping, museums, events.

Beyond the concerts, camps, and al fresco evenings that define summer in the Chesapeake Bay region, a grim and heartbreaking timeline plays out. Young people are reported missing and bodies are discovered in shallow graves. Sadly, then and now, beyond mention in the local newspaper, few people are aware of these children's plight outside of their own families and communities.

What do each of these crimes have in common? The assaults of Jennifer, Neris, the unidentified student, and the two boys beaten in Hillsmere, were all tied to Latin criminal gangs. While there are many Latin gangs with a presence in Maryland, northern Virginia, and across the country—Latin Kings, 18th Street Gang, Florencia 13—the most notorious of these in Anne Arundel County is MS13.

Anne Arundel County and Annapolis police report that of the roughly 10,000 MS13 members in the United States, there are about 200

to 250 in our area. Pinning down exact statistics on just how many Latin gang members live here is a nebulous science based on anecdotal reports, witnesses, criminal confessions, and arrests. Regardless, these gangs are willing to perpetuate evil and havoc.

Jennifer, a former student of Annapolis High School, was lured by Brenda Argueta to join acquaintances for an evening. She was tortured, strangled, and dismembered at Elks Camp Bennett in Crownsville. Police have not released a motive. Several people, including Argueta, age 18, have been arrested and charged with her murder. Among her killers is Argueta along with Ronald Adonay Mendez-Sosa, former student of Annapolis High School, and Ervin Arrue-Figuero, also a student at Annapolis High who continued to attend classes until he was arrested.

Neris, just 17 years old, was murdered with a machete. Marcos Melendez-Gamez, also 17 and a resident of Annapolis, was arrested and charged with first-degree murder and other crimes for acting as a lookout.

Jose was 22 when he went missing. When his remains were found a year later, at Quiet Waters Park, the Office of the Chief Medical Examiner ruled the death a homicide by significant sharp force trauma, a method commonly used by MS13 to murder victims. One of the six men charged in his death, Juan Carlos Sandoval-Rodriguez, is a 20-year old previously charged with assaulting the Annapolis High School student who refused to join MS13 in 2017.

Beyond being Latino, and beyond their tragic and horrific deaths, these victims have another thing in common: they were young, just 15 to 22 years old. They were in the prime of their lives. And they were preyed upon by fellow immigrants, their neighbors, their peers, and companion students.

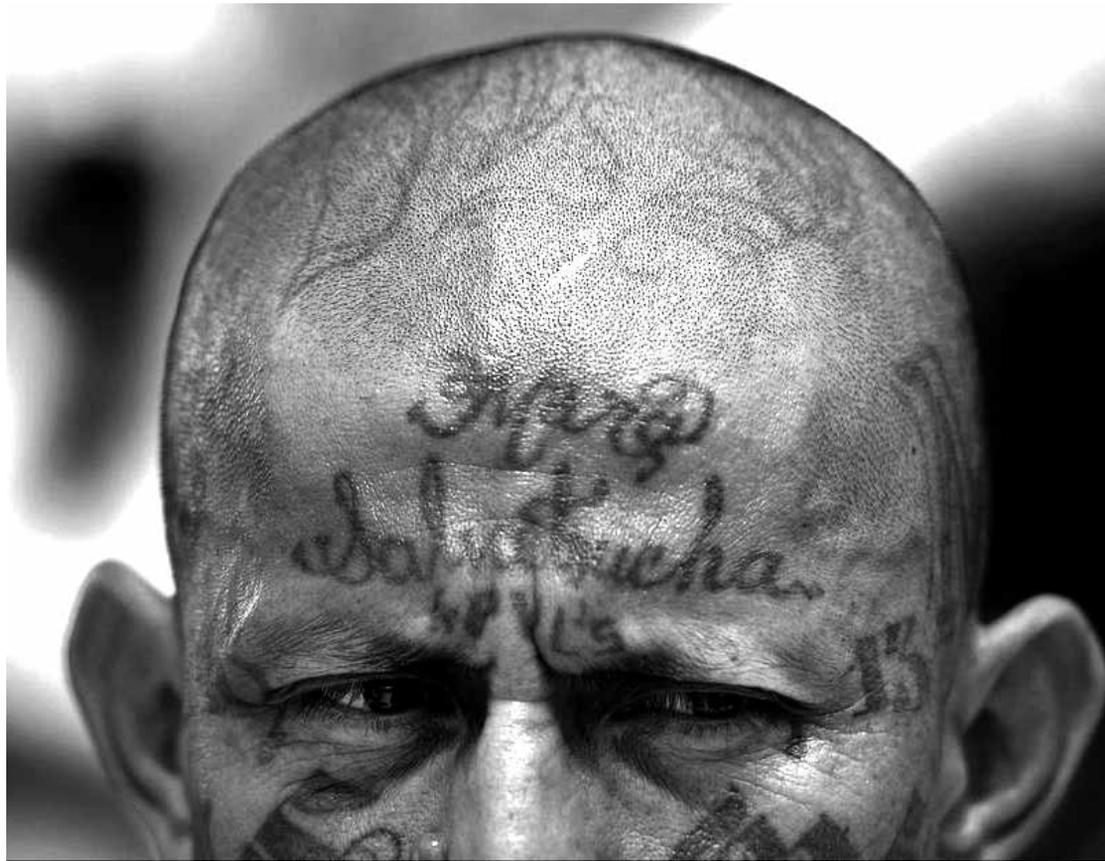
While police don't offer motives or cause for these murders, they all bear the hallmark touch of MS13, a gang that relies on intimidation, extortion, assassination, and murder to advance their strength and their power position in relation to other gangs.

WHY SHOULD YOU CARE

The United States Census Bureau 2017 American Community Survey indicates that the Latino community comprises about 20 percent of the Annapolis population. Police and city leaders estimate that number is closer to 25 percent. This means that one in four or five people in our community identify as being from Mexico, Central America, or another Latin country. Most are from El Salvador.

Anne Arundel County Police Chief Tim Altomare says that within 48 hours of arriving in the United States, immigrants will be surveilled by local members of Latin gangs. They will be targeted according to where they are from—their country, their neighborhood, even the street where they lived—their political associations, their motivations for coming to America, and their family members left behind.

By the end of the week, these migrants and refugees, all who come to the United States to escape gangs and to seek a better life than the misery they left behind, will be actively recruited. “Before too long, [new arrivals] are only allowed to go where the gang tells you, to talk to who they say. They have total control within days,” Altomare says.



Control is asserted via threat of death to family members both here and abroad. Power is expressed through rampant extortion: the gang is a tax collector for the undocumented restaurant workers, landscapers, construction crews, and laborers who form a key work force in our economy. Asked if the gentleman who landscapes my neighbor's yards is extorted, if that man's son has been or is being recruited, Altomare answers, absolutely.

Because these crimes happen in a closely knit and insular community, and because they are not always reported by the victims nor in publications other than the local newspaper, you, the reader, probably know nothing of this suffering.

WHAT IS MS13?

MS13 originated in the barrios of Los Angeles in the 1970s and '80s, a time of brutal lawlessness, revolution, and civil war in Nicaragua, Guatemala, Honduras, and El Salvador. Citizens of El Salvador, in particular, sought asylum in the United States, but were refused refugee status under President Ronald Reagan's immigration policy. Nevertheless, they arrived illegally, surviving on undocumented, low-wage jobs and living with the constant fear of deportation back to their war-torn and impoverished homelands.

These immigrants were especially vulnerable, not just to deportation, but also to extortion and harassment from Latin, Asian, and black gangs who also populated the Los Angeles barrios. The first MS13 members were young heavy metal fans with a juvenile appreciation for ruthless Mexican gangs and an innate desire to protect their families and communities regardless of the cost. Violence, honed by a youth spent in the El Salvador Civil War (1980–1992) made famous for government-ordered massacres, machete killings, and child soldiers, much less by rampant corruption and dire poverty, became the hallmark of Mara Salvatrucha, MS13's full name.



Brenda Argueta



Juan Carlos Saldival Rodriguez



Photo by David Hartcorn

The gang's motto is *mata, viola, controla*: Kill, Rape, Control. Members are "jumped in" to the gang in one of two ways: either they are beaten for 13 seconds—the length of that potentially long segment of time determined by the local "clique" leader; or less often, they are sexed in. Members report to a local leader, who then reports to the "Big Homies," a group of leaders at the top of the gang's hierarchy, all based in El Salvador. These Big Homies direct gang recruitment, gang activity, and even migration of gang members from Central America to specific cities in the United States.

Mara Salvatrucha has long been considered to be less organized than other criminal enterprises. Historically, MS13 has been more interested in exerting control and power than in money. In recent years, this has changed. Drug trafficking, extortion, child trafficking, prostitution, and robbery are the

gang's chief sources of revenue. MS13's particular brand of unconscionable violence is directly related to historical events of the late-20th century in Central America, the birthplace of the gang in Los Angeles, El Salvador's failed juvenile justice system, the region's institutional poverty, and desensitization to tactics synonymous with wartime brutality.

MS13 was relatively unknown in our area until the last decade. Although the gang originated in Los Angeles, it spread to San Francisco, Massachusetts, New York, and other centers of Central American immigration under the direction of Ernesto Deres, a former El Salvadorian Special Forces soldier trained by the United States Green Berets. According to reports, he used his training in logistics, operations, and military discipline to grow the gang.

Simultaneous to the spread of Deres' local cliques, federal immigration policies led to giant leaps in the number of gang members returned to Central America. When President Bill Clinton signed the Illegal Immigration Reform and Immigrant Responsibility law in 1996, it became much easier for the government to deport both lawful permanent residents convicted of even relatively minor crimes and illegal, undocumented immigrants. At the same time, the Immigration and Naturalization Service (INS) Violent Gang Task Force, created in 1992, began work with local police to target immigrant gang members for deportation. When gang members were deported back to home countries already steeped in violence, their savage mentality fermented. Latin gangs grew in numbers and correspondingly, in power.

In 2012, MS13 was named a transnational criminal organization by the United States Treasury Department.

Children, young boys and girls, either armed for conflict in the El Salvador Civil War, 1980-1992, or in its midst. These photos symbolize a pervasive awareness of violence in El Salvadorean culture. War, government atrocities, extrajudicial killings and gang violence have been a part of civilian life in Central America since the late 1970s. This may explain the MS13's desensitized reaction to what others would consider inhumane and extreme crime.

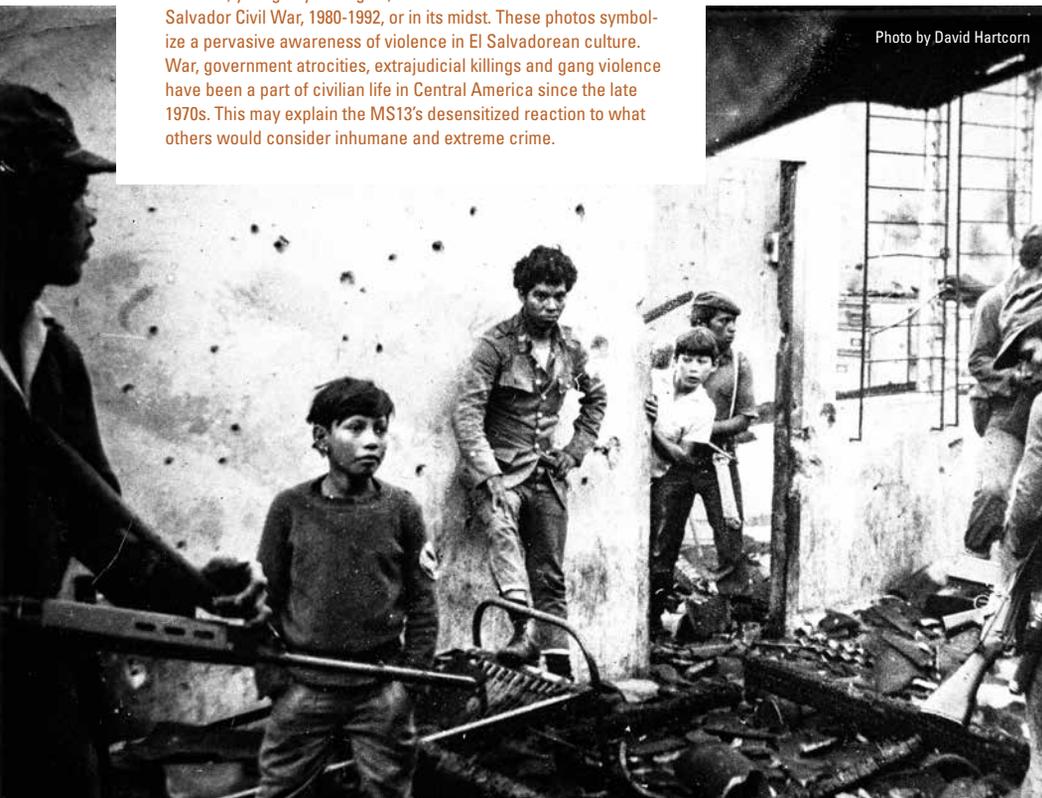


Photo by David Hartcorn

MS13 IN ANNE ARUNDEL COUNTY

MS13 gained its notoriety in the Mid-Atlantic region in the early 2000s following several brutal incidents, peaking locally in Anne Arundel County by summer 2017. These accounts startled and concerned Annapolis and Anne Arundel County leadership and law enforcement, though they were aware of the gang and its movement into the area. Former County Executive Steve Schuh ordered Altomare and his staff to execute a determined, methodical, and sustained operation against MS13 and its related entities, 18th Street and Latin Kings. Additionally, Governor Larry

Hogan established a gang task force that same summer. Altomare and the Annapolis Police Department joined the group, which includes state and federal law enforcement. The task force was charged with forming a comprehensive strategy to prevent the growth of MS13 while at the same time engaging the full force of the law enforcement and justice system to eradicate the gang.

To better understand the job ahead, the gang task force—including Altomare, federal agents, local police officers, and other experts—travelled to Central America where they could learn first-hand about the gang: why the gang is desensitized to violence from a young age, the theories and facts on why the gang’s methodologies are so brutal and sadistic, and the best methods for bringing gang members to justice.



Today, cities in El Salvador are immersed in crime and poverty. A young man lays slain on the sidewalk; and homelessness is ubiquitous. Such conditions have driven many El Salvadorans to immigrate northward to Mexico and the United States.

Photo by David Hartcorn

UNDERSTANDING THE FEAR FACTOR

Chief Altomare’s job is to defend as much as it is to comfort. He takes the violence invoked by MS13 seriously. To be clear, he takes the violence invoked by *any* gang seriously. “What I really want to tell people is that it is extremely important to me as a man and as a cop that I will move heaven and earth to keep them safe,” he says. “I don’t care where you are from, what color your skin is, what your socioeconomic position is. I will do anything to take a predator off the street. I will use any tool at my disposal to do that, to go after the bad guys with everything I’ve got.”

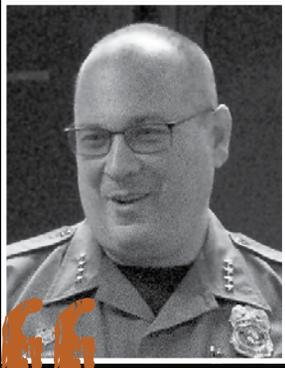
Altomare—and the gang task force—sought to understand why young people and newly arrived residents turn to the gang versus local officials for help, even though they have lived through and are well aware of the gang’s escalating levels of violence, murder, and extortion. Experts say

that migrant children are especially vulnerable and turn to the gang for practical assistance, for example finding a job, as well as for companionship in a foreign land. The primary reason is fear. If a resident is extorted or harmed by the gang, they might be afraid to turn to law enforcement for help and may be unwilling to serve as a witness to crime, largely out of fear that they could be deported. This same fear, or the very real worry that the gang might make good on threats to harm family members or even report undocumented residents to authorities, might also serve as a reliable tool for gang recruitment.

“From a law enforcement perspective, [violent gangs] are all the same animal,” Altomare says. “MS13 is attacking our community, members of our community family, and just because they have a strategy of trying to weasel their way around one ethnic group doesn’t change the fact that an attack on one is an attack on all.”

There have been multiple cases of innocent bystanders caught in the crossfire of Latin gang violence. In his book, *Operation Devil Horns: The Takedown of MS13 in San Francisco*, author Ray Bulger reveals the 2008 murder of Tony Bologna and his sons, Michael and Matthew. The Bologna sons were mistakenly targeted by the killer as rival gang members. While there are no reported cases of such crossover in Annapolis or Anne Arundel County, the potential remains and law enforcement is sensitive to the possibility.

Joe Hudson is the civilian Latino Liaison for the Annapolis Police Department. His role requires him to be available to his constituents 24 hours a day, seven days a week. Hudson treats his position more as a vocation and responsibility than as a job. He offers Spanish translations for the police department, visits local public schools to assist both administration and students, makes presentations to officials and commu-



I don't care where you are from, what color your skin is, what your socio-economic position is. I will do anything to take a predator off the street. I will use any tool at my disposal to do that, to go after the bad guys with everything I've got." —Police Chief Tim Altomare



People need to understand that 99 percent of the Latino community is completely unrelated to the gangs, fled here to escape the gang, and wants nothing to do with them." —Annapolis Alderman Marc Rodriguez



Until everybody gets involved and understands the humanitarian crisis both south of the border and here in our own communities, we will have a long way to go." —City of Annapolis Hispanic Liaison Joe Hudson

nity leaders, and helps Annapolis residents find food, shelter, and clothing. By his own admission, he is a mentor, an advocate, a supporter, and a shoulder to cry on. Hudson was impacted personally by the loss of Jennifer, Neris, David, and Jose. Any loss of life is painful to him, but he knew these kids, he knows their friends and family, and he had personally helped them. Because of his close ties to the Latino community, he has intimate knowledge of what immigrants experienced in their home countries and en route to Maryland.

Hudson says the trauma and fear that people from the "Northern Triangle" (Guatemala, Honduras, and El Salvador) face daily is nearly indescribable. Home to just 8 percent of the world's population, El Salvador and Honduras see over 38 percent of global homicides, the highest rate of any country not in a war zone and triple that of Mexico. Honduras has among the highest rates of female murder in the world. According to the Council on Foreign Relations, extortion is rampant and flagrant. Some gangs occupy street corners, demanding a tax to cross the street, visit a grocery store, or even pray in a church.

In 2017, 39 percent of migrants to the United States from these three countries were unaccompanied

children and adolescents, a number up from just 2 percent recorded by the United States Border Control from 2003 to 2009. Although USBP statistics on apprehension of illegal immigrants were the fourth lowest level since 1972, the number of children was much higher than ever before.

The same children, newly arrived to Annapolis, who attend our schools and churches, who shop in our stores, and play with us on sports teams, have directly experienced or have family members who have lived this violence. According to Hudson, many of the children who journey unsupported to the United States travel via La Bestia, a train that runs from Central America through Mexico. MS13 has become so savvy, that they post members on that train to photograph and document riders; information used to identify, threaten, extort, and recruit them upon arrival to the U.S.

The Latino population in Anne Arundel County is centered in Annapolis. Schools like Tyler Heights, Georgetown, Annapolis Middle, Bates Middle, and Annapolis High are home to a growing number of Latino students. Reports of gang bullying in these schools range from disallowing particular colors of clothing, shoes and haircuts, to threats of violence against family members and ultimately to demands that these children participate in nefarious and criminal activities. Gang recruitment in this cluster of schools is common. This violence against children must be stopped.

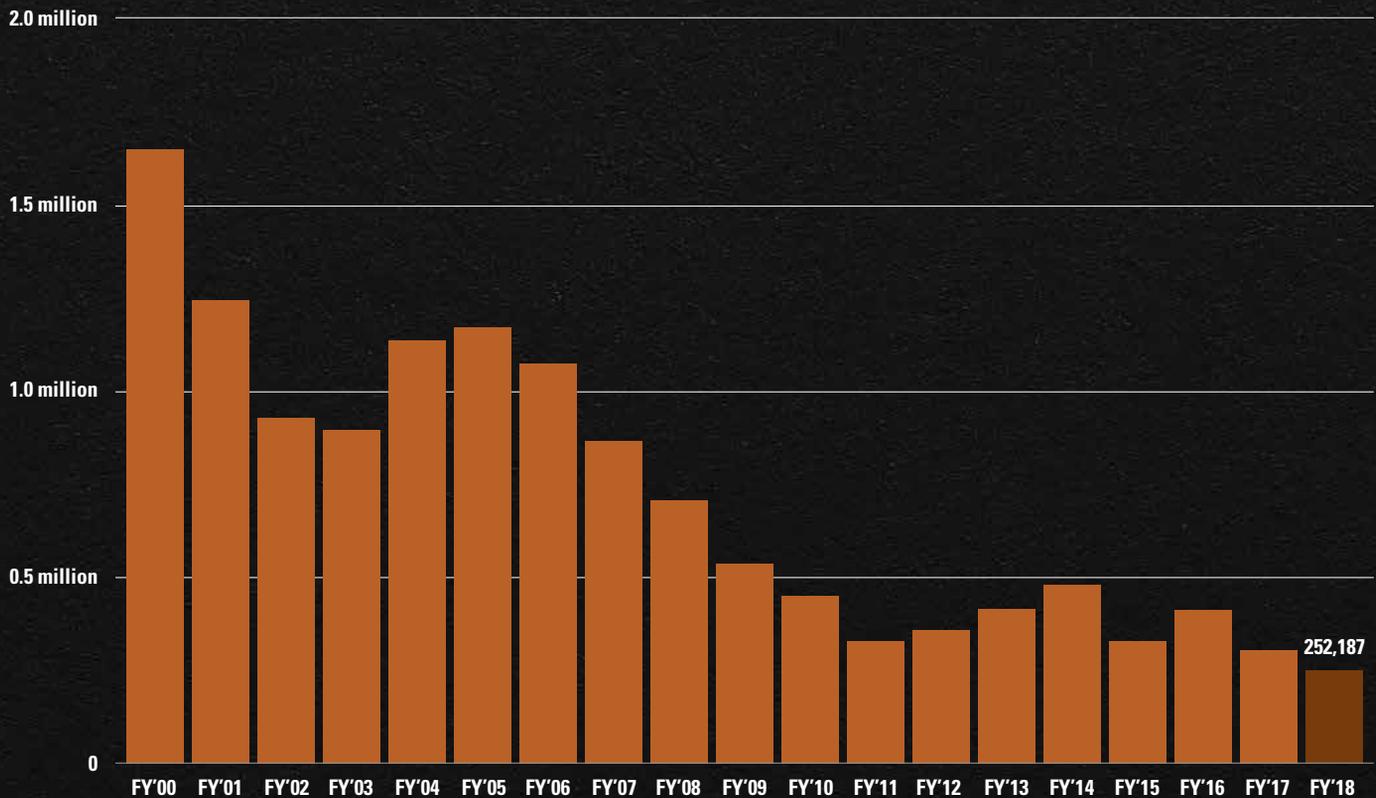
CONTROVERSIAL SOLUTIONS TO INFECTIOUS CRIME

Going after the bad guys is complicated. It's easy to look at the evil perpetrated by gangs like MS13 and to draw immediate conclusions about detection, detention, and deportation. President Donald Trump has used MS13 as a supporting argument for his views and policy regarding immigration. Though his policies and proposals have met scrutiny, the American government must seek tangible and enforceable ways to control illegal immigration. American law enforcement also must seek ways to make sure violent criminals don't return after deportation. Democrats and Republicans espouse this view.

Trump contrarians often cite the need to better understand the circumstances immigrants are trying to flee and to kill the gangs at their very roots. In his recent *Washington Post* article, José Miguel Cruz, director of research in the Kimberly Green Latin American and Caribbean Center at Florida International University wrote: "In pointing to MS13 to try to scare Americans into harsh new immigration restrictions, Trump is overstating the danger the gang poses here in the United States. Worse, by using the gang to demonize all Latino immigrants, Trump is building inner-city walls that alienate communities and risk making criminal organizations more powerful, both here and overseas."

BORDER PATROL APPREHENSIONS

Despite a recent uptick in border apprehensions, the number of illegal border-crossers remains historically low.



FY'18 data as of May | Source: U.S. Customs and Border Protection | Credit: Renee Klahr/NPR

Annapolis Alderman Marc Rodriguez agrees. He works closely with the Annapolis Latino community, which makes up much of Ward 5, his district off Hilltop Avenue. He says the President's approach to the gangs is misguided and even detrimental to the cause. Rodriguez has received death threats for his efforts to promote a better understanding between nationalists and the local Latino community, and for his vocal disregard for politics that leave Latino residents disenfranchised, unsupported, and living in fear.

"It's important to start with some numbers," he says. "There are 1.4 million estimated gang members in the entire country; about 10,000 are related to MS13. Reportedly 200 of those are in Anne Arundel County. People need to understand that 99 percent of the Latino community is completely unrelated to the gangs, fled here to escape the gang, and wants nothing to do with them."

Rodriguez took umbrage against Schuh's decision to defund the county's Resident Access to a Coalition of Health (REACH) program, which provided low cost or free access to a wide variety of medical care for residents who don't qualify for state or national insurance. He cites Schuh's refusal to approve the Board of Education's request for thirty English as a Second Language (ESOL) teachers. He also cites Schuh's controversial decision to participate in the 287G program, a deal he signed in 2017 but was revoked by his incumbent Stuart Pittman in December 2018.

The United States Immigration and Customs Enforcement (ICE), an arm of the Department of Homeland Security, administers the 287G program, training county correctional officers to use federal databases to screen new inmates for immigration violations, warrants, and prior crimes.



Photo by Susan O'Brien

At last fall's Dia de Los Muertos event in the City of Annapolis, Latino culture and heritage was celebrated. The City aims to plan similar events with a Latino focus in 2019.

ICE partners with 78 local governments across 20 states in jail enforcement agreements. Data shows that Anne Arundel County screened 180 inmates from December 2017 to November 2018. Of those screened, 64 received ICE detainers with 36 of them committing violent crimes ranging from murder to burglary. The rest committed non-violent offenses such as driving without a license, DUI, or credit card fraud.

Schuh also negotiated an agreement with ICE that pays the county a minimum of \$1.7 million a year for use of 130 beds in a vacant section of the Ordinance Road Correction Center. Schuh defended this approach. “Eighty percent of those we arrest for gang activity are in the country illegally,” he says. “This is a direct consequence of the failure of the federal government to control the borders. Our police have zero involvement in immigration enforcement. We don’t ask people their immigration status, and police are disallowed from involving themselves in any way—their job is to build strong relationships, so we can find out about the criminal community. However, in the jail, we do

care. If someone is put in jail under 287G, we interrogate, find immigration status, or discover a member of a gang, we alert federal authorities, including Homeland Security that we are in possession of a criminal illegal immigrant and that individual is turned over to federal authorities, after they’ve served their term of confinement.”

Schuh and his supporters have a point: according to the Center for Immigration Studies, from 2005 to 2014 ICE arrested approximately 4,000 MS13 members,

leaders, and associates. This represents about 13 percent of all gang members they arrested nationwide (31,000) during that period. According to this same report, 92 percent of the MS13 affiliated aliens arrested were illegal. Of those, 16 percent had entered illegally at least twice.

But Rodriguez calls these deals “prison for pay.” He says most families have a residency status that places them in the pipeline for recognition as refugees. An arrest, or even a report to local officials could threaten that placement, regardless of innocence.

Additionally, the arrest and deportation of just one person could make their dependents even more vulnerable physically and financially when the gang comes calling. When the family breadwinner gets deported, even for a misdemeanor, the dependents might turn to the gang for help.

Lastly, Rodriguez says, the policy is blatantly biased against foreign nationals from Central America. “Immigration-related enforcement is a federal issue and should not be placed on the shoulders of local law enforcement and the taxpayer,” Rodriguez says. “[The 287G] program is a for-profit mission to go out hunting for Latinos, because that’s where you make money. It assumes everyone’s a criminal. The Latino community hears about that, and that is exactly when MS13 steps in. This is specifically why victims and witnesses won’t come forward because their immigration status might become complicated.”

FINDING COMMON GROUND

“This is not something that county or city government can fix. You aren’t going to arrest your way out of a gang situation,” Joe Hudson explains. “It is complicated. Until everybody gets involved and understands the humanitarian crisis both south of the border and here in our own communities, we will have a long way to go.”

Hudson says to eradicate MS13 in Anne Arundel County, our advocates, community groups and even our voters will have to remove the politics and add empathy. “They are an invisible society,” Hudson says. “They come to mow your yard and clean your house, and you don’t even have to speak to them. Most people don’t even try to find common ground.”

Even representatives of federal law enforcement agencies agree that community action needs to be a part of any agenda that aims to counteract gang violence. “The idea that human life means nothing to these gang members should shock the conscience, and we cannot allow this type of thinking to take hold in our youth. We need help in addressing the violence, by the community supporting churches, community programs, and activists who can provide a positive alternative to the deadly future MS13 offers,” states Special Agent in Charge William Sweeney of the FBI New York Field Office’s Counterterrorism Division.

As Marc Rodriguez so pointedly noted, there is no public safety threat to a group that doesn’t impact the whole. “The most important response to crime in any of our communities is outreach and support and building relationships that say I care about you, and I care about our community.”

Any attempt to address murder, intimidation, and terror must include a recognition of the deep complexities that contribute to the culture of violence that is personified by MS13. It’s equally important to recognize that the people who come to this community—legally or otherwise—have some other option than joining the gang and some degree of confidence that they have more security here than in the place that they left.

Perhaps in reaching out to find common ground, we can honor the lives of Jennifer, Neris, David, Jose, and the many others killed or harmed by MS13. Perhaps by doing this honor, we send a message to the parents, relatives, friends, and fellow students of these children: you deserve a safe, productive, and healthy life and we are ready to help you find that.

GET INVOLVED

Resources and Information

If you want to take direct action to help, consider acting as a community connection. There are several ways where you might be able to donate time, talent, and resources:

Volunteer at Latino outreach programs at Anne Arundel County Public Libraries

Participate in after school programs like Big Brothers, Big Sisters

Help youth groups such as El Joven Noble, Xinatchli Brief, and Cara y Corazon (contact Joe Hudson)

Teach English language classes at local churches and community centers

Offer assistance such as filling out paperwork and connecting people to community resources at community centers

Encourage your church to reach out to form partnerships with the Latino community

Vote for community leaders willing to take on the complex challenges of eradicating gangs, addressing immigration and immigrant issues, and supporting local youth in smart and humane ways

Support Contacts Include:

Anne Arundel County Latino/Hispanic Outreach
410-222-1879

aaccounty.org/services-and-programs/latinohispanic-outreach

City of Annapolis Hispanic Liaison
Joe Hudson
410-268-9000, ext. 7304
annapolis.gov/712/Hispanic-Liaison

City of Annapolis Hispanic Community Relations Specialist
Adriana Lee
410-570-9052
alee@annapolis.gov

Centro de Ayuda (Center of Help)
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Q: What are the top three criteria for choosing a Continuing Care Retirement Community?

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waterfront, medical facilities, shopping, cultural activities, historic areas, colleges and sports activities.

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JIM HARRINGTON
BayWoods of Annapolis



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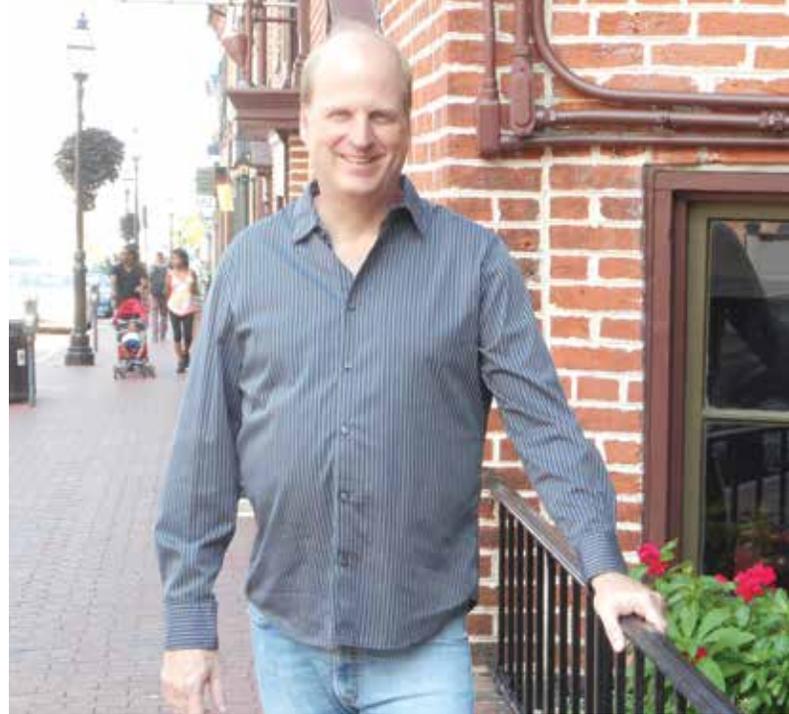
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Annapolis in 2020

Conversations about the City of Annapolis' future with prominent personalities

By Frederick Schultz



Welcome to our next 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? Here, we speak with Executive Director Erik Evans of the nonprofit Downtown Annapolis Partnership, an alliance of 76 businesses and services, the mission of which is “to sustain and strengthen the Annapolis business community.”

How does the Downtown Annapolis Partnership (DAP) fit with all the other organizations in the city with similar missions?

In addition to the partnership, I'm also executive director of the Inner West Street Association and the Annapolis Arts District, so there's a great deal of collaboration. I moderate the Annapolis Business Leaders Meeting, where all the executive directors and the leadership of all the business organizations meet monthly with the city's Economic Development Office to work on current and upcoming issues so that everyone is aware of what everyone else is doing.

I think I have a great relationship with the current leadership. At the monthly meeting, usually one or two City Council members attend. The economic development director is on our board, and she attends all the board meetings. I have conversations regularly with the mayor, and I regularly

attend the economic development matters committee for the City Council, so that we can discuss issues that are coming up and if there's a role the city can play in helping or not, or whether the impact it will have is something they want to pursue or not.

Is the downtown Annapolis economy healthy?

I do believe it is healthy. We have very few empty storefronts and many regular events. Our hotels are also regularly full. Is there room for improvement? Always.

You mentioned empty buildings, empty storefronts. To some people, that symbolizes mismanaged property or greedy property owners. Is that true?

There's a cost of doing business, and some people aren't paying their mortgages and taxes. Honestly, the higher the rents are, the healthier the economy is, because you're able to charge more in a healthy economy. If you go to towns with lower rents, you'll find they have a much smaller dedication to business traffic. So, it is a sign.

What are critical issues that your members would like to see addressed by the city?

Flooding is one of downtown's biggest problems, and the threat is increasing. This is especially hard on the Dock Street businesses, big events like boat shows and the Kunta Kinte festival, and traffic along Comromise Street.

The second challenge is getting more people to shop in downtown Annapolis. The city's downtown has eight main arteries that focus on shopping and dining: Main Street, Market Space, Dock Street, Randall Street, Francis Street, State Circle, Maryland Avenue, and West Street. When you look at all the businesses on these streets you will see that most are not tourist-related. A few shops are tourist-related, especially as you get closer to the City Dock. And this is to be expected in a town that has strong tourist destinations. However, I feel downtown Annapolis has more places to buy non-clothing-related gifts than the mall, and there is a higher concentration of diverse restaurants in the city verses the outside edges.

A third issue is how to improve the pedestrian experience downtown. We need to look at how to better connect Maryland Avenue and West Street to Main Street. We have what I refer to as “pedestrian dead zones” between these areas where there is nothing for people walking to see or do. This discourages pedestrians from continuing to explore all three areas.

Finally, and maybe most important, we need to make it easier to do business in the city to attract new investment.

Functions of the Downtown Annapolis Partnership

- Manages and promotes Midnight Madness for 3 nights every December
- Decorates and funds the Downtown Annapolis Holiday decorations
- Promotes Small Business Saturday
- Manages Annapolis Restaurant Week promoting 40+ restaurants
- Beautifies downtown Annapolis during the summer months, providing and watering the hundreds of flower baskets
- Promotes May Day in downtown Annapolis
- Has training classes for business owners
- Markets to and works with potential new business to locate in Annapolis
- Markets DAP members through email newsletters and social media
- Works with City on multiple levels to try and lessen the impact of new city legislation aimed at businesses
- Worked to have over 40 unlicensed publication boxes removed from downtown sidewalks, many abandoned or not maintained.
- In 2018, raised \$20K to improve biking in downtown Annapolis and \$3K to improve recycling in downtown Annapolis
- Worked with City to create special parking rates at outer parking garages during Midnight Madness and New Year's Eve
- Worked with Harbor Master to create welcome bags for boaters
- Worked with the City to get new expanded circulator route to also include St. Johns, Statehouse and State parking garage



As you well know, Mayor Gavin Buckley has ushered in an outside-the-box vision for the city. Which of his specific ideas do you support?

I don't really think they're out-of-the-box ideas. A lot of people are moving in the direction of "place-making" and sustainability, and much of what the mayor is talking about is in support of different modes of transportation. That's what happens when biking comes on. Not everyone agrees on necessarily how to do that, but many people agree that we can't just rely on automobiles. People want different options, they want things that are more environmentally friendly, and they want options for exercise. A lot of the things that he talks about are happening nationwide. We're moving in that direction, we're moving into a new economy, and we must do things to help prepare for that. Anytime new ideas surface, people will debate and write about the best way to do something because there's usually more than one answer. The more people you put in a room the more opinions you get.

You hold the arts district very close to your heart. With regard to downtown infrastructure and cultural programs, is the city getting it right?

It's hard to tell if the administration has gotten it right yet

because it's so new. There have been some hiccups along the way, in public opinion, concerning some of the things he's [Mayor Buckley] done. Yes, he is trying to solve the downtown flooding problem, which I believe is a step in the right direction. He has the community talking about doing anything new on city dock. Should we make more of a town square, where people would spend the day? I don't know that we've come up with all the right answers yet, but it's a step in the right direction.

What is your vision for Annapolis?

I live downtown, I've had retail businesses downtown, and I help oversee many of the events downtown. I think it's good to remember that this town is for locals as well as for tourists, and we need to look at ways to make it easier for people to get around downtown, so that we would become friendlier for pedestrians and for people of different economic backgrounds.

Locals love to talk about the days when we had Rookies grocery store downtown and how we miss our hardware store. As a downtown resident who lives and works there, I wish we had both. Today, most of the vehicle traffic on Main Street is commuter traffic that never stops in downtown. It is locals headed out of town to work or shop. Shopping habits have changed, and most people go to a big grocery store versus a small community store. You can still get some groceries downtown at the Market House, CVS, and Annabeth's, and the First Sunday Arts Festival tried to revive a Farmers Market this year. If we all tried to buy some of our groceries at these businesses, they would look for ways to expand their grocery offerings. Otherwise, they will adapt and carry other products.

The same can be said of the downtown hardware store. This

building [now housing Mission BBQ] is still in the same family, which is also still in the hardware business. However, the consumer has chosen to drive out on the edge of town to a big-box hardware store, which made the economics of a hardware store downtown no longer work. As individuals, we vote with our dollars every day on which businesses we want to keep in our towns and which ones we wish to close. Every time we choose to shop at a store outside of the city or order from an online warehouse, we are increasing the chances of having a new vacant storefront in our community. Government is doing the same by giving larger handouts to attract Amazon warehouse workers versus investing in our new Main Street entrepreneurs. The organizations that I work with all promote "shop and buy local." That is the only way to protect the businesses that make our community unique and special.

The organizations I work with help our businesses become stronger with the training programs we have done on social media, website design, and helping businesses understand trends. We have also created events that support local entrepreneurs and increase foot traffic downtown. The City Economic Development Office and the County Economic Development Office also offer business classes, loans, and grant programs to help improve our business community.

Today's younger consumer is experience-oriented, preferring farm-to-table versus traditional fried bar foods, and wants craft brews versus multinational brands. They are more likely to participate in an organized run, kayak, paddle board, or zipline events than golf. They are also quick to buy, review, and make decisions based on information from their phones and prefer to live in a higher-density mixed-use community where they can go downstairs from their condo

and purchase their necessities and hit the gym. Retail is seeing more and more pop-up stores and specialty boutiques versus big-box stores. As trends are identified, we can all help businesses adapt and seek out new businesses and events to replace ones that could not adapt. Identifying the trends and business needs and finding solutions requires the cooperation of many groups working together. Trends are also sometimes at odds with older consumers, and that brings to life the stories we frequently hear about the good old days that each generation tells a bit differently. These current trends are good for Main Streets and downtown areas where I expect you will see more consumer demand to live, shop, and play than the suburbs and their strip centers and shopping malls.

Functions of the Inner West Street Association/ Annapolis Arts District

Created and manages 7 First Sunday Arts Festivals that attract 70K people annually to downtown and has a social media reach of 280K annually

Created and manages 17 Dinner Under the Stars events that attract 700 to 1,000 diners to downtown each week with a social media reach of 500K

Created and manages the Chocolate Binge Festival that attracted 9K visitors and had a social media reach of 1.7 million last year

Worked with the City to expand NYE celebrations to be more family friendly with new family and kid activities by Maryland Hall

Worked with the County and Future History Now and others to get Whitmore Park remodeled, add new murals on Whitmore Garage and the Corner of Clay and W Washington Streets, and get the price of parking dropped at Whitmore Parking Garage

In the process of adding \$10K of artistic bike racks throughout the arts district

Created, maintains and funds the Holiday light canopy over West Street

Worked with the City on funding for the Annapolis Rising Concert

Markets the Annapolis Arts District through print media, social media and email database

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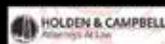
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Annapolis’ Dave Johnson

**D.C.’s champion of sports media discusses
his local roots and broadcasting passion**

*By Mark R. Smith
Photography by Daniel Kucin, Jr.*

That voice. Casual sports fans and fanatics know the workaholic Dave Johnson from his more than two decades of calling the radio play-by-play for the National Basketball Association’s Washington Wizards and television play-by-play for Major League Soccer’s D.C. United. But fewer know that he’s an Annapolis resident and Anne Arundel County native.

This past fall proved to be an interesting time for Johnson, an Edward Murrow and Emmy Award winner. The United finally opened its much-anticipated Audi Field, in Southwest D.C., and the team made an unexpected playoff appearance; but then the Wizards got off to an unexpectedly tough start to this 2018–19 season, as he again presides—via social media—as the Grand Poobah of the Radio Party. This is in addition to his day job as sports director at WTOP radio, his main employer since 1995. You read that right. How many other non-government types have had the same job since 1995?

That’s not all there is to the ubiquitous Johnson, who brings wit and humor to the booth. He is also an anchor on WRC-TV4’s sportscasts

and blogs via Monumental Sports Network. His extensive resume also includes broadcasting FIFA World Cup matches on XM Radio and filling in on Washington Nationals radio broadcasts.

His followers wonder where he’ll pop up next. Rebecca Schulte, former president of Comcast Sports Net (now NBC Sports Washington), knows Johnson’s work ethic and enthusiasm is what draws fans. “Dave is one of the most versatile, hard-working people I’ve ever known,” she says. “I don’t know how he finds the time to do everything, especially at such a high level. He’s really a great asset to all of the outlets he represents, and there are many, and has done a great job engaging fans and making it fun.”



“Dave is one of the most versatile, hard-working people I’ve ever known, I don’t know how he finds the time to do everything, especially at such a high level. He’s really a great asset to all of outlets he represents, and there are many, and has done a great job engaging fans and making it fun.”—Glenn Consor

The Foundation

It’s not surprising that Johnson has been successful since he selected his vocation early in life. The Arundel High graduate enrolled in communication at Towson University, and joined its student station as a deejay. He then worked overnights at Baltimore’s old WBKZ (Z96), spinning the soothing sounds of Dean Martin and Johnny Mathis.

The next spring, Z96 was sold to legendary Baltimore station WFBR—and the station manager hired Johnson for overnights. It was around that time Paul Mann, who had been the program director at Z96, took the same position at Annapolis’ WNAV.

Johnson’s first big break in sports broadcasting came a year later, when he met Bob Bartel, the sports director at WCAO. Johnson helped produce “Unitas & Friends,” at Colts legend Johnny Unitas’ Baltimore restaurant, The Golden Arm, for Bartel, his mentor. The station also

broadcasted United States Football League’s Baltimore Stars games, on which Johnson worked.

Looking back, the Z96 and WCAO gigs were probably why Johnson never left the area. “I was once up for a job in Denver, but WNAV had an opening to broadcast the pre- and post-game reports for football and lacrosse, and to do afternoons,” he says. “[And] when the WTOP opening came up in 1989, I’d been in the market for seven years.”

Party Time

Since then, Johnson’s career has remained consistent in an industry that’s noted for turbulence. In recent years, social media has led to the Wizard’s Radio Party, during which Johnson and analyst Glenn Consor lighten the mood by reading and writing tweets during broadcasts.

“It’s funny how it happened,” Johnson says. “Somebody, not Glenn or myself, coined the name ‘Radio Party.’ By end of 2013–14 playoffs,

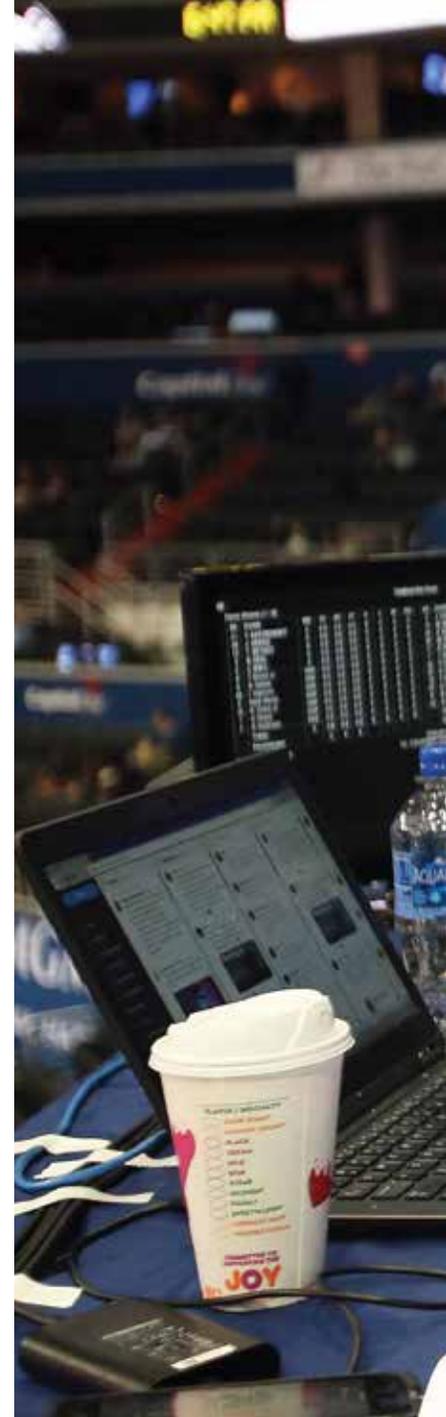
it had become part of the broadcast. It grew organically and it’s been a never-ending blast.”

Consor agreed. “Everyone likes to hear their name on the radio when we read their tweets. And people tweet out things we say, then contact each other.”

A pivotal moment, Johnson says, occurred during a late 2014 exhibition game with the Philadelphia 76ers. “We got more than two million impressions on Twitter for a hashtag,” Johnson explains. “This happened as blogging faded to a degree, and Twitter and other social media became more prominent. It’s continued to gain speed and we are getting people from all over the country, including from many beaches.”

Working Together

Consor, who’s in his 11th season with Johnson, knows why they mesh so well. “Dave is very prepared, and we share the same passion,” he says. “We genuinely like each



other, and the chemistry was there from the first game. We have different personalities, but we connect.”

As for what people don’t know about the open and gregarious Johnson, Consor gave us a glimpse. “While he’s a workaholic who doesn’t pass up many jobs, he’s still a family guy,” he says, mentioning his wife, Diane, a professional soccer consultant; and their hockey- and soccer-loving



son, Pierce, an Archbishop Spalding graduate.

“Honestly,” Consor says. “I don’t think there’s much that the public doesn’t know about Dave. Many people you see on TV/Radio are not as they appear to be, but Dave is. He’s transparent that way.”

Santo Quaranta, who served as an analyst on United telecasts from 2014 to 2016, agrees. He says the chemistry between him and

Johnson was there from the start. “Our presentation was cohesive,” Quaranta says. “I was calling the game with my friend, which was important because I didn’t have any experience. Dave took me under his wing and made sure that I was comfortable.”

A Special Place

The 2018–19 Wizards season began with Johnson, again, hoping that he might realize another dream. And what

would that be? “Calling the NBA Finals,” he elaborates. “The Wizards have been such a big part of my life.”

When asked to reflect on his career and life, the perpetually-in-motion Johnson spoke about staying local. “Diane and I talked about moving to D.C., but we just love this area so much, and I don’t have to do the nine-to-five thing,” says Johnson, who lives just outside Epping Forest, a

“The Wizards have been such a big part of my life.”

community on the Severn River. “So, I put up with the extra drive. We also have a WaveRunner, and I feel like I’m on vacation when I’m home.”

And when he’s home, he and his family know that, “We’re in a special place,” Johnson says.

“I’ve never stopped appreciating that.”

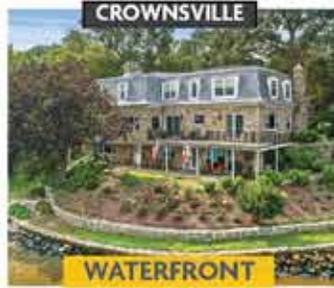


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3015 Bennett Point Road



CROWNSVILLE

WATERFRONT

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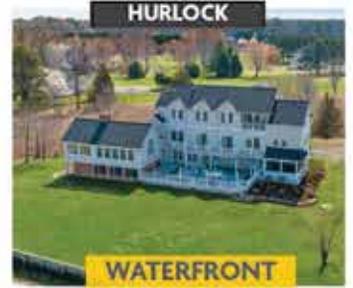


PASADENA

WATERFRONT

\$1,150,000

7677 Colonial Beach Road

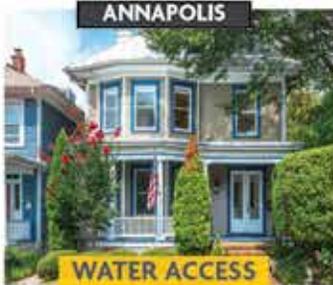


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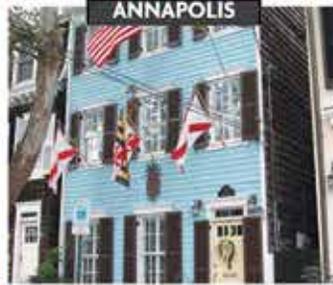
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Top Trends for 2019

By Diana Love

With a new year comes exciting trends in the home industry and multiple specialties. From floor to ceiling, and everything in between, the following trends and insights—sourced from expert voices—hopefully offer you inspiration to make your home the best home possible.



GENERAL DESIGN

1 Universal homes: Builder and homeowners are considering houses that accommodate all phases of life, from the family years to the retirement years. Designs might include wider doorways, wider halls, bars in bathrooms, stair rails, and voice-controlled systems.

2 Architecture: Demand for farmhouse, transitional, and contemporary styles continue to overtake traditional styles from the façade and foyer of the home to the interior design.

3 LEED design: Architecture and design/build that includes a sensitivity and awareness of all environmental concerns, from sustainability, to sourcing, recycled products, air pollution (such as in paint, siding and insulation), and resiliency to increasingly erratic weather patterns.

5 Tech: smart home applications continue to grow, and customers continue to become savvier about the energy savings, safety and convenience tech can offer. but installing them requires knowledge and advanced planning.

4 Layered Lighting: In-cabinet lights, toe kick lighting, backlit bookcases, under-lit staircase, soffit lighting, room and stair lights turned off or on by motion detectors, and security lighting. Lighting is no longer an afterthought or the last item to consider, but a major consideration for every space in the home, both inside and out.

Expert Voice: NKBA National Kitchen and Bath Association



INTERIOR DESIGN



Pantry designed by Purple Cherry Architects

1 Reclaimed brick in the interior of a home: Reclaimed brick, such as Chicago brick, is being integrated into mudrooms, pantries, and foyers. This application brings texture and gives the ability to bring pattern on a floor in a subtle way.

2 A classic bell jar lantern in soft brass or nickel: This light fixture is seen in varying styles of homes. It has taken on a fresh, new feel that can be used in transitional or classic spaces. It works great in hallways, over kitchen islands, or foyers.



Country Large Bell Jar Lantern by Circa Lighting



Malva wallpaper by Scion

3 Large-scale botanical print wallpaper: The larger the scale, the better. This application is commonly used in powder rooms, giving a small space a larger feel, or in dining rooms.



Rulo Buffet by Taracea

4 Natural and character grade woods in furniture, flooring, and cabinetry: Texture is playing a large role in the furniture market. The use of natural materials is being widely seen.

5 Contemporary interpretation of a classical furniture design: Smooth, crisp lines render classic furniture pieces more modern. The application of large-scale nail heads with wide spacing in between also provides a transition from classic to contemporary.

Expert Voice: Cathy Purple Cherry Architects and Purposeful Design



Shelton Wing Chair by Thibaut Fine Furniture

6 Architectural elements in design: A large amount of furniture pieces are utilizing clean lines and mixed metal and wood.



Corsia Console by David Iatesta



4 Blue Cabinetry: All shades of blue are being used in cabinetry, accessories and even décor like towels, curtains, shades, and fabrics. ↓



KITCHEN

1 Quartz: while quartz ↑ isn't new it is the most popular material for the kitchen because it can mimic all-natural stones and is virtually maintenance-free: it won't crack or stain.

2 Larger refrigerators in custom finishes: Stainless steel is out, black stainless steel is in, and color abounds across all appliances, including ranges, stoves and cooktops. Refrigerators are larger and more practical in functionality.

3 Dual Tones: This is a trend that isn't new → this year, but will continue stronger than ever. Wall cabinets and base cabinets will feature contrasting or coordinating colors.

3 Design Elements on Cabinet Doors: Plain shaker is out, decorative door styles are in. This includes using dual design styles. Perhaps a simpler design of paint or style for the wall cabinet with contrast or coordinate with a more intricate design in base and island cabinets.



Expert Voice: Aaryn Zablocki, The Appliance Source in Annapolis

BATH

1 Wood grain from vinyl tiles, ceramic tiles, and other flooring options to bathtubs and especially decorative accessories like towel holders, toothbrush holders, water cups and countertop bowls. ↓

2 Stand alone tubs: → Tubs of porcelain, hammered brass, copper, wood and other eclectic materials that make the space both customized and personal with stand-alone, floor mounted faucets that complement the tub material.



4 The Bathroom as a place for relaxation with extra seating such as stools and chaises and separate vanities.

5 Brushed metal and pewter: Golds and brasses continue to add a soft glow and reflective light for handles, knobs, faucets and accessory trim, even around mirrors, showers and wall art.

6 Tech in the Bathroom: → From ceiling vent fans that use Bluetooth to broadcast from smart speakers to built in USB outlets, smart devices that use apps to regulate energy use, point of use hot water heaters, and built in TVs in larger bathrooms.



Expert Voice: Richard Bussey, Certified Kitchen & Bath Designer, Star Kitchen and Bath

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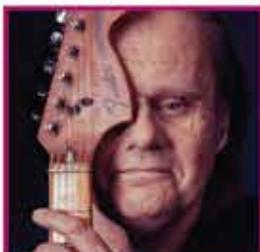
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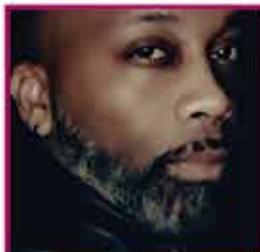
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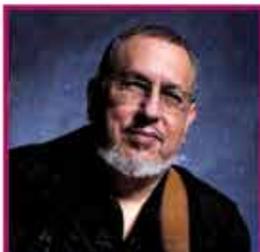
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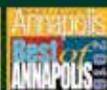


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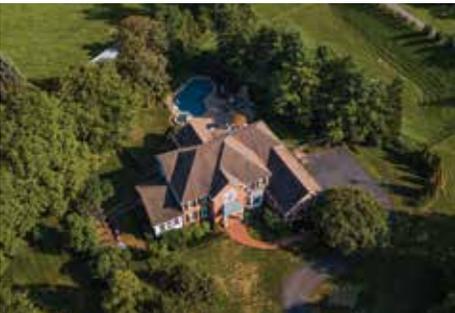
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Winter Gardens: A Closer Look

By Janice F. Booth

Nineteenth-century man of letters, Ralph Waldo Emerson, wrote, “I please myself with the graces of the winter scenery, and believe that we are as much touched by it as by the genial influences of summer.”

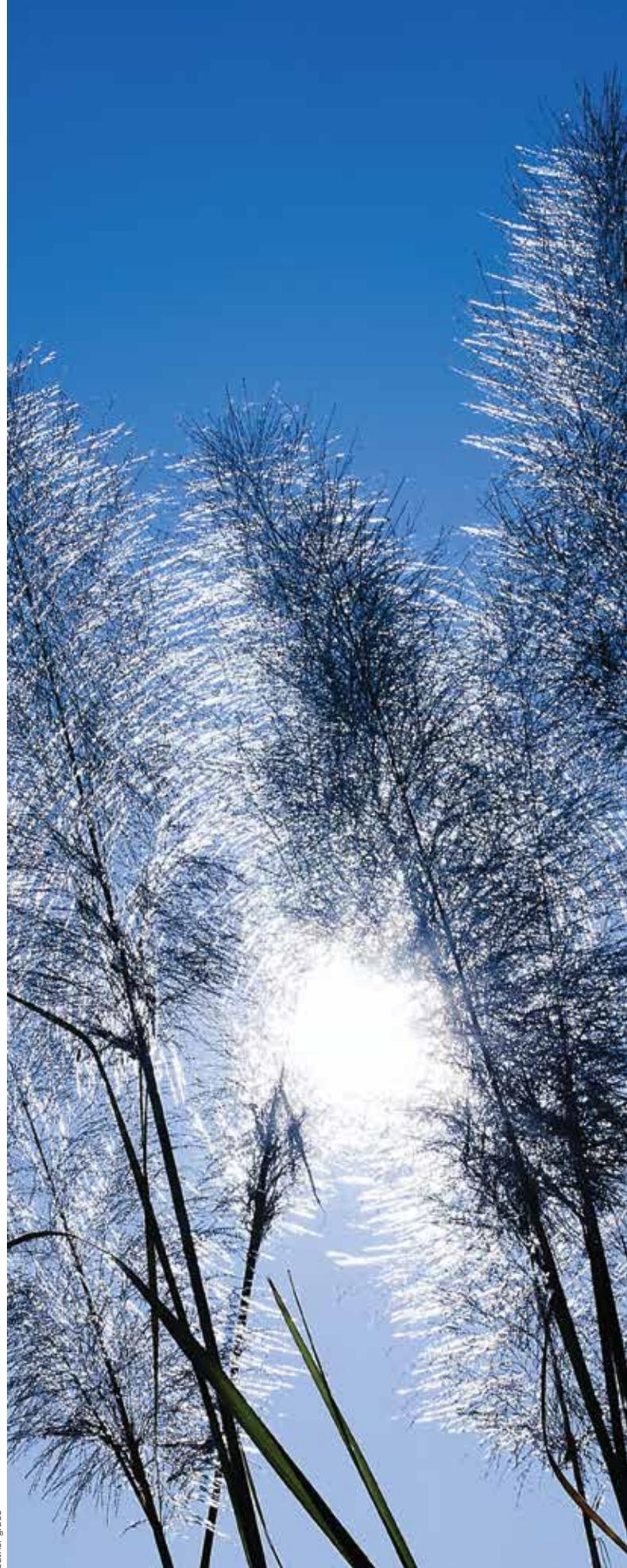
While winter’s grip is firmly on our lives, perhaps we can make the most of the particular beauty of winter gardens.

Like Emerson, we can enjoy the elegance and grace of gardens stripped of their summer finery, but not of their beauty. Looking at public and private gardens when flowers are gone, and leaves have fallen affords us a fresh appreciation for nature’s beauty and resilience.

Living in a moderate climate as we do, winter in Maryland allows a wide variety of trees and plants to survive. Perhaps spending some time admiring the silhouettes, forms, and designs unique to winter’s landscapes will reawaken our appreciation of our own gardens and even inspire us to plan additions and adjustments with an eye to future winter garden scenes.

“A garden is exciting for me when it looks good through the year, and not just at one particular time,” says Dutch garden designer Piet Oudolf. “I want to go outside and for it to be interesting in all weather, in early spring and late autumn.” He has gained a following in the U.S. and Europe for his year-round approach to garden design, called the “New Perennial Movement.” In 2008, in a *New York Times* interview, Oudolf spoke about his appreciation of a winter garden: “The skeletons of the plants are for me as important as the flowers.” Have you walked the High Line in New York City or visited Chicago’s Lurie Garden in Millennium Park? If you have, or even if you’ve just read about these modern horticultural wonders, then you’ve experienced Oudolf’s work in the United States.

We may rekindle our appreciation for a garden’s beauty by looking, as Oudolf does, for those skeletal plants and trees. With the 21st century “New Perennial Movement” in mind, let me take you on a tour of trees, shrubs, and plants that you might watch for.



feather grass

Let's begin our tour at ground or snow level, and work our way up; let me direct your gaze to ornamental grasses, sedum, shrubs, and the skeletons of perennials. Even the weeds on the edge of vacant lots or creeping into empty buildings may be worthy of note. (This may be the one time of year when we can look without frustration at pesky weeds—dried stalks of milkweed, nettle, bittercress, or stiltgrass.)

Ornamental grasses are elegant winter beauties. *Japanese Forest Grass*, with its gracefully drooping, ecru fronds, and *Little Blue Stem's* striking red and blue blades stand out when so much of the landscape is gray and brown. We may gasp with admiration at the graceful plumes of Pampas, Sea Oats, or Feather Grass; they usually remain unbowed by harsh, winter winds. If you see a particularly handsome grass waving in the wind, break off a frond; take that home and see if you can identify it. (*Better Homes & Gardens* has useful pictures and descriptions of ornamental grasses to help you: bhg.com/gardening/flowers/perennials/ornamental-grasses) There may be a place for an ornamental grass in your spring planting scheme.

Do you notice some bread-plate size, dried blooms among the grasses? That may be one of the showy sedums; they're stars both in summer and winter. These sturdy succulents grow in dry conditions, provide a wide variety of beautiful foliage and flowers, and, better yet, they look great in the winter,

particularly the tall varieties. Because their stalks are fairly thick, they too can withstand the harshness of most winter winds, remaining upright and handsome. *Garden Gate* magazine recommends several varieties, including the striking *Samuel Oliphant*, notable for its 30 inches of variegated green and cream leaves edged in burgundy, with fluffy, pink flowers that turn to deeper rose in cold weather. Another dramatic sedum you might spot on your wanderings is the *Purple Emperor*. Dark purple stems and deep lavender blooms catch your attention year-round.

"And what about shrubs?" you ask. Well, we're probably more accustomed to admiring winter hedges and shrubs. The compact, tiny, deep green leaves of the boxwood hedges are old friends, particularly if you live in or near historic homes. Boxwood plants and hedges have set off formal gardens dating back to Colonial times in the Americas, and even earlier in Britain. In fact, sprigs of boxwood were used as cockades for Colonial soldiers marching off to fight the British. Winterberry is another old, familiar beauty. It's bright red berries catch one's eye. The winterberry is so hardy that it's planted in the green medians between opposing lanes of highway traffic in many parts of Maryland. By the time winter rolls in, the arching branches of winterberry shrubs have lost their green leaves and are thickly lined with tiny, cardinal-red berries.

While we're admiring color, let's pause a moment



to consider the sight of winter-blooming camellias. In protected flowerbeds, camellia usually retain their foliage throughout the winter. Some types of camellia, usually the Japanese varieties, produce flowers in the winter, a real treat to see. *Camellia japonica* and *Camellia sasanqua* are the two varieties commonly cultivated in our zone. Flowers of pink, rose, and white may have single or multi-layered petals. The slightly fleshy, rosy blooms resemble pink-cheeked children in winter.

Hydrangea too provides stark beauty. The blousy, summer blooms of blue and violet fade in the winter to parchment, ecru, and eggshell. They often hang from the tips of the hydrangea branches, nodding in the winter winds. Sunflowers and cornflowers to retain their summer blooms. The large, brown disks that were once sunflower faces can serve as winter's take-out restaurants for the garden's birds and squirrels.

Witch hazel presents another color pallet in winter. Tall and wide when allowed to spread, the shrub's gold

and yellow leaves stand out against its winter neighbors. One suggestion for a winter still life might be to plant *lavender* near witch hazel. Witch hazel's yellow-gold will complement the silvery green of lavender in winter.

The winter flower competition wouldn't be complete without a show of Christmas roses, *Hellebores*. The white, purple, rose, or pale pink flowers of the Christmas rose raise their heads from the snowy ground delicately. The plants are a bit leggy, so they'll stand above the snow, dramatically displaying their beautiful blooms.

You're probably getting a bit chilly; all this was walking about in the crisp winter air. So, let's conclude our tour looking up.

Lift your eyes above the earthier beauties to our magnificent trees in winter. The elegant deciduous trees—maples, oaks, birches, sycamore, and linden—stripped bare of leaves, display their graceful or muscular branches against the sky. I like to pause at a distance and observe a tree's crown. One can envision its root system by imagining the

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THROW PILLOWS / BOUQUETS OF FLOWERS / ART

5 SHAPE

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6 FIZZ

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PELLEGRINO / ACQUA PANNA

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witch hazel



tree flipped upside down. The crown loosely mirrors the root ball. Isn't that wonderful?

And, of course, there are the conifers. They offer us their greenery when our eyes ache for spring. The majestic, long-lived cypress, the tightly branched junipers, the fragrant, soft firs. We can usually find them and even name these old friends. And don't we appreciate the plucky white pine? Plant a little sprig almost anywhere, and within a few years, a lovely, long-needed pine will rise and flourish, protecting soil, providing privacy and noise reduction.

There's even an American Conifer Society to support and defend these ubiquitous trees, all 588 species. Their website (conifersociety.org) reminds us, “Garden conifers come in a rainbow of year-round colors that can be used effectively with companion plants. Many

are shades of green, yellow, orange, blue, lavender, or purple, while others are bicolor... and have variegated foliage with patterns of stripes, spots, and patches.”

I guess that means if you find winter disheartening and you need a pick-me-up, seek a tree. Let your eyes rest on those glossy holly leaves with their red berries for punctuation. Or, admire the mahogany- or golden-lobed oak leaves that sometimes cling to their branches all winter. A stately blue spruce will welcome your admiration, and you'll probably have the added surprise of a few, small songbirds residing among the silver-blue branches.

I hope you come away from our winter walk with lifted spirits and an idea or two for your garden. The garden and its plants and trees are our life's companions.


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Built: 1999
Sold For: \$869,000
List Price: \$869,000
Last Sold/Price: \$515,000 (2010)
Bedrooms: 4
Bathrooms: 3.5
Living Space: 2,329 sq. ft.
Lot Size: .20 acre
Days on Market: 27

HOME REAL ESTATE

Oyster Harbor

Annapolis

By Diana Love



This renovated waterfront home on Oyster Creek in Oyster Harbor offered waterfront frontage, a private dock and access to neighborhood amenities like a beach and playground, all for under \$1 million. Listing Agent Alex Sears said this waterfront home was an exceptional listing because it is close to town yet situated on a lot that provides full privacy. “The exceptional water views, chic renovation, and to-die-for features in this easy living home were key selling points.” The home sold for the full asking price in 27 days.

Oyster Harbor is a private community on the Annapolis Neck peninsula, just outside of Annapolis. Four hundred-plus homes on just 10 roads represent a variety of styles of architecture. Many of the original homes are small beach bungalows that, at one time, served as vacation homes for Washington, D.C. commuters but have been renovated in the past 10 to 15 years. Oyster Harbor is a coveted community because it offers direct access to the Bay, three marinas, a free pump out station, three community beaches, two playgrounds, a boat ramp, and a fishing pier.

This home is the perfect example of a property set slightly off the water with a third story that maximizes exterior views. From the front elevation, the house is tall and stately, with a triangular portico and large arched window that brings attention to the angles of the facade. Inside, the contemporary architecture features an open floor plan that centers around the renovated kitchen. There, a center island is home to a gas

cooktop as well as a dining bar. Two refrigerator/freezers bookend the opposite wall. There is plenty of cabinetry in the tidy space.

On one side of the kitchen is the dining room, which features built-in custom

Seller's Agent: Alex Tower Sears, The Tower Team, Coldwell Banker Residential Brokerage, Church Circle, 443-254-5661 (c) 410-263-8686 (o) thetowerteam.com

Buyer's Agent: Liz Dooner, Coldwell Banker Residential Brokerage, Church Circle, 410-725-8973 (c) 410-263-8686 (o) coldwellbankerhomes.com



cabinetry and a large window with sunset views. On the other side is a living room with custom cabinetry that matches those in the kitchen and dining room set on either side of a brick-lined, wood-burning fireplace. The home's private pier, dock, and purposefully planted seagrasses along the shore are visible through six glass doors. Beyond the doors is a large wooden deck with plenty of space to allow entertaining beyond the kitchen and living room.



Upstairs, the master suite is characterized by four large picture windows that overlook Oyster Creek. An en-suite bathroom is defined by gorgeous custom marble tiling on the floor and chair rail. It includes a single vanity, glass enclosed shower, and soaking tub. The other bedrooms are also oriented toward the water and feature banks of large, sunny windows. Although this house is not large, it feels quite spacious, light, and airy because it makes best use of natural light. The windows also help impart the sense that the outdoors is simply an extension of the home itself. Downstairs on the lowest level is a den that opens to a screened in porch and beyond that to the flat grass yard.

“The buyer had been looking for several years for something that had the combination that this house does,” says seller’s agent Liz Dooner. “This house, with the garage, bright open floor plan, windows on every side, and gorgeous built-ins was just a great package.”

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Travis Gray was born in Annapolis and raised on the Severn River. He comes from a long line of real estate professionals and serves both sides of the Chesapeake Bay. He specializes in marketing and selling waterfront homes and fine properties in the Annapolis area.

Travis is a leading resource for his clients and the community. Among his industry expertise, he also manages AnnapolisWaterfrontGuide.com, a website dedicated to providing useful real estate information, market trends and waterfront resources.

Travis is a Certified Luxury Home Marketing Specialist™ (CLHMS), holds the Graduate, Real Estate Institute (GRI) designation, is a lifetime member of The Masters Club, member of the International President's Elite and has received multiple industry awards.

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Sold For: \$2,160,000
List Price: \$2,400,000
Last Sold/Price: \$855,000 (2000)
Bedrooms: 4
Bathrooms: 5
Living Space: 3,358 sq. ft.
Lot Size: 1.29 acre
Days on Market: 87

HOME REAL ESTATE

St. Margaret's

Annapolis

By Diana Love



The rural setting of St. Margaret's is a respite from the traffic and congestion of nearby Route 50. In fact, although this community is just one convenient exit from the highway, a short drive down St. Margaret's Road and a tight turn onto Pleasant Plains Road leads to quiet developments, bucolic farms, and waterfront estates.

Hidden Point Road divides a long and narrow peninsula that juts off the southern end of St. Margaret's. Burley Creek offers views to pasturelands and estates, while Mill Creek boasts views across the water toward Providence and historic Annapolis. Residents can kayak or paddleboard in just minutes across Mill Creek to Cantler's Riverside Inn. Sailors and boaters can frequent City Dock or the Bay in short order.

In 2000, the previous owners purchased a sprawling rancher and proceeded to renovate it inside and out. The home, well appointed with luxury, convenience, and a nod to its waterfront situation, sold in 87 days.

The exterior of the home is painted a subtle shade of khaki brown that plays well with its natural surroundings as well as the stacked stones that line the foundation. The transitional Craftsman trim is bright white; square columns emphasize the home's clean, symmetrical lines. A circular driveway arrives as a two-car garage and a wide and narrow front porch welcomes guests toward an arched portico and gracious entry. From this vantage point at the front door, visitors can see through the house to Burley Creek beyond.

Inside, high ceilings and an abundance of light, coupled with a plethora of windows, seem to bring the outside in. Certainly, these features produce a light and airy feel that characterizes the architect's intent to maximize the home's waterfront location.

Cozy gas fireplaces warm the master suite, two living rooms on the main level and the basement den. The kitchen is a chef's dream with a Wolf stove and a Sub-Zero refrigerator. Custom tile backsplash sets off the white cabinetry and granite countertops. A dine-in bar seats four and a desk provides a handy workspace in the heart of the house. The master bedroom features two walk-in closets and access to a private waterfront patio. The en-suite bathroom has dual granite-topped vanities and a Euro shower.

The exterior of this home is especially striking. A glass enclosed sunroom is perfect for sheltered crab feasts in summer. A settee and ottoman make the room's seating area a cozy nook for winter afternoons. Sliding doors lead to a custom patio and pergola, the perfect setting for hosting cookouts, entertaining, or simply relaxing and enjoying the outdoors. Here, a custom-built grill, bar area, and refrigerator call for al fresco entertaining. The large fireplace and hot tub are amenities that allow residents and guests to extend their time outside making this space an outdoor living room for all seasons. A grass lawn leads to 248 feet of water frontage, a dock to deep water, and a boathouse, a structure that was grandfathered with the property. The dock features



five slips and two lifts, as well as a diving board.

“People came from as far as Delaware for our open house,” says listing agent June Steinweg of Coldwell Banker Residential Brokerage, Church Circle. “We had the fireplace going outside, and our guests could really feel the elegance and gracious nature of this property. We received three offers, and sold for 90 percent of the list price.” Chris Schumaker says her clients were downsizing and this house had everything they were looking for: it was not too big and not too small, offered deep water for their boat, and featured main rooms all on one level, each with waterfront views.

Seller’s Agent: June Steinweg, Coldwell Banker Residential Mortgage Church Circle, 410-353-4157 (c) 410-919-1887 (direct) 410-263-8686 (o) junesteinweg.com

Buyer’s Agent: Chris Schumacher, ReMax Executive, 410-739-7596 (c) 443-274-1137 (o) chrisschumaker.com

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Photo by Steve Buchanan

On the Run:

Picking Your First Race

By Kelsey Casselbury



Although 5K (5-kilometers equal 3.1-miles) races remain the most popular in the U.S. with about 7.6 million finishers in 2015, according to Running USA's Industry State of the Sport Report, half-marathons (13.1 miles) are the second favorite. That means that there's no shortage of options for either distance when it comes to picking your first race. Finding a race is as easy as going to a website such as Active.com and putting in the dates and location you want. However, before you take the plunge to register for a race, ask yourself a few key questions to ensure you're choosing the right one.

WHAT'S YOUR GOAL?

For many first-time race runners, the objective is to just cross the finish line (and it's a perfectly good goal!) You might also want to achieve a PR, which is runner's slang for "personal record." However, some might strive to be competitive, aiming to win the race or at least place in their age group. If that's the case, consider the size of the event—it might be easier to earn a medal at a smaller race that's not attracting fast road racers.

WHAT'S THE IDEAL TERRAIN?

Let's face it: Few runners actually enjoy a race full of hills. However, finding one that *doesn't* have at least a few ups and downs can be pretty tricky. When you're considering registering for a race, do a quick check of an elevation map. While a couple of hills here and there aren't anything to worry about, you don't want your first race to be constantly on the incline — if it is, make sure you are training on hills, too, so your body is adapted to that particular challenge.

WHAT'S THE BEST WEATHER?

No one can predict the weather, but the season of your first race can give you a bit of clue as to what lies ahead. Consider your preference for running in warmer versus colder weather, but default to the fall months if you're not entirely sure which one to pick. It tends to be the most comfortable for running.



FEBRUARY'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 started in the January issue and will continue through April's issue of *What's Up? Annapolis/Eastern Shore*, 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.

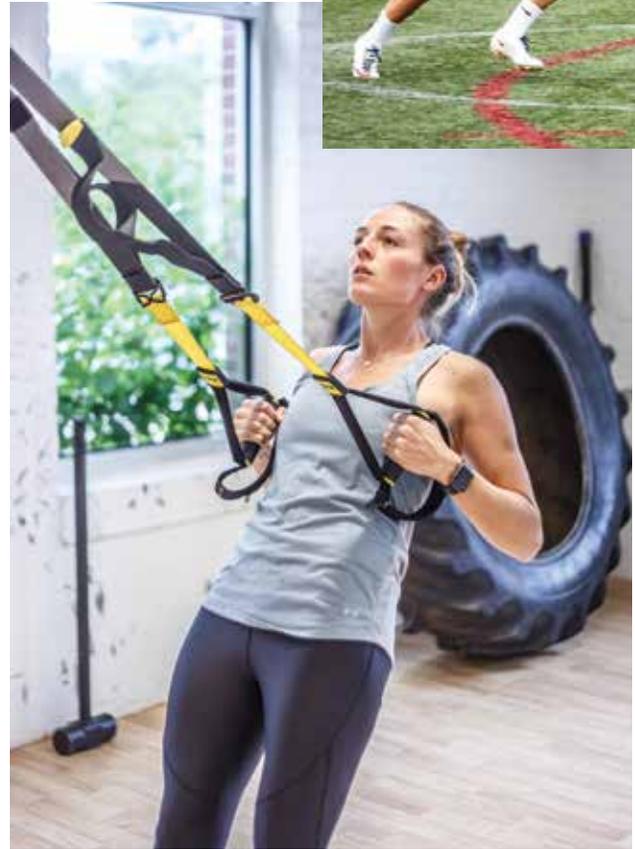
	WEEK 5	WEEK 6	WEEK 7	WEEK 8
MON	Strength	Strength	Strength	Strength
TUES	3 miles	3 miles	4 miles	4 miles
WEDS	Rest or Cross	Rest or Cross	Rest or Cross	Rest or Cross
THURS	4 miles	4 miles	4.5 miles	4.5 miles
FRI	Rest	Rest	Rest	Rest
SAT	6 miles	5K Race	7 miles	7.5 miles
SUN	Stretch	Stretch	Stretch	Stretch

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



Photo by Ian Johnston

We recently talked with Cummings about how she maintains a healthy diet and exercise routine, the advice she has for starting and sticking to an exercise program, and tips for young athletes.



HEALTH & BEAUTY FITNESS

Taylor Cummings:

WORKOUT AND NUTRITION PROFILE

By Caley Breese Photos by Steve Buchanan Photography

Taylor Cummings is one of the most decorated women's lacrosse players of all time. She played midfield for University of Maryland and helped the Terps to two national championships (2014, 2015). In 2014, 2015, and 2016, Cummings received the Tewaaron Award, which is given to the most outstanding American college lacrosse player. She is the only player in men's or women's lacrosse to receive this award three times. Additionally, she was a four-time first team All-American. Cummings has continued to stay involved with lacrosse since graduating from Maryland in 2016. She's an Under Armour athlete and the head coach of the powerhouse McDonogh School girls' varsity lacrosse team, which happens to be her alma mater. She also founded Taylor Cummings Lacrosse, where she leads camps and clinics for lacrosse players all over the country. The 24-year-old Cummings, a Baltimore resident, remains a dominant force in the sport. On top of all her other ventures, she's a member of the U.S. Women's National Team and the New York Fight, which is part of the Women's Professional Lacrosse League.

When you're not training with the U.S. Lacrosse team or the New York Fight, what does a typical workout look like for you?

I'll do some sort of endurance run. I'll do four-, five-, or six-mile runs, three to four times a week. Then two times a week, I'll do strength training with Jay Dyer, who's our U.S. Lacrosse trainer. I do a lot of single-leg isolation work, quick reactions, working on footwork, and little sprints. When I'm not in my peak seasons, I'll incorporate spin,

boxing, or boot camps. It's a different kind of cross-training, where I'm still getting a good workout in, but not lifting heavy weights.

A lot of these workouts are done on our own. When you get to the professional leagues, 99 percent of the work you do is outside of your team. When you get time with your team, that's where it pays off, and you can worry about lacrosse and not so much the training aspects. →



When you have a busier day but still need to get a workout in, what is your go-to exercise routine?

It depends on what I have available. If I have a treadmill, I'll do a 20-minute or three-mile run, and finish with a couple of sprints to get my heart rate up. If I don't have a treadmill, I do a lot of the Kayla Itsines BBG [Bikini Body Guide] workouts. There are four seven-minute circuits, and a lot of it is body weight, so you don't need equipment. If I'm in a hotel that has stairs that are open, I'll run some stairs. A go-to for me is running three or four miles or a body-weight circuit.

Do you have any favorite exercises or equipment?

I love the TRX band, not only for your arms, back, and shoulders, but also for the core. I do a lot of mountain climbers, oblique work, plus stabilization. Whenever I have the opportunity, I use the stair climber for a 15- or 20-minute blowout after a long-distance run. That's something that's super easy

in terms of you're just climbing stairs, but you still get a full-body workout.

Can you talk about your diet?

I try to go by the 80/20 rule where, especially during the week, I eat healthy when I can. I'm not a huge breakfast person, so I will typically either eat a quick bar or shake before I go work out.

I eat a lot of celery and peanut butter, raisins, and fruit. I often have turkey sandwiches or turkey pitas so I can get a little bit of protein. Dinner is where I typically get a lot more of my vegetables. I eat a lot of stir-fry where I sauté some chicken, steak, or shrimp with vegetables and rice.

There are also times where if I want a piece of pizza, I'm going to have a piece of pizza. I kind of live under the motto of you really do only live once, and I'm not going to keep myself from eating things that I want to eat. It's all about balance and making sure that you don't punish yourself for eating the bad things.

What are your exercise or nutrition goals?

I was a really picky eater when I came into college. One of my goals was branching out and trying new things. I've come a long way in terms of how much I'll eat, the variety of foods, and the number of vegetables and fruits. My goal is to be able to not have to worry about anything when I go to a restaurant. I've achieved that so far, but I want to keep trying new things and see what works for my body and what doesn't. I focus on making sure what I eat is healthy.

What advice do you have for people who are starting with an exercise routine?

Start on the treadmill or the elliptical on a slower speed for 20 minutes, and then progress to 25 minutes by the end of the week. Then maybe in a week or two, turn up the speed by a notch or two. I think starting slow and then slowly building upon it allows people to get confidence. It won't be as hard as you imagine and then you have the confidence to try new, more intense things.

If you start to get bored, try switching it up with a different piece of equipment. Start at the super basics and an easier level, and then work your way up. Don't go out and run a marathon on your first try. Build up. I think that helps people become confident, and then once they start seeing results, they get

the bug where they're like, "Okay, this is actually working. I'm actually helping my body. I feel great. I look better." I think the big thing is making sure you feel great about yourself, and not necessarily relying on what's in the mirror or what's on the scale.

What advice do you have for young athletes regarding nutrition and exercise?

As a young athlete, your body is developing. Make sure that you're talking and thinking about yourself in a positive manner. For me, while playing soccer and lacrosse, my thighs got really strong, and I started to really hate the way my body looked. It took me a while to realize that my legs and my strength were what made me really good at sports. It helped me be successful. That's when I started to really love my body and really cherish it and value everything it gave me. As an athlete, your body might look different than people who dance or people who do art. Everyone looks different, but at the end of the day, it's your vessel that allows you to do so much on and off the field. How your body looks doesn't really matter as much as how you treat yourself and what you're able to do as an athlete because of your strength.

3 Ways to Maintain the Results of a Facelift

By Kelsey Casselbury

Even when done by the most skilled surgeons, a facelift doesn't last forever. The procedure sets back the clock, but it doesn't stop the effect of time. Just like before, damaging effects from the sun, as well as lifestyle choices such as smoking and your diet, will continue to affect your skin and the rest of your body. However, you can take measures to maintain the results, as well as extend the lifespan of the procedure.



1

Upgrade Your Skincare Routine

After the procedure, drugstore products might not cut it anymore when it comes to keeping your skin looking youthful. Now, it's time to talk to your dermatologist about medical-grade skincare, such as prescription products that contain retinoids and other anti-aging ingredients such as resveratrol. While these products are only available through the doc, they affect the deeper layers of the skin (compared to the top layers that over-the-counter products target). You've heard it before, hear it again: sunscreen. It continues to be the most important skincare product, and it's the top defense against aging skin. UV rays damage skin's collagen and elastin, both required for the smooth appearance that a facelift helped achieve.

2

Schedule Complementary Procedures

Laser resurfacing treatments, which work by removing the outer layer of skin, reveal smoother, youthful-looking skin cells beneath. Other non-surgical procedures that can maintain the results of a facelift include Ultherapy, which uses micro-focused ultrasound waves to stimulate new collagen products, and Intense Pulsed Light (IPL), which treats signs of sun damage, such as pigment irregularities. Check with your surgeon to determine how long you should wait before scheduling non-surgical cosmetic treatment to make sure you have healed.

3

Enhance Your Skin from the Inside

Rather than "you are what you eat," the saying should be, "your skin is what you eat." A healthy diet full of fresh produce and lean protein will keep your skin looking youthful. In particular, you want to incorporate plenty of vitamin C, available through citrus, kale, peppers, and strawberries, to encourage collagen production; vitamin E, found in nuts and spinach, to heal wounds and smooth rough skin; vitamin A in sweet potatoes, orange and red fruits, and fish to keep skin smooth and moist; and, finally, all the vitamin Bs. They're in brightly colored fruits and vegetables, while B12 is specifically in animal products, and they help produce new skin cells.



HEALTH & BEAUTY HEALTH

Losing Sleep Over Stress?

ANXIETY AND INSOMNIA FEED OFF EACH OTHER, LEADING TO DANGEROUS SLEEP DEPRIVATION

By Kelsey Casselbury

The relationship between anxiety, stress, and sleep is a vicious cycle. First, stress can lead to anxiety. Then, anxiety leads to a lack of sleep. Finally, a lack of sleep leads to stress and more anxiety. It seems like there's no way to break the pattern.

The effects are more than just being tired, though that's no way to live your life. A lack of sleep can lead to additional psychiatric disorders, as well as physical problems such as heart conditions, high blood pressure, and stroke.

It's difficult enough to handle stress and anxiety during waking hours. When they pour over into your Rapid Eye Movement (REM) sessions, the effects can be unbearable, causing issues such as insomnia, sleepwalking, stress dreams, and cognitive distortion, also known as catastrophizing.

INSOMNIA

Sometimes you're not catastrophizing, dreaming, or sleepwalking—you simply can't go to sleep. It's not surprising that anxiety and stress make it difficult to relax enough to sleep, whether it's from general tension, feeling overwhelmed, or excessive worrying. Anxiety and insomnia feed off of each other; when you feel worried about getting enough sleep, you don't sleep enough.

How to Cope: Don't spend hours trying to go to sleep if you're stressing out about something. Get up, get a piece of paper, and start writing all your worries out to get them out of your mind and onto the page. If that doesn't work, pick up a book or listen to a calming podcast until you feel exhausted.

SLEEPWALKING

Around one million adults are prone to sleepwalking, a condition that can be exacerbated by anxiety and stress. Unfortunately, sleep deprivation also increases the risk of sleepwalking, so you can see how it turns into a vicious circle again.

How to Cope: Because sleepwalking can be caused by physical conditions, too, talk to a doctor about what's going on. Take measures to curb sleepwalking by cutting out caffeine and alcohol before bed and spending time unwinding through meditation or yoga in the evening. Good sleep hygiene can make a world of difference.

STRESS DREAMS AND NIGHTMARES

Dreams and nightmares can be so stressful that you wake up feeling emotionally exhausted from the toll the sequences took on your brain. Although anxiety and stress don't cause you to have more frequent stressful dreams or nightmares, it can intensify them.

How to Cope: Dreams, even nightmares, are your subconscious' way of working through what's going on in your brain. Even though it might not feel like it, dreams are part of healthy sleep. But if the stress dreams are just too much, talk to a therapist about what's provoking them.

COGNITIVE DISTORTION (CATASTROPHIZING)

In the middle of the night, you wake up with something on your mind. It may or may not be a big deal during waking hours, but at that moment, it's a crisis—and you can't get your mind to stop racing. Also known as catastrophizing, cognitive distortion is a common occurrence for those with anxiety disorder.

How to Cope: If you've spent a few minutes lying in bed with these anxious thoughts spiraling, get up and do a mindless chore to allow your head to clear. Sure, you're cutting out a bit of sleep by forcing yourself up, but it's unlikely you'll sleep any better if you keep letting your thoughts get the best of you.



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Why More Young People Are Having Heart Attacks



Thanks to the advancements in modern medicine, life expectancy rates have steadily increased for both men and women over the past several decades. An average healthy woman can now expect to live to 81 while men usually live to near 76. Despite advances in treatment, coronary heart disease remains the number one killer of Americans for both men and women. There are more than 1.5 million heart attacks per year and at least half of patients will die before reaching the hospital.

Particularly shocking is the increased rate of heart attacks among young people. According to the American Heart Association, people age 50 and younger have almost twice the risk of premature death after a heart attack—mainly due to high blood pressure, smoking, and obesity.

Because our society is one that is becoming increasingly sedentary, more young people are exercising less, eating more, drinking alcohol at higher rates than other age groups, and not taking care of themselves as they should, resulting in the increased risk for heart attack. So what can be done? First, we must realize there is no magic age when heart attacks begin. In the past, increased risks for men began at age 45 and women at 55; now, we are seeing patients in their 30s, even 20s, having heart attacks that may lead to lifelong effects.

While the rate of heart attacks in the United States has gone down in recent years, studies show it has remained steady in people 50 and under. Now, new research suggests that many young heart attack victims have an unexpected risk factor in common: relatively normal levels of LDL “bad” cholesterol, but surprisingly low HDL “good” cholesterol.

Abnormal cholesterol is a known risk factor for heart disease, but health care professionals usually worry more about high numbers—both LDL and total cholesterol—than low ones. LDL cholesterol is associated with artery-clogging plaque, while HDL plays a role in clearing LDL from the arteries, reducing inflammation, and preventing blood clots. While just over half of heart attack victims in 1995 had high blood pressure, today nearly 80 percent do. And while the rate of tobacco use has declined significantly over the past 20 years, nearly half of heart attack victims are smokers, compared to 28 percent in 1995.

The most important thing you can do to lower your risk of developing heart disease and having a heart attack is to treat all modifiable risk factors. For example, stop smoking, lose weight, exercise, and monitor your blood pressure and cholesterol. Additionally, cholesterol-lowering medications may reduce your risk by changing the internal structure of the plaques, making them less likely to rupture. No matter your age, don't become a statistic. Make sure to visit your health care provider for annual physicals. And if you have any heart attack symptoms call 911 immediately. Take care of your heart, and your heart will take care of you.

“Why More Young People Are Having Heart Attacks” is provided by the University of Maryland Baltimore Washington Medical Center.



UNDERSTANDING Activated Charcoal

FROM SHAMPOO TO SKINCARE TO TOOTHPASTE, ACTIVATED CHARCOAL HAS LEFT A MARK ON THE PERSONAL CARE INDUSTRY

By Kelsey Casselbury

Did Santa bring you a lump of coal this year? If it happened to be activated charcoal, then maybe ol' Saint Nick did you a favor, given how charcoal—a long-used medical tool—has been making waves in the beauty industry.

Physicians use activated charcoal in emergency rooms to treat alcohol and drug overdoses because it attaches to the toxins in the stomach and prevents them from entering the bloodstream. In theory, charcoal works the same way as an ingredient in a personal care product, whether it's in facewash, shampoo, or toothpaste (all three which have popped up on the retail scene lately). It attracts dirt, bacteria, and oil, all of which get washed away when you rinse with water.

It's only a theory because there's not really any scientific research that backs up activated charcoal's use as a personal care product. However, it's certainly worth giving it a try—with a few parameters:

Skincare products: Using activated charcoal alone on your skin may or may not be worth the effort, though you can mix up your own homemade facewash with powdered activated charcoal. Instead, look for products that contain known acne-fighting ingredients such as salicylic acid or tea tree oil, along with charcoal.

Shampoo and haircare products: Charcoal-infused shampoo can remove build-up and excess oil, but it's not something you want to use every day. If you feel like your locks are a bit lifeless or heavy, incorporate activated charcoal shampoo once every week or two to strip away the build-up that's weighing down the strands.

Toothpaste and oral care products: When it comes to teeth, charcoal is a bit of a mixed bag. It will whiten and remove plaque, but it can also erode tooth enamel. This initially causes sensitivity and, over time, can lead to permanent damage. If you choose to use charcoal-based toothpaste, brush gently in a circular motion and rinse thoroughly when done. Like shampoo, charcoal toothpaste shouldn't be used every day. Stick to two to three times a week.

Health Studies Roundup



OBESITY IN 20S, 30S CUTS LIFE EXPECTANCY

People who are obese in their 20s and 30s, particularly men, risk up to 10 years in life expectancy, according to research out of Australia. The study calculated the expected amount of weight a person will put on each year, based on current weight, age, and sex for more than 12,000 people between ages 20 and 69. The simulation predicted the remaining life expectancy of those in four body mass index categories: healthy, overweight, obese, those with excess weight compared to people at a healthy weight.

According to the findings, people who are at a healthy weight in their 20s can expect to live another 57 to 60 years. However, women who are overweight in their 20s and 30s may lose up to six years of their life, while men could lose eight years. Women who are severely obese may lose eight years, while severely obese men could lose 10 years of life.

“Our model predicts adult obesity prevalence will increase to 35 percent by 2025,” says lead author Dr. Thomas Lung of The George Institute for Global Health. “We need to act now and have an obesity prevention strategy targeting adults at all ages and in particular young adults.”

NUTRITION, MORE THAN EXERCISE, IMPACTS BONE STRENGTH

Weight-bearing exercises have long been considered the gold standard for maintaining and improving bone strength, but recent research found that mineral supplementation had a bigger impact than physical activity, even after exercise-training stopped.

Although the research was done in mice, it may translate to humans. “This was done in mice, but if you think about the progression to humans, diet is easier for someone to carry on as they get older and stop exercising, rather than the continuation of exercise itself,” University of Michigan Professor David Kohn says in a news release.

The study also looked at the effect of increased dietary calcium and phosphorus—that is, adding foods that contain the minerals to your diet, rather than supplementing with a pill—and found benefits to increasing both.

STRESS, NOT MONDAYS, LINKED TO CARDIAC ARREST

The stress of Monday mornings have been associated with sudden cardiac arrest for decades, but now the stress of life makes cardiac arrest more likely to happen at any time during the week, notes a study published in *Heart Rhythm*.

The link to Monday morning stemmed from a sudden surge of the stress hormone known as cortisol experienced from waking up that morning. The cortisol boosted blood pressure, heart rate, and blood sugar levels, potentially sending someone to the hospital. These days, though, that cortisol surge comes on all days of the week. Though there are likely other factors that cause a cortisol spike and affect cardiac arrest, experts think stress plays a significant role. Sudden cardiac arrest is one of the leading causes of death in the U.S., killing nearly 300,000 people annually.

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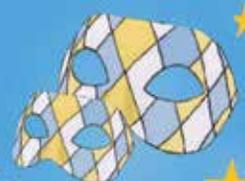
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Products We Love

THIS MONTH'S PICKS FROM THE BEAUTY BUZZ TEAM

By Caley Breese

Check out the latest and greatest hair, skin, makeup, and grooming products, reviewed by our Beauty Buzz team (and the occasional What's Up? staff member!)

GRAPE SEED CLEANSER BY MERLOT SKIN CARE

\$11/6 fl. oz., merlotskincare.com

This mild cleanser is suited for all skin types, and offers a soap-free formula that removes makeup and other impurities, but is still gentle for everyday use. Natural ingredients, including papaya, green apple, and cucumber, will leave your skin feeling soft and hydrated, while red grape seed antioxidants will keep your skin protected from free radicals.



2

For more reviews, visit us online at WHATSUPMAG.COM



1

SEA SALT POMADE BY FATBOY

\$21/2.6 fl. oz., The Park Salon & Barber in Severna Park

It may not be beach weather, but you can still give your hair that wavy, fresh-off-the-beach look. This lightweight cream is formulated with Coconut Oil and Shea Butter to lock in moisture and protect against UV damage, and Sea Kelp and Algae extract to maintain a healthy, natural flow. To use, rub a dime-sized amount through wet hair and style as desired.

SO EXTRA DUOCHROME TOP COAT MASCARA BY COL-LAB

\$9.99, collabmakeup.com

Amplify your lashes and emphasize your eyes with this fun duochrome top coat mascara. The light-reflective formula will have your eyes glistening and your lashes shimmering as they move. To use, simply apply on top of your mascara for a glittery, dramatic look.



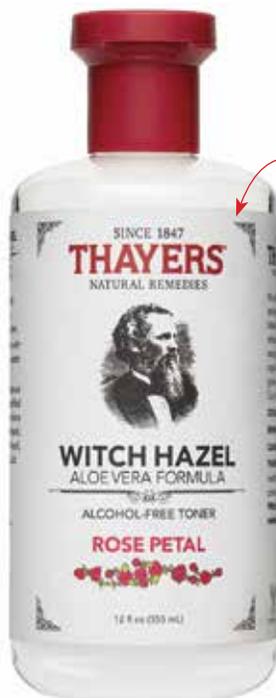
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3

ALCOHOL-FREE ROSE PETAL WITCH HAZEL TONER BY THAYERS

\$10.95/12 fl. oz., thayers.com

Your skin will thank you when you use this cult-favorite, gluten-free toner, infused with rose and witch hazel extract. Rose works to hydrate and refresh the skin, while witch hazel tightens pores, controls oil, and protects the skin from environmental pollutants and other impurities. After you cleanse your face, douse a cotton pad with the toner and gently swipe over face and neck.



1.

"Unlike most hair styling products for men, the Sea Salt Pomade has a subtle and fresh smell that provides great hold throughout the day. I especially like the product for its low shine once applied." -Beauty Buzz Member Brian Jacobs, 26, Baltimore



2.

"Merlot is my new facial cleanser! My skin has NEVER been so clear. I no longer have to worry about my oil-prone areas looking shiny. No more oil-blotting strips an hour after I apply my makeup! I could not be more excited for what this face wash has done for me." -Beauty Buzz Member Denise Hadden, 37, Severna Park



3.

"I had clear skin as a teenager, but I've been experiencing adult acne as I've gotten older. This product has helped me so much! I have noticed a dramatic decrease in my acne and I now feel more confident to go out without makeup on. I have already recommended this product to everyone I know!" -Beauty Buzz Member Lyndsie Cox, 21, Glen Burnie



4.

"I like that the consistency is very light so that it doesn't add any additional weight or goop to the lashes when applied on top of mascara. This sparkly top coat is a fun addition to the usually flat and one-dimensional look of most mascaras. I would recommend it for a night out or for a little added fun to the everyday look." -Beauty Buzz Member Jennifer Smith, 37, Gambrills

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Fresh Look

PURPLE POTATOES

By Kelsey Casselbury



When it comes to fresh produce, keep in the mind golden rule: The darker or deeper the color, the more nutrients it packs. That's certainly the case with purple potatoes (a colorful sibling of standard white potatoes), which are high in anthocyanins and flavonoids. They are both powerful antioxidants.

Anthocyanins are what gives purple and blue fruits and vegetables their color. They're also found in produce such as blackberries, blueberries, and red/purple grapes. Starch-lovers out there might want to take advantage of anthocyanin's anti-inflammatory

properties, also a benefit of flavonoids, via purple potatoes. Other potential benefits of the antioxidants include reduced risk of cardiovascular disease, cancer, and stroke.

Not all potatoes are the same. Starch levels vary, and recipes call for different amounts of it for the best outcome. Yukon Gold potatoes are the all-purpose variety of white potatoes. They have medium-moisture and medium-starch levels, and a good number of purple varieties, including Adirondack Blue, Purple Creamer, and Purple Majesty potatoes, work well when used in recipes that call for Yukon Golds.

What does that mean? Well, purple potatoes aren't going to be great in soups—they'll just turn into mush. However, they can be used in boiling and mashing, baking, and making French fries. They also stand up well when pan-frying and roasting, so next time you're making a breakfast hash with a base of crispy potatoes, consider going purple.

Simple Mashed Purple Potatoes

- 1 pound **purple potatoes** (about 3 medium-sized)
- 1 Tablespoon **kosher salt**
- 2 tablespoons fresh **lemon juice**
- 1/3 cup **extra-virgin olive oil**
- 1/4 cup **chicken or vegetable stock**
- Ground pepper** to taste



Scrub the potatoes clean, but don't peel them (there are so many nutrients in the skin!) Put them in a large pot with enough cold water to cover the potatoes by 2 inches. Add the salt.

Bring the water to a boil, and then reduce to a simmer and cook until the potatoes are tender, around 25 minutes.

Drain the potatoes and return them to the pot. Put them back on the stove, with the heat turned off, and use a large spoon to mix them up to prevent burning. This allows the residual heat from the stove to evaporate excess moisture from the potatoes.

Add the lemon juice, olive oil, and stock to the potatoes and mash with a potato masher, ricer, or another mashing utensil. Taste and season with salt and pepper if needed. Add more stock if you would like them a little creamier.



All about that brass

By Kelsey Casselbury



Shower of Faith Baby Fringe Earring, *Lingua Nigra*. Brass casting with 22-karat gold plate. \$96. Linguanigra.com.



Brass might have a bad reputation for being a key component of cheap jewelry, but its long history and the gorgeous intricacy of high-quality brass accessories means that the status isn't deserved in the slightest.

Some claim that brass jewelry turns their skin green, which is the root of the "cheapness" claim. It's not about the quality of the metal that creates this phenomenon, but rather the presence of copper chelates. They interact with the sweat from your body, leaving a faint green

stain that's easily removed with soap and water. There's a simple solution: Have the jewelry lacquered or do it yourself by applying clear nail polish where the brass touches your skin.

Brass is a malleable metal, which refers to how easily it can be manipulated into beautiful designs. However, it's not brittle—brass is a strong, durable metal that can last for years with proper care. Using brass in jewelry dates back to at least 500 B.C., and is still popular today.



Crab Claw Cuff, *Lauren Newton Jewelry*. Gold-plated brass. \$120. Laurennewtonjewelry.com.



Crab Claw Ring, *Lauren Newton Jewelry*. Gold-plated brass. \$85. Laurennewtonjewelry.com.



Art Deco Geometric Earrings, *The Solid State*. Red brass. \$150. Solidstatejewelry.com.

Psyche Earrings, *Lindsay Lewis Jewelry*. Brass with two crazy lace agate stones. \$92. Lindsay-lewis.com.





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Dining

150 REVIEW | 152 GUIDE

Stuffed Acorn
Squash
at Broadneck
Grill & Cantina

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1364 Cape Saint Claire Road, Annapolis | 410-757-0002 | broadneckgrill.com

**BROADNECK
GRILL &
CANTINA**

Clockwise: Stuffed Acorn Squash. Chamorro-Lamb Shanks. Chef Venustiano Bravo. Chocolate Mousse Cake. New York Strip Steak Fajitas.

DINING REVIEW

The Friendly Cantina Vibe

By Rita Calvert

Photography by Steve Buchanan

Locals know the best spots to eat. That's why so many stay in Cape St. Claire and flock to the Broadneck Grill & Cantina for authentic Mexican fare. For fiesta or casual dining, the food and atmosphere are on point.

It's no wonder Broadneck Grill boasts a 25-year run of success. They are rolling back prices from March 10th to the 14th to celebrate their anniversary. Whether you are a local or not, it just feels like part of the neighborhood. Owner Donna Duran says she's met most of her

friends at the two restaurants. The other, the Cantina II in Edgewater, opened in 2014 with an identical menu and the delicious food keeps Edgewater and south county residents coming back. Duran's fare is predominately cantina cooking, but there's a smattering of Chesapeake favorites: crab soup, crab-cakes, and classic American items like burgers and a club sandwich.

From host to servers, the staff is warm and accommodating. Our waiter, Alfonso, knew the menu, the specials, and how dishes were prepared. We asked

for a few substitutions, and without hesitation, every request was met.

If you are thirsty, there's no shortage of drink options. While looking over the large specialty drink menu, we considered ordering the Spicy Neighbor, which includes Herradura Silver, Elderflower liquor, fresh grapefruit juice, and a muddled jalapeno with a salted rim. A festive cranberry margarita or a mojito of various fruits (mango or pineapple) also seemed appealing. My dining companion ultimately decided on the special Winter White Sangria, which is very popular at the bar. The sangria was delicate and peachy, but not too sweet. The bar was filled with gentle laughter and is known to be a great spot for happy hour.

In the never-ending search for authenticity and variety, longtime chef Venustiano Bravo travels to his native Mexico each year and returns with creative menu ideas that he prepares as monthly specials. We perused the



extensive specials menu and the larger year-round menu. Since the specials are outstanding and the desserts are homemade, we had to pace ourselves. Duck tacos with a cherry chipotle sauce and the Oh My Gourd enchilada were especially appealing. The Maximiliano Burrito with the New York Strip Steak elevated this staple dish. We arrived on Taco Tuesday night. It's all you can eat beef or chicken tacos for \$9.95—a great deal for a family.

Wanting a taste of the creative specials, we split the Stuffed Acorn Squash as a first course. The rotund winter squash was filled with zesty seasoned chicken topped with ranchero sauce, Monterey jack cheese, and pico de gallo. The spicy red sauce with the sweetness of the acorn squash and the oozing cheese dripping over the top made it a hit.

Chamorro-lamb shanks were so popular as a special that it earned a permanent spot on the menu. I came to try it and was not disappointed. The shank—



the lower part of the leg, from the knee down—is one of the toughest cuts you can find on a lamb. But what makes it impossible to sauté is what makes it ideal for braising, and slow and low roasting, until the meat falls off the bone. That's the way Broadneck prepares Chamorro. Chamorro is said to be the Mexican cure for hangovers and it is usually served on Sunday afternoons, so you could call it comfort food. This is the real deal, an authentic Mexican specialty offered under the grill menu. Grill entrees come with a table-size loaf of bread and delicate honey butter, salad, rice, and black beans. Alfonso and the kitchen obliged to trade my rice for a vegetable, verdant broccoli spears.

My compadre chose New York Strip Steak fajitas, and they had a whole lot of sizzle. They arrived in the traditional fiery skillet housed in a wooden tray.

Rice, black beans, smooth guacamole, and sour cream were served as sides for the freshly sautéed bell peppers and onions that were mixed with thin tender steak slices. Only warm flour tortillas work here, and they came in their own lidded container.

As we pondered the popular desserts—all made in-house—Alfonso suggested the fried ice cream, Tres Leches, and Magothy Mud Pie. His favorite, and among the most popular deserts, is the Strawberry Cake, which is nearly eight inches tall. However, we sampled the Chocolate Mousse Cake. It consisted of three fudge cake layers sandwiched with chocolate mousse. The entire gateau was wrapped with whipped cream and bound by a deep chocolate ganache. This gets a top rating!



The decor is unassuming yet comfortable. Large black and white photos of Broadneck Peninsula hang on the walls—conversation pieces of an era of few houses, one Bay Bridge, and an abundance of oysters. Adjacent diners pointed out the former Labrot racetrack stables. Definitely a neighborly crowd.

Duran is civic minded and uses her Cinco de Mayo fests as fundraisers for the Cystic Fibrosis Foundation. Always an enthusiastic marketer, she now offers monthly wine pairing dinners at both locations.

Rita Calvert has close to three decades in the food, media production, marketing, and public relations fields. She has created myriad programs, events, cooking sessions on national television for corporations, the stage for cookbooks, and founded the original Annapolis School of Cooking.

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; Evelyansannapolis.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; Gordombiersch.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 \$\$ ☎ 🍷 🍺 🍻 🏆

COOPER'S HAWK

"The food is fantastic and the service is excellent."—Betty Goldstein

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, Weekend 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; Doubletreannapolis.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 Grille

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, Weekend 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' Pub

400 Chester Avenue, Annapolis; 410-268-7432; Davispub.com; American; lunch, dinner, late night \$ 🍷 🍴 * 🍷

Eastport Kitchen

923 Chesapeake Avenue, Annapolis; 410-990-0000; Eastport-kitchen.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 Grille

169 Mayo Road, Edgewater; 410-956-2995; Adamsgrilleannapolis.com; Barbecue; lunch, dinner \$\$\$ 🍷 🍴 🍷

All American Steak House

139 Mitchells Chance Road, Edgewater; 410-956-4494; Theall-americansteakhouse.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; Broadneck-grill.com; American and Mexican Cuisine; lunch, dinner \$ 🍷 🍴 🍷 * 🍷

The Bistro at South River

3451 Solomons Island Road, Edgewater; 410-798-5865; Golfclubs.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 \$\$\$ 🍷 🍴 * 🍷



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DINING GUIDE

RIP'S COUNTRY INN

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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 \$\$ 🍴 🍷 🏆

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 \$\$ 🍴 🍷 🏆 🍺

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 \$\$ 🍴 🍷 🏆 🍺

Petie Greens Bar and Grill
6103 Drum Point Road, Deale; 410-867-1488; Petiegreens.com \$\$ 🍴 🍷 🏆 🍺

Pirate's Cove
4817 Riverside Drive, Galesville; 410-867-2300; Piratescovemd.com; Seafood; breakfast, lunch, dinner, Sunday brunch \$\$ 🍴 🍷 🏆 🍺

Plazuelas
3029 Solomons Island Road, Edgewater; 410-956-0080; Mexican; lunch, dinner \$

Rod N Reel Restaurant
4165 Mears Avenue, Chesapeake Beach; 410-257-2735; Chesapeakebeachresortspa.com; Seafood; breakfast, lunch, dinner \$\$ 🍴 🍷 🏆 🍺

Saigon Palace
10 Mayo Road, Edgewater; 410-956-0505; Vietnamese; lunch, dinner \$ 🍴 🍷

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 \$ 🍴 🍷 🏆 🍺 🍻

Thursday's Steak & Crabhouse
4851 Riverside Drive, Galesville; 410-867-7200; Seafood; lunch, dinner \$\$ 🍴 🍷 🏆 🍺

Yellowfin Steak & Fish House
2840 Solomons Island Road, Edgewater; 410-573-1333; Yellowfin-restaurant.com; Steak, seafood; lunch, dinner, Sunday brunch \$\$ 🍴 🍷 🏆 🍺

Arnold / Severna Park / Pasadena & Beyond

Adam's Ribs
589 Baltimore Annapolis Boulevard, Severna Park; 410-647-5757; Adamsribs.com; Barbecue; lunch, dinner \$\$ 🍴 🍷 🏆

Bella Italia
1460 Ritchie Highway, Arnold; 410-757-3373; Bellaitaliaarnold.com; Italian; lunch, dinner \$ 🍴 🍷 🏆

Brian Boru Restaurant & Pub
489 Ritchie Highway, Severna Park; 410-975-2678; Brianborupub.com; Irish; lunch, dinner, Sunday brunch \$\$ 🍴 🍷 🏆

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 \$\$ 🍴 🍷 🏆 🍺

Capiche Street Food Italiano
147 Ritchie Highway, Suite E, Severna Park; 443-906-3200; Capicheitaliano.com; Italian; lunch, dinner \$

Donnelly's Dockside
1050 Deep Creek Avenue, Arnold; 410-757-4045; Donnellys-dockside.com; Seafood; lunch, dinner \$\$ 🍴 🍷 🏆 🍺

Founders Tavern & Grille
8125 Ritchie Highway, Pasadena; 410-544-0076; Founders-tavernandgrille.com; American; lunch, dinner \$ 🍴 🍷 🏆

Gina's Cafe
601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascafemikes; Southwestern, Vegetarian; lunch, dinner \$\$

LA Posta Pizzeria
213 Baltimore Annapolis Blvd., Severna Park; 443-906-2840; Lapostapizzeria.com; Italian; lunch, dinner \$-\$\$

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 \$ T

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 \$ T

Mother's Peninsula Grill

969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American, seafood; lunch, dinner \$\$ T



O'Loughlin's Restaurant

1258 Bay Dale Drive, Arnold; 410-349-0200 Oloughlinspub.com; American; lunch, dinner, late-night \$\$ T



Park Tavern

580 Ritchie Highway, Severna Park 410-793-5930 Parktavernsp.com American; lunch, dinner \$\$ T

Pascal's Chophouse

139 Ritchie Highway, Suite A, Severna Park; 410-647-8216; Pascalschophouse.com; Farm-to-table, USDA prime steaks; happy hour, dinner \$\$ T



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DINING GUIDE

The Point Crab House & Grill

700 Mill Creek Road, Arnold; 410-544-5448; Thepointcrabhouse.com; Casual contemporary American Seafood restaurant; brunch, lunch, dinner \$\$

Rips Country Inn

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

Romilo's Restaurant

478-A Ritchie Highway, Severna Park; 410-544-6188; Romilosrestaurant.com; Greek; lunch, dinner \$\$

Severna Park Taphouse

58 W. Earleigh Heights Road, Severna Park; 410-793-5759; Severnaparktaphouse.com; American, sports bar; dinner \$

Twains Tavern

8359 Baltimore Annapolis; Boulevard, Pasadena; 410-647-5200; Twainstavern.com; American, sports bar; dinner \$

Regional

Bistro St. Michaels

403 Talbot Street, St. Michaels; 410-745-9111; Bistrostmichaels.com; Euro-American; brunch, dinner \$\$

The Island Hideaway

14556 Solomons Island Road S, Solomons; 410-449-6382; Theislandhideawaysolomons.com; American; lunch, dinner \$

Knoxies Table

180 Pier 1 Road, Stevensville; 410-249-5777; Baybeachclub.com; American; dinner, weekend brunch

Mason's - Redux 2017

22 South Harrison Street, Easton; 410-822-3204; Masonsredux.com; Modern American; lunch, dinner, Sunday brunch \$-\$

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(F) FAMILY EVENTS (C) CHARITY EVENTS (TIX) AVAILABLE AT WHATSUPTIX.COM

Advertisers listed in red What's Up? Tix event listed in blue



↑ Celebrate Black History Month by exploring the history and culture of Maryland's African-American community during the African American Heritage Tour Saturday, February 16th, 1-3 p.m. The tour departs from City Dock Information Booth, and includes stops at the Kunta Kinte-Alex Haley Memorial, Thurgood Marshall Memorial, and the Banneker-Douglass Museum. For more information, visit Annapolistours.com.

Photo by Webster Wright

Friday

1

SPECIAL EVENTS

First Friday in Chestertown at Downtown Chestertown, Chestertown. 5-8 p.m. Free. 443-282-0246. Kentcounty.com

Italian Winter Tasty Dishes at Whole Foods Market Annapolis, Annapolis. 6:30-8:30 p.m. \$45.00 per person. 410-573-1800.

No Limits! Monster Trucks at Wicomico Youth & Civic Center, Salisbury. 7 p.m. \$30 for adults, \$15 for children ages 12 and under. 410-548-4900. Wicomicociviccenter.org (F)

Kent's Carvers & Clubs: Guides, Gunners and Co-Ops at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. \$6-15. Now through March 31, 2019. 410-745-2916. Cbmm.org

Exploring the Chesapeake - Mapping the Bay at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Prices vary. Now through March 17, 2019. 410-745-2916. Cbmm.org

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

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

Between Worlds: The Art of Bill Traylor at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. daily. Free. Now through March 17, 2019. 202-633-7970. Americanart.si.edu

Rafael Lozano-Hemmer: Pulse at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. daily. 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

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

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. daily. Now through November 17, 2019. Free. 202-633-8300. Npg.si.edu

Parenting: An Art without a Manual at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.), closed Mon. Prices vary. Now through September 1, 2019. 410-244-1900. Avam.org

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. 410-626-2556. Sjc.edu

Ray Hass Photography at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through February 17, 2019. \$6. 410-222-1777. Fqwp.org

Subverting Beauty: African Anti-Aesthetics at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.), closed Mon. and Tues. Free. Now through June 2, 2019. 443-573-1700. Artbma.org

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

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

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

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

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

Variations on a Theme (Still Life and Portraiture) at Chestertown RiverArts, Chestertown. 11 a.m.-5:30 p.m. (Tues.-Fri.), 10 a.m.-5:30 p.m. (Sat.), 11 a.m.-3 p.m. (Sun.). Now through February 24th, 2019. Free. 410-778-6300. Chestertownriverarts.net

New Hope at What's Up? Media Gallery, Annapolis. 8 a.m.-6 p.m. (Mon.-Fri.) Now through April 12th, 2019. Free. 410-266-6287. Whatsupmag.com

MUSIC

Daley & JMSN at 9:30 Club, Washington. 8 p.m. \$25. 202-265-0930. 9:30.com

Discovery Artist in the KC Jazz Club: Camille Thurman with the Darrell Green Trio at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$20. 202-467-4600. Kennedy-center.org

Greensky Bluegrass at The Anthem, Washington. 7:30 p.m. \$40-\$75. 877-435-9849. Theanthemdc.com

National Symphony Orchestra: Trifonov plays Beethoven's "Emperor" at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Respighi Pines of Rome at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsmusic.org

The Kingston Trio at Avalon Theatre, Easton. 8 p.m. \$50. 410-822-7299. Avalonfoundation.org

THE WEIGHT BAND feat. Members of The Band, Levon Helm Band & Rick Danko Group at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

Toni Braxton at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 800-745-3000. Mgmnationalharbor.com

Alexander Peters Duo at Old Stein Inn, Edgewater. 8 p.m. Free. 410-798-6807. Oldstein-inn.com

United States Navy Band at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. Free. 410-263-5544. Marylandhall.org

Jon Langston at Union Jack's, Annapolis. 9:30 p.m. \$15. 410-266-5681. Unionjacksannapolis.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 8 p.m. Prices vary. 202-332-3300. Studiotheatre.org

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

Bassem Youssef at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$39-99. 202-467-4600. Kennedy-center.org

Fun Home at Centerstage, Baltimore. 8 p.m. \$20-49. 410-332-0033. Centerstage.org

Jerusalem at Fells Point Corner Theatre, Baltimore. 8 p.m. \$19-24. Fpct.org

Kleptocracy at Arena Stage, Washington. 10 a.m.-3 p.m. Prices vary. 202-554-9066. Arenastage.org

My Favorite Murder at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. Prices vary. 410-900-1150. Modell-lyric.com

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. 8 p.m. Prices vary. 410-415-3513. Annapolisshakespeare.org

Silent Sky at The Colonial Players, Annapolis. 8 p.m. \$23. 410-268-7373. Thecolonialplayers.org

The Dining Room at Wor-Wic Community College - Guerrieri Hall, Salisbury. 8 p.m. \$9-15. Communityplayersofsalisbury.org

The Lion, the Witch, and the Wardrobe at Children's Theatre of Annapolis, Annapolis. 7 p.m. \$15 for general admission, \$12 for youth/seniors/military. 410-757-2281. Childrenstheatreofannapolis.org (F)

SPORTS

Washington Capitals vs. Calgary Flames at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday

2

SPECIAL EVENTS

Wil Scott: Monochrome at Maryland Theatre for the Performing Arts, Annapolis. Free. Now through March 31st, 2019. 410-626-6055. Mtpa-annapolis.org

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellarsofannapolis.com

No Limits! Monster Trucks at Wicomico Youth & Civic Center, Salisbury. 1 p.m. & 7 p.m. \$30 for adults, \$15 for children ages 12 and under. 410-548-4900. Wicomicociviccenter.org (F)

STEAM Team: Digging Down & Digging it Up at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-3 p.m. \$15. 410-745-2916. Cbmm.org (F)

Delaware Restoration Work Day at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. Prices vary. 410-745-2916. Cbmm.org

First Saturday Guided Walk at Adkins Arboretum, Ridgely. 10-11 a.m. Prices vary. 410-634-2847. Adkinsarboretum.org

MUSIC

Good Deale Bluegrass & Eastman String Band at Rams Head On Stage, Annapolis. 8 p.m. \$22.50. 410-268-4545. Ramsheadonstage.com

Greensky Bluegrass at The Anthem, Washington. 7:30 p.m. \$40-\$60. 877-435-9849. Theanthemdc.com

I AM A MAN featuring Ron Miles, Brian Blade, Bill Frisell, Jason Moran, and Scott Colley at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$30-40. 202-467-4600. Kennedy-center.org

Kenny Knopp at Robert Morris Inn, Oxford. 6:30 p.m. Free. 410-226-5111. Robertmorrisinn.com

National Symphony Orchestra: Trifonov plays Beethoven's "Emperor" at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Respighi Pines of Rome at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsmusic.org

The Met: Live in HD 2018-19 Season at Avalon Theatre, Easton. 1 p.m. Prices vary. 410-822-7299. Avalonfoundation.org

Sylvia Strolling on the Accordion at Old Stein Inn, Edgewater. 5 p.m. Free. 410-798-6807. Oldstein-inn.com

Trifonov plays Beethoven's "Emperor" at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-\$89. 202-467-4600. Kennedy-center.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 2 p.m. & 8 p.m. Prices vary. 202-332-3300. Studiotheatre.org

American Ballet Theatre: Harlequinade at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 7:30 p.m. \$39-\$150. 202-467-4600. Kennedy-center.org

Everything is Wonderful at Everyman Theatre, Baltimore. 2 p.m. & 8 p.m. Prices vary. Everymantheatre.org

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 2/1).

Kleptocracy at Arena Stage, Washington. 2 p.m. & 8 p.m. Prices vary. 202-554-9066. Arenastage.org

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. 2 p.m. & 8 p.m. Prices vary. 410-415-3513. Annapolisshakespeare.org

Silent Sky at The Colonial Players, Annapolis. (See 2/1).

Steven Wright at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$29-49. 202-467-4600. Kennedy-center.org

The Dining Room at Wor-Wic Community College - Guerrieri Hall, Salisbury. 2 p.m. & 8 p.m. \$9-15. Communityplayersofsalisbury.org

The Lion, the Witch, and the Wardrobe at Children's Theatre of Annapolis, Annapolis. 10 a.m. & 4 p.m. \$15 for general admission, \$12 for youth/seniors/military. 410-757-2281. Childrenstheatreofannapolis.org (F)

The Magic of Adam Trent at The National Theatre, Washington. 8 p.m. \$55-80. Thenationaldc.org

SPORTS

Washington Wizards vs. Milwaukee Bucks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com (F)

Sunday
3

SPECIAL EVENTS

Yoga and Whiskey at Sagamore Spirit Distillery, Baltimore. 10-11:30 a.m. \$20. 410-624-7488. sagamore-spirit.com

Delaware Restoration Work Day at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. Prices vary. 410-745-2916. cbmm.org

MUSIC

The Kennedy Center Chamber Players: Works of Hindemith, Respighi, Lutosławski & Schubert at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. \$36. 202-467-4600. kennedy-center.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. 2 p.m. & 7 p.m. Prices vary. 202-332-3300. studiotheatre.org

American Ballet Theatre: Harlequinade at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$39-\$150. 202-467-4600. kennedy-center.org

Everything is Wonderful at Everyman Theatre, Baltimore. 2 p.m. & 7 p.m. Prices vary. everymantheatre.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. 3 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

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. 2 p.m. Prices vary. 410-415-3513. annapolis-shakespeare.org

The Lion, the Witch, and the Wardrobe at Children's Theatre of Annapolis, Annapolis. 2 p.m. \$16 for general admission, \$12 for youth/seniors/military. 410-757-2281. childrenstheatreofannapolis.org (F)

SPORTS

Washington Capitals vs. Boston Bruins at Capital One Arena, Washington. 12:30 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com (F)

Monday
4

SPECIAL EVENTS

Lunch & Learn St Michaels Library at St. Michaels Library, Saint Michaels. 12-1 p.m. Free. 410-745-5877.

MUSIC

Kasey Chambers at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. ramsheadonstage.com

Walk the Moon at Rams Head Live!, Baltimore. 8 p.m. Prices vary. 410-244-1131. ramsheadlive.com

SPORTS

Washington Wizards vs. Atlanta Hawks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com (F)

Tuesday
5

SPECIAL EVENTS

Half Pint Kids Club: Decorate a Groundhog Cupcake at Whole Foods Market Annapolis, Annapolis. 11 a.m. \$5 per child. 410-573-1800. (F)

Literary House & Sophie Kerr Series: Living Writers - A Reading by Lucy Corin at Rose O'Neill Literary House, Chestertown. 4:30 p.m. Free. kentcounty.com

Hindsight Wines and Harvest Thyme Tavern Wine Dinner at Harvest Thyme Tavern, Davidsonville. 6:30 p.m. TBA. 443-203-6846. harvest-thymetavern.com

MUSIC

Nao With Xavier Omár at The Fillmore Silver Spring, Silver Spring. 7:30 p.m. Prices vary. 301-960-9999. fillmoresilver-spring.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/1).

Alvin Ailey American Dance Theater at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$49-179. 202-467-4600. kennedy-center.org

Fun Home at Centerstage, Baltimore. 7:30 p.m. \$20-49. 410-332-0033. centerstage.org

Kleptocracy at Arena Stage, Washington. 12 p.m. & 7:30 p.m. Prices vary. 202-554-9066. arenastage.org

Opera Lafayette presents: George Frideric Handel's Radamisto at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$25-135. 202-467-4600. kennedy-center.org

Richard The Third at Shakespeare Theatre Company, Washington. 7:30 p.m. Prices vary. 202-547-1122. shakespearetheatre.org

SPORTS

Washington Capitals vs. Vancouver Canucks at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. capitalonearena.monumentalsportsnetwork.com (F)

Wednesday
6

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. marylandlivecasino.com

Open Boatshop at Chesapeake Bay Maritime Museum, St. Michaels. 5:30-8:30 p.m. \$35. 410-745-2916. cbmm.org

Woven Words: Decoding the Silk Book 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. Now through April 28th, 2019. Free. 410-547-9000. thewalters.org

MUSIC

Arrival From Sweden: The Music of ABBA at Rams Head On Stage, Annapolis. 8 p.m. \$45. 410-268-4545. ramsheadonstage.com

Fortas Chamber Music Concerts: Juilliard String Quartet at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$45. 202-467-4600. kennedy-center.org

Sharon Van Etten at 9:30 Club, Washington. 7 p.m. \$30. 202-265-0930. 9:30.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/1).

Alvin Ailey American Dance Theater at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$49-179. 202-467-4600. kennedy-center.org

Broadway Center Stage: The Music Man at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. kennedy-center.org

Disney On Ice: Worlds of Enchantment at Royal Farms Arena, Baltimore. 7:30 p.m. Prices vary. 410-347-2020. royalfarmsarena.com (F)

Everything is Wonderful at Everyman Theatre, Baltimore. 7:30 p.m. Prices vary. everymantheatre.org

Fun Home at Centerstage, Baltimore. (See 2/5).

Kleptocracy at Arena Stage, Washington. 7:30 p.m. Prices vary. 202-554-9066. arenastage.org

Once at Olney Theatre, Olney. 8 p.m. Prices vary. 301-924-3400. olneytheatre.org

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/5).

Thursday
7

SPECIAL EVENTS

Wil Scott: Monochrome Opening Reception at Maryland Theatre for the Performing Arts, Annapolis. 6-8 p.m. Free. 410-626-6055. mtpa-annapolis.org

Open House at Annapolis Area Christian School Lower School, Annapolis. 9 a.m. Free. 410-846-3504. aacsonline.org

Winter Lecture Series: Jay Fleming at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. amaritime.org

Winter Speaker Series: Augustine Herrman's Remarkable Map of the 17th Century Chesapeake at Chesapeake Bay Maritime Museum, St. Michaels. 2 p.m. \$35. 410-745-2916. cbmm.org

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On Stage

Annapolis

The Merry Wives of Windsor

Colonial Players of Annapolis; February 23rd through March 23rd, 2019; \$23; Colonialplayers.org; 410-268-7373 Set in the free-wheeling, conspicuous consumption-driven, suburban lifestyle of the 1980s, this Shakespearean comedic farce will feature all the music, fashion, and cultural references of the 1980s, but with the language and characters that we love.

Rosencrantz and Guildenstern Are Dead

Annapolis Shakespeare Company; February 2nd through February 24th, 2019; Prices vary; Annapolisshakespeare.org; 410-415-3513 This play (a modern tragicomedy) concerns the misadventures and musings of Rosencrantz and Guildenstern, two minor characters from Shakespeare's *Hamlet*, focusing on their actions with the events of *Hamlet* as background.

Snow White

Ballet Theatre of Maryland; February 22nd through February 24th, 2019; Prices vary; Ballet-maryland.org Complete with a magical mirror, poisoned apple, wicked queen and stepmother, seven dwarves, a prince, and more, this ballet will take you on a journey through this beloved tale with unexpected twists and turns that are sure to delight with magic, fun, and suspense before the happily ever after.

The Lion, the Witch, and the Wardrobe

Children's Theatre of Annapolis; February 1st through February 10th, 2019; \$12-15; Childrenstheatreofannapolis.org; 410-757-2281 This new dramatization of C.S. Lewis' classic, set in the land of Narnia, faithfully recreates the magic and mystery of Aslan, the great lion, his struggle with the White Witch, and the adventures of four children who inadvertently wander from an old wardrobe into the exciting, never-to-be-forgotten Narnia.

Baltimore

Henry IV, Part I

Chesapeake Shakespeare Company; February 15th through March 30th, 2019; Prices vary; Chesapeakeshakespeare.com; 410-244-8570 *Henry IV* tells the spellbinding chronicle of the roguish Prince Hal, who is pulled between the magnetic, funny, and dissolute Falstaff and his dutiful and despondent father, King Henry.

Everything is Wonderful

Everyman Theatre; Now through February 24th, 2019; Prices vary; Everymantheatre.org Imagine a knock at the door from the hand complicit in a family tragedy: When the repentant driver in a fatal collision seeks forgiveness from the Amish family whose sons' lives he claimed, faith guides them to welcome him into their community—and their home. But as inconvenient truths from the family's past are discovered, can their outpouring of empathy be as limitless as it seems?

The Effect

Fells Point Corner Theatre; February 22nd through March 17th, 2019; Prices vary, Fpct.org It's the classic story of boy meets girl. Boy likes girl and girl likes boy. They fall in love. But why? Connie and Tristan are test subjects in a clinical trial for a new antidepressant in development. Their immediate and fevered love ends up risking the integrity of the trial while they wrangle with the very origin and nature of their feelings. Are they truly meant for each other, or is it just the effect of some drug?

The King and I

The Hippodrome Theatre; February 19th through February 24th, 2019; Prices vary; France-merrickpac.com; 800-982-2787 Set in 1860's Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and Anna Leonowens, a British schoolteacher whom the modernist King, in an imperialistic world, brings to Siam to teach his many wives and children.



Illustration by Jon Foster

D.C.

↑ The Heiress

Arena Stage; February 8th through March 10th, 2019; Prices vary; Arenastage.org; 202-554-9066 Socially awkward and plain Catherine Sloper has struggled her entire life under the disapproving and resentful gaze of her father. An unexpected visit from a suitor full of sincerity and instantaneous devotion awakens Catherine's long abandoned hopes of true love and the opportunity for a fresh start. A devastating betrayal forces the scorned Catherine to learn how to roar, realize her truth and take control of her destiny.

Finding Neverland

The National Theatre; February 26th through March 3rd; Prices vary; Thenationaldc.org; 202-628-6161 *Finding Neverland* tells the incredible story behind one of the world's most beloved characters: Peter Pan. Playwright J.M. Barrie struggles to find inspiration until he meets four young brothers and their beautiful widowed mother. Spellbound by the boys' enchanting make-believe adventures, he sets out to write a play that will astound London theatergoers.

Richard The Third

Shakespeare Theatre Company; February 5th through March 10th, 2019; Prices vary; Shakespearetheatre.org; 202-547-1122 What does it look like when a man with no scruples stops at nothing to gain power? If you're unsure, Richard of Gloucester will gladly demonstrate. What he lacks in looks he makes up for in bottomless ambition, ruthless cunning and rapacious zeal: the crown, at all costs. As he climbs ever higher, Richard bends the world to his will until even his mother can't bear to own him.

Once

Olney Theatre; February 6th through March 10th, 2019; Prices vary; Olneytheatre.org; 301-924-3400 Set in contemporary Dublin, a street guitarist is about to give up on his dreams when he meets a curious woman who wants to know all about him. Captivated by her optimism, the two embark on a remarkable music-making journey that includes a cadre of unlikely companions—immigrants, oddballs, and lonely hearts.

Section 14: The Other Palm Springs, California at The National Museum of the American Indian, Washington. 10 a.m.-6:30 p.m. daily. Now through January 2020. Free. 202-633-1000. Americanindian.si.edu

MUSIC

Greg Brown at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. Rams-headonstage.com

Mandolin Orange at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 9:30.com

National Symphony Orchestra: Schumann's Piano Concerto at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Young Concert Artists Presents Omer Quartet at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$20-45. 202-467-4600. Kennedy-center.org

The Lacs - Made In America Tour at Union Jack's, Annapolis. 9:30 p.m. \$12, 18 and over. 410-266-5681. Unionjacksannapolis.com

Frankie Valli & The Four Seasons at The Hippodrome Theatre, Baltimore. 7:30 p.m. Prices vary. 800-982-2787. France-merrickpac.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/1).

Alvin Ailey American Dance Theater at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/6).

Broadway Center Stage: The Music Man at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/6).

Disney On Ice: Worlds of Enchantment at Royal Farms Arena, Baltimore. (See 2/6). (F)

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/6).

Fun Home at Centerstage, Baltimore. (See 2/3).

Jim Gaffigan at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. Prices vary. 410-900-1150. Modell-lyric.com

Kleptocracy at Arena Stage, Washington. (See 2/1).

Once at Olney Theatre, Olney. (See 2/6).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/5).

SPORTS

Washington Capitals vs. Colorado Avalanche at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Friday

8

SPECIAL EVENTS

Cheese and Wine Pairing: Cheese and Chocolate at Whole Foods Market Annapolis, Annapolis. 6:30-8 p.m. \$25.00 per person. 410-573-1800.

Progressive International Motorcycle Show at Walter E. Washington Convention Center, Washington. 3-7 p.m. \$17 for adults, free for children 11 and under. Motorcycleshow.com (F)

Timonium Motorcycle Show at Maryland State Fairgrounds, Timonium. 4-8 p.m. TBA. Marylandstatefair.com

MUSIC

COIN at 9:30 Club, Washington. 6 p.m. \$25. 202-265-0930. 9:30.com

Drive-By Truckers Lucinda Williams at The Anthem, Washington. 8 p.m. \$40-\$75. 877-435-9849. Theanthemdc.com

Renée Fleming VOICES: Nellie McKay at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$20-35. 202-467-4600. Kennedy-center.org

Skribe at Old Stein Inn, Edgewater. 8 p.m. Free. 410-798-6807. Oldstein-inn.com

Mozart Symphony No. 40 at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

Space Jesus at 9:30 Club, Washington. 10:30 p.m. \$25. 202-265-0930. 9:30.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/1).

Alvin Ailey American Dance Theater at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/6).

Broadway Center Stage: The Music Man at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/6).

Disney On Ice: Worlds of Enchantment at Royal Farms Arena, Baltimore. 10:30 a.m. & 7:30 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com (F)

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/1).

Fred Armisen at Lincoln Theater, Washington. 8 p.m. \$35. 202-888-0050. Theincolndc.com

Fun Home at Centerstage, Baltimore. (See 2/1).

Jim Gaffigan at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. & 9:30 p.m. Prices vary. 410-900-1150. Modell-lyric.com

Kleptocracy at Arena Stage, Washington. (See 2/1).

Once at Olney Theatre, Olney. (See 2/6).

Richard The Third at Shakespeare Theatre Company, Washington. 8 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/1).

Sebastian Maniscalco at MGM National Harbor, Oxon Hill. 7 p.m. Prices vary. 844-346-4664. Mgmnationalharbor.com

The Dining Room at War-Wic Community College - Guerrieri Hall, Salisbury. (See 2/1).

The Heiress at Arena Stage, Washington. 8 p.m. Prices vary. 202-554-9066. Arenastage.org

The Lion, the Witch, and the Wardrobe at Children's Theatre of Annapolis, Annapolis. (See 2/1). (F)

The Origin of Love at The National Theatre, Washington. 8 p.m. \$54-79. Thenationaldc.org

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. 8 p.m. TBA. 410-810-2060. Garfieldcenter.org

SPORTS

Washington Wizards vs. Cleveland Cavaliers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Saturday

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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

Second Saturday in Downtown Cambridge at Downtown Cambridge. 5-9 p.m. Free. Downtowncambridge.org

Bingomania at Wicomico Youth & Civic Center, Salisbury. 7:30 p.m. \$45 in advance, \$55 at the doors. 410-548-4900. Wicomocociviccenter.org

Boating Essentials at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m. \$35. 410-745-2916. Cbmm.org

STEAM Team: Star Power at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-3 p.m. \$15. 410-745-2916. Cbmm.org (F)

Valentine's Dance at American Legion Post 228, Rock Hall. 7-11 p.m. Free. Kentcounty.com

Barrel & Tank Tasting at Crow Vineyard & Winery, Kennedyville. 4-6 p.m. \$25. 302-304-0551. Crowvineyardandwinery.com

Progressive International Motorcycle Show at Walter E. Washington Convention Center, Washington. 10 a.m.-8 p.m. \$17 for adults, free for children 11 and under. Motorcycleshow.com (F)

Timonium Motorcycle Show at Maryland State Fairgrounds, Timonium. 10 a.m.-8 p.m. TBA. Marylandstatefair.com

Valentine's 5K at Kinder Farm Park, Millersville. 10 a.m. TBA. Annapolisstriders.org

MUSIC

Joe Jackson - Four Decade Tour at Lincoln Theatre, Washington. 6:30 p.m. \$55-\$75. Lincoln Theatre. Theincolndc.com

Montgomery Center With Melodime at The Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

National Symphony Orchestra: Schumann's Piano Concerto at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$15-89. 202-467-4600. Kennedy-center.org

Old Dominion at The Anthem, Washington. 8 p.m. \$45-\$399. 877-435-9849. Theanthemdc.com

Spafford at 9:30 Club, Washington. 10:30 p.m. \$20. 202-265-0930. 9:30.com

The Dirty Grass Players: The Dark Side Of The Peach at Rams Head On Stage, Annapolis. 8 p.m. \$10. 410-268-4545. Ramsheadonstage.com

Washington Performing Arts presents Leon Fleisher & Friends: A 90th Birthday Celebration at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$65. 202-467-4600. Kennedy-center.org

Sylvia Strolling on the Accordion at Old Stein Inn, Edgewater. 5 p.m. Free. 410-798-6807. Oldstein-inn.com

Arlo Guthrie: Alice's Restaurant -- Back By Popular Demand Tour feat. Sarah Lee Guthrie at Maryland Hall at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. \$75-\$90. 410-263-5544. Marylandhall.org

Shriver Hall Concerts Discovery Series - Mafalda Santos, cello at Baltimore Museum of Art, Baltimore. 3-5 p.m. Free, reservations required. 410-516-7164.

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/2).

Alvin Ailey American Dance Theater at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 7:30 p.m. \$49-179. 202-467-4600. Kennedy-center.org

Broadway Center Stage: The Music Man at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Disney On Ice: Worlds of Enchantment at Royal Farms Arena, Baltimore. 11 a.m., 2:30 p.m. & 6:30 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com (F)

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/2).

Fun Home at Centerstage, Baltimore. (See 2/2).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. 2 p.m. Prices vary. 410-244-8570. Chesapeake-shakespeare.com

Kleptocracy at Arena Stage, Washington. (See 2/2).

Richard The Third at Shakespeare Theatre Company, Washington. 2 p.m. & 8 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/2).

Sebastian Maniscalco at MGM National Harbor, Oxon Hill. 7 p.m. Prices vary. 844-346-4664. Mgmnationalharbor.com

Exhibitions

Cindy Fletcher Holden, "Ferris Wheel Two," The Galleries at Quiet Waters Park



Annapolis

Cindy Fletcher Holden

The Galleries at Quiet Waters Park; February 20th through March 31st, 2019; Opening Reception: February 24th, 1:30-3:30 p.m. ; \$6; Fqwp.org ; 410-222-1777 A 1983 graduate of Maryland Institute of Art, Cindy Fletcher Holden is an Annapolis native and owner of Fletcher Art Studio, specializing in paintings, wall murals, and lettering. In this exhibit are oil paintings, both large and small. The large paintings are celebrations of color, composition, and a celebration of objects that define our life, work, or home. The small paintings are inspired by a two-year sailing adventure that included two ocean crossings and three continents.

New Hope

What's Up? Media; Now through April 12th, 2019; Free admission; Whatsupmag.com; 410-266-6287 What's Up? Media, in partnership with the Arts Council of Anne Arundel County, invites Anne Arundel County residents to take part in its newest exhibition, *New Hope*. Artists were given the title of the exhibit, but used their own creative imagination to interpret what the theme meant to them.

Painted Pages: Illuminated Manuscripts, 13th-18th Centuries

Mitchell Gallery, St. Johns College; Now through February 24th, 2019; Free; Sjc.edu; 410-626-2556 Explore the rich pageantry of the art of illuminated manuscripts. Among the 35 works in the exhibition is a c.1275 Dutch miniature psalter, a leaf from a 17th century Armenian lectionary, and an 18th century Hebrew scroll from the Book of Esther, as well as medieval Bibles, prayer books, psalters, and other texts from Europe and the Middle East.

Ray Haas Photography

The Galleries at Quiet Waters Park; Now through February 17th, 2019; \$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.

Baltimore

Esther & The Dream of One Loving Human Family

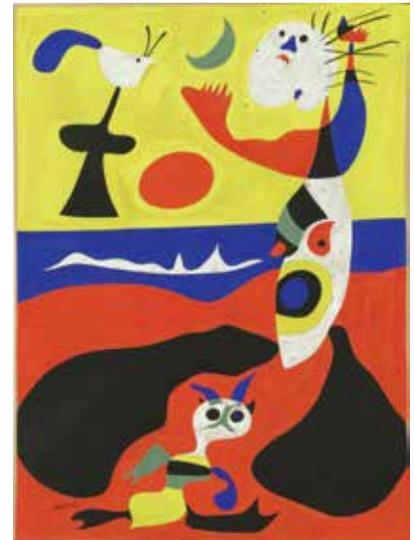
American Visionary Art Museum; February 23rd through March 1st, 2024; Prices vary; Avam.org; 410-244-1900 Told without a tinge of anger, Esther Nisenthal Kirinitz's 36 intricate needlework and fabric collages depict how then 15-year-old Esther and her younger sister survived the Nazi invasion of Poland by separating from their observant Jewish farming family on the road to the extermination camp and posing as Polish Catholic farm girls.

Woven Words: Decoding the Silk Book

The Walters Art Museum; February 6th through April 28th, 2019; Free; Thewalters.org; 410-547-9000 This exhibition highlights a little-known but magnificent rare book from the Walters' collection—a 19th-century prayer book woven entirely from silk on a Jacquard loom.

Monsters & Myths: Surrealism and War in the 1930s and 1940s

Baltimore Museum of Art; February 24th through May 26th, 2019; Free; Artbma.org; 443-573-1700 This exhibition examines how 20th-century European and American Surrealist artists used monsters and mythic figures to depict their experiences of war, violence, and exile. *Monsters & Myths: Surrealism and War in the 1930s and 1940s* includes 90 works by Salvador Dalí, Max Ernst, André Masson, Pablo Picasso, Mark Rothko, Dorothea Tanning, and others who were affected by the political turmoil of the Spanish Civil War and World War II.



Joan Miró. *Summer*. 1938. The Baltimore Museum of Art; Bequest of Saidie A. May, BMA 1951.341. © Successió Miró / Artists Rights Society (ARS), New York / ADAGP, Paris

D.C.

Section 14: The Other Palm Springs, California

National Museum of the American Indian; February 7th through January 2020; Free; Americanindian.si.edu; 202-633-1000 *Section 14: The Other Palm Springs, California* exposes a land battle at the core of the conflict between Western expansion and Indigenous peoples. Using photographs, oversized maps, newspaper clippings, and quotes from tribal members, council leaders, and government officials, this exhibition chronicles the life experiences of the people who lived on this historic tract, especially during the pivotal decades from the 1940s through 1960s.

Swan Lake at The Hippodrome Theatre, Baltimore. 2 p.m. & 7:30 p.m. Prices vary. 800-982-2787. France-merickpac.com

The Dining Room at Wor-Wic Community College - Guerrieri Hall, Salisbury. 2 p.m. \$9-15. Communityplayersof-salisbury.org

The Heiress at Arena Stage, Washington. (See 2/8).

The Lion, the Witch, and the Wardrobe at Children's Theatre of Annapolis, Annapolis. (See 2/2). (F)

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).

SPORTS

Washington Capitals vs. Florida Panthers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Georgetown vs. Butler at Capital One Arena, Washington. 12 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Sunday
10

SPECIAL EVENTS

Open Studio: Book Arts Studio at Academy Arts Museum Of Easton, Easton. 1-4 p.m. TBD. 410-822-2787. Academyartmuseum.org

Bid for Hope 2019 at La Fontaine Bleue, Glen Burnie. 2-6 p.m. \$45 or \$400 for a table of 10. (C)

Progressive International Motorcycle Show at Walter E. Washington Convention Center, Washington. 10 a.m.-5 p.m. \$17 for adults, free for children 11 and under. Motorcycleshows.com (F)

Wine & Chocolate Pairing at Crow Vineyard & Winery, Kennedyville. 12-4 p.m. \$12. 302-304-0551. Crowvineyardandwinery.com

Timonium Motorcycle Show at Maryland State Fairgrounds, Timonium. 10 a.m.-6 p.m. TBA. Marylandstatefair.com

Boating Essentials at Chesapeake Bay Maritime Museum, St. Michaels. 1 p.m. - \$35. 410-745-2916. Cbmm.org

MUSIC

NEA Jazz Master Archie Shepp's All-Star Tribute to John Coltrane featuring **Jason Moran** at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$20-59. 202-467-4600. Kennedy-center.org

Sevendust at Rams Head Live!, Baltimore. 6 p.m. \$26; \$30 day of show. 410-244-1131. Ramsheadlive.com

Valerie June at Rams Head On Stage, Annapolis. 8 p.m. \$39.50. 410-268-4545. Ramsheadonstage.com

Arias & Encores at Temple Beth Shalom, Arnold. 3 p.m. \$26-45. 410-263-5544. Marylandhall.org

Mozart Symphony No. 40 at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/3).

Alvin Ailey American Dance Theater at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. \$49-179. 202-467-4600. Kennedy-center.org

Broadway Center Stage: The Music Man at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Disney On Ice: Worlds of Enchantment at Royal Farms Arena, Baltimore. 12 p.m. & 4 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com (F)

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/3).

Fun Home at Centerstage, Baltimore. (See 2/3).

Kleptocracy at Arena Stage, Washington. 6 p.m. Prices vary. 202-554-9066. Arenastage.org

Once at Olney Theatre, Olney. 2 p.m. Prices vary. 301-924-3400. Olneytheatre.org

Richard The Third at Shakespeare Theatre Company, Washington. 7 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/3).

The Heiress at Arena Stage, Washington. 2 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

The Lion, the Witch, and the Wardrobe at Children's Theatre of Annapolis, Annapolis. (See 2/3). (F)

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. 3 p.m. TBA. 410-810-2060. Garfieldcenter.org

Monday
11

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyartmuseum.org

B2C Mastermind at Anne Arundel Chamber of Commerce, Annapolis. 9-11 a.m. First Meeting Free. 703-439-7804. Annapolismmcb2c.eventbrite.com

Literary House & Sophie Kerr Series: A Tea & Talk with Dr. Andrew Oros at Rose O'Neill Literary House, Chestertown. 4:30 p.m. Free. Kentcounty.com

MEMBER NIGHT: We Love the Bay! at Chesapeake Bay Maritime Museum, St. Michaels. 5 p.m. Free for CBMM members. 410-745-2916. Cbmm.org

MUSIC

Panda Bear at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 9:30.com

SPORTS

Washington Capitals vs. Los Angeles Kings at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday
12

SPECIAL EVENTS

Half Pint Kids Club: Cupid Kabobs at Whole Foods Market Annapolis, Annapolis. 11 a.m. \$5 per child. 410-573-1800. (F)

Volunteer Fundraiser at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m. Free. 410-745-2916. Cbmm.org

MUSIC

Dorothy at 9:30 Club, Washington. 7 p.m. \$20. 202-265-0930. 9:30.com

Walter Trout at Rams Head On Stage, Annapolis. 8 p.m. \$32.50. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/1).

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/6).

Fun Home at Centerstage, Baltimore. (See 2/5).

The Heiress at Arena Stage, Washington. 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

Wednesday
13

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m.-4 a.m. \$5. 443-842-7000. Marylandlivecasino.com

Informational Session: Kindergarten at Saint John the Evangelist Catholic School, Severna Park. 6:30 p.m. Free. 410-647-2283. Stjohnschool.org

Stroke Support Group at Bowie Senior Center, Bowie. 1-3 p.m. Free. 301-552-8144. Dchweb.org

Winter Speaker Series: Exploring Maryland's Lost Capital of St. Mary's at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$35. 410-745-2916. Cbmm.org

MUSIC

David Bisbal at The Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

The 5th Dimension at Rams Head On Stage, Annapolis. 8 p.m. \$75. 410-268-4545. Ramsheadonstage.com

Washington Performing Arts presents: Royal Concertgebouw Orchestra at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/1).

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/6).

Fun Home at Centerstage, Baltimore. (See 2/5).

Kleptocracy at Arena Stage, Washington. (See 2/5).

National Ballet of China: Raise the Red Lantern at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$25-99. 202-467-4600. Kennedy-center.org

Once at Olney Theatre, Olney. 2 p.m. & 8 p.m. Prices vary. 301-924-3400. Olneytheatre.org

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/5).

The Heiress at Arena Stage, Washington. (See 2/12).

WORLD STAGES: NeoArctic at The John F. Kennedy Center for the Performing Arts, Washington. 7:30 p.m. \$35-49. 202-467-4600. Kennedy-center.org

Thursday
14

SPECIAL EVENTS

Open House at Annapolis Area Christian School Lower School, Severn. 9 a.m. Free. 410-846-3505. Aacsonline.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: M. Stephen Ailstock, Ph.D. at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amaratime.org

MUSIC

Beirut at The Anthem, Washington. 8 p.m. \$41-\$76. 877-435-9849. Theanthemdc.com

Bob Mould Band at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 9:30.com

PJ Morton at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$49-69. 202-467-4600. Kennedy-center.org

Washington Performing Arts presents: Royal Concertgebouw Orchestra at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Yung Gravy: Experience The Sensation Tour at The Fillmore Silver Spring, Silver Spring. 9 p.m. Prices vary. 301-960-9999. Fillmoresilver-spring.com

Valentine's Day with Jazz on the Chesapeake at Academy Art Museum, Easton. 8 p.m. \$48. 410-819-0380. Jazzone-thechesapeake.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/1).

Disney On Ice: Worlds of Enchantment at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/6).

Fun Home at Centerstage, Baltimore. (See 2/5).

Kleptocracy at Arena Stage, Washington. (See 2/1).

National Ballet of China: Raise the Red Lantern at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/13).

Once at Olney Theatre, Olney. (See 2/6).

WORLD STAGES: NeoArctic at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/13).

Four Weddings and an Elvis at Oxford Community Center, Oxford. 7:30 p.m. Prices vary. 410-226-0061. Tredavonplayers.org

Friday
15

SPECIAL EVENTS

San Valentino Italian Style at Whole Foods Market Annapolis, Annapolis. 6:30-8:30 p.m. \$65.00 per person. 410-573-1800.

OC Seaside Boat Show at Roland E. Powell Convention Center, Ocean City. 11 a.m.-7 p.m. \$10 general admission, \$15 for a weekend pass, \$1 for kids. Ocoatshow.com (F)

MUSIC

Discovery Artist in the KC Jazz Club: James Francies at The John F. Kennedy Center for the Performing Arts, Washington. 9 p.m. \$20. 202-467-4600. Kennedy-center.org

Discovery Artist in the KC Jazz Club: James Francies at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$20. 202-467-4600. Kennedy-center.org

Galactic ft. Erica Falls at 9:30 Club, Washington. 8 p.m. \$30. 202-265-0930. 9:30.com

Interpol at The Anthem, Washington. 8 p.m. \$40-\$55. 877-435-9849. Theanthem-dc.com

Martin Sexton at Rams Head On Stage, Annapolis. 8 p.m. \$42.50. 410-268-4545. Ramsheadonstage.com

Metric & Zoé 2019 Tour With July Talk at The Fillmore Silver Spring, Silver Spring. 7 p.m. Prices vary. 301-960-9999. Fillmoresilverpring.com

St. Paul & The Broken Bones at Rams Head Live!, Baltimore. 8 p.m. \$25; \$30 day of show. 410-244-1131. Ramsheadlive.com

Valentine's Soul Jam at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. Prices vary. 410-900-1150. Modell-lyric.com

An Evening with Erykah Badu at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. 410-347-2020. Royalfarm-sarena.com

Fat Whiskey Band at Old Stein Inn, Edgewater. 8 p.m. Free. 410-798-6807. Oldstein-inn.com

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/1).

Broadway in Annapolis: Kiss Me Kate at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. Prices vary. 410-263-5544. Marylandhall.org

Disney On Ice: Worlds of Enchantment at Capital One Arena, Washington. 10:30 a.m. & 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/1).

Fun Home at Centerstage, Baltimore. (See 2/1).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. 8 p.m. Prices vary. 410-244-8570. Chesapeake-shakespeare.com

Kleptocracy at Arena Stage, Washington. (See 2/1).

National Ballet of China: Raise the Red Lantern at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/1/3).

Once at Olney Theatre, Olney. (See 2/6).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/8).

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/1).

She A Gem at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$20. 202-467-4600. Kennedy-center.org

Swan Lake at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

The Heiress at Arena Stage, Washington. (See 2/8).

The Lightning Thief: The Percy Jackson Musical at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).

WORLD STAGES: NeoArctic at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/1/3).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/1/4).

Saturday
16

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellarsofannapolis.com

OC Seaside Boat Show at Roland E. Powell Convention Center, Ocean City. 10 a.m.-7 p.m. \$10 general admission, \$15 for a weekend pass, \$1 for kids. Ooobootshow.com (F)

STEAM Team: Rock-ing it with Geology at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-3 p.m. \$15. 410-745-2916. Cbmm.org (F)

Winter Greens & Distinctive Bark Soup 'n Walk at Adkins Arboretum, Ridgely. 11 a.m.-1:30 p.m. \$25 for members, \$30 for non-members. 410-634-2847. Adkinsarboretum.org

African American Heritage Tour at Annapolis City Dock. 1-3 p.m. \$20 for adults, \$10 for children ages 3-11, free for children ages 2 and under. 410-268-7601. Annapoliscitytours.com (F)

MUSIC

Foreplay: A Tribute to 70s Rock - 7th Annual Heart Health Benefit at Rams Head On Stage, Annapolis. 8 p.m. \$42.50. 410-268-4545. Ramsheadonstage.com

Galactic ft. Erica Falls at 9:30 Club, Washington. 8 p.m. \$30. 202-265-0930. 9:30.com

KC Jazz Club: Pedrito Martinez and Alfredo Rodriguez at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$20-35. 202-467-4600. Kennedy-center.org

Washington Performing Arts presents: Royal Concertgebouw Orchestra at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/2).

Broadway in Annapolis: Kiss Me Kate at Maryland Hall for the Creative Arts, Annapolis. (See 2/15).

Disney On Ice: Worlds of Enchantment at Capital One Arena, Washington. 10:30 a.m., 2:30 p.m., 6:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/2).

Fun Home at Centerstage, Baltimore. (See 2/2).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. 2 p.m. & 8 p.m. Prices vary. 410-244-8570. Chesapeake-shakespeare.com

Kleptocracy at Arena Stage, Washington. (See 2/2).

National Ballet of China: Raise the Red Lantern at The John F. Kennedy Center for the Performing Arts, Washington. 1:30 p.m. & 7:30 p.m. \$25-99. 202-467-4600. Kennedy-center.org

Once at Olney Theatre, Olney. (See 2/1/3).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/9).

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/2).

She A Gem at The John F. Kennedy Center for the Performing Arts, Washington. 4 p.m. & 7 p.m. \$20. 202-467-4600. Kennedy-center.org

Swan Lake at The Hippodrome Theatre, Baltimore. 2 p.m. & 8 p.m. Prices vary. 800-982-2787. France-merrickpac.com

The Heiress at Arena Stage, Washington. 2 p.m. & 8 p.m. Prices vary. 202-554-9066. Arenastage.org

The Lightning Thief: The Percy Jackson Musical at The John F. Kennedy Center for the Performing Arts, Washington. 11 a.m., 3 p.m., 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).

WORLD STAGES: NeoArctic at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/1/3).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/1/4).

SPORTS

Army-Navy Basketball Doubleheader at Navy Alumni Hall, Annapolis. 12 p.m. \$20 for adults, \$3 for youth and seniors. Navysports.com (F)

Sunday
17

SPECIAL EVENTS

OC Seaside Boat Show at Roland E. Powell Convention Center, Ocean City. 10 a.m.-5 p.m. \$10 general admission, \$15 for a weekend pass, \$1 for kids. Ooobootshow.com (F)

MUSIC

Boyz II Men at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 800-745-3000. Mgmnationalharbor.com

Carseat Headrest at Rams Head Live!, Baltimore. 8 p.m. \$22; \$25 day of show. 410-244-1131. Ramsheadlive.com

Rahsaan Patterson at Rams Head On Stage, Annapolis. 8 p.m. \$49.50. 410-268-4545. Ramsheadonstage.com

The Knocks at 9:30 Club, Washington. 7 p.m. \$25. 202-265-0930. 9:30.com

Washington Performing Arts presents: Living the Dream...Singing the Dream at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. \$20-75. 202-467-4600. Kennedy-center.org

Young Dubliners at Rams Head On Stage, Annapolis. 1 p.m. \$22. 410-268-4545. Ramsheadonstage.com

Ravel Bolero at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. Prices vary. 410-783-8000. Bsomusic.org

PERFORMING ARTS

Admissions at Studio Theatre, Washington. (See 2/3).

Disney On Ice: Worlds of Enchantment at Capital One Arena, Washington. 12:30 p.m. & 4:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/3).

Fun Home at Centerstage, Baltimore. (See 2/5).

Kleptocracy at Arena Stage, Washington. (See 2/3).

Once at Olney Theatre, Olney. (See 2/10).

Richard The Third at Shakespeare Theatre Company, Washington. 2 p.m. & 7 p.m. Prices vary. 202-547-1122. Shakespearetheatre.org

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/3).

She A Gem 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

The Heiress at Arena Stage, Washington. (See 2/10).

The Lightning Thief: The Percy Jackson Musical at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/10).

Four Weddings and an Elvis at Oxford Community Center, Oxford. 2 p.m. Prices vary. 410-226-0061. Tredavonplayers.org

Monday
18

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

MUSIC

Music Celebrations International presents: 2019 Capital Orchestra Festival at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Free. 202-467-4600. Kennedy-center.org

PERFORMING ARTS

Disney On Ice: Worlds of Enchantment at Capital One Arena, Washington. 12:30 p.m. & 4:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Tuesday
19

SPECIAL EVENTS

Half Pint Kids Club: Heart Healthy Banana Splits at Whole Foods Market Annapolis, Annapolis. 11 a.m. \$5 per child. (F)

Krenov Style Plane-Making at Chesapeake Bay Maritime Museums, St. Michaels. 5:30 p.m. \$175. 410-745-2916. Cbmm.org

MUSIC

Al Di Meola: OPUS & More Acoustic Tour at Rams Head On Stage, Annapolis. 8 p.m. \$65. 410-268-4545. Ramsheadonstage.com

Jacob Banks at 9:30 Club, Washington. 7 p.m. \$20. 202-265-0930. 9:30.com

LP at Lincoln Theatre, Washington. 6:30 p.m. \$25. 202-888-0050. Thelincol-ndc.com

Switchfoot - The Nnative Tongue Tour With Colony House & Tyson Motsenbocker at The Fillmore Silver Spring, Silver Spring. 7:15 p.m. Prices vary. 301-960-9999. Fillmore-silverpring.com

Michael Bublé at Capital One Arena, Washington. 8 p.m. Prices vary. Capitalonearena.monumentalsportsnetwork.com

PERFORMING ARTS

Fun Home at Centerstage, Baltimore. (See 2/5).

Kleptocracy at Arena Stage, Washington. (See 2/6).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/5).

Top Dogs at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. \$29-79. 202-467-4600. Kennedy-center.org

The Heiress at Arena Stage, Washington. (See 2/12).

The King and I at The Hippodrome Theatre, Baltimore. 8 p.m. Prices vary. 800-982-2787. Franco-mer-ricpac.com

Wednesday

20

SPECIAL EVENTS

MTPA Porch Stories: For the Love of Art at Maryland Theatre for the Performing Arts, Annapolis. 6 p.m. 410-626-6055. mtpa-annapolis.org

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. Marylandlivecasino.com

Informational Session: Prek at Saint John the Evangelist Catholic School, Severna Park. 6:30 p.m. Free. 410-647-2283. stjohnspschool.org

Winter Speaker Series: The History and Archaeology of the Leonard Calvert House Site at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$35. 410-745-2916. Cbmm.org

Cindy Fletcher Holden at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through March 31st, 2019. \$6. 410-222-1777. Fqwp.org

James Blake at The Anthem, Washington. 8 p.m. \$48.50-78.50. 202-888-0020. Theanthemdc.com

Anderson .Paak at MGM National Harbor, Oxon Hill. 8 p.m. Prices vary. 800-746-3000. Mgmnationalharbor.com

John Mellencamp at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. Prices vary. 410-900-1150. Modell-lyric.com

Everything is Wonderful at Everyman Theatre, Baltimore. 1:30 p.m. & 7:30 p.m. Prices vary. Everymantheatre.org

Fun Home at Centerstage, Baltimore. (See 2/5).

Kleptocracy at Arena Stage, Washington. (See 2/6).

Once at Olney Theatre, Olney. (See 2/6).

Top Dogs at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/19).

The Heiress at Arena Stage, Washington. 12 p.m. & 7:30 p.m. Prices vary. 202-554-9066. Arenastage.org

The King and I at The Hippodrome Theatre, Baltimore. (See 2/19).

SPORTS

Georgetown vs. Villanova at Capital One Arena, Washington. 6:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday

21

SPECIAL EVENTS

Winter Lecture Series: Rosemary Williams at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amaritime.org

Krenov Style Plane-Making at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$175. 410-745-2916. Cbmm.org

NSO Pops: Star Wars: The Force Awakens at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Elgar Cello Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. Prices vary. 410-783-8000. Bsomusic.org

James Blake at The Anthem, Washington. 8 p.m. \$48.50-78.50. 202-888-0020. Theanthemdc.com

Disturbed - Evolution World Tour at Capital One Arena, Washington. 7:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/6).

Fun Home at Centerstage, Baltimore. (See 2/5).

Kleptocracy at Arena Stage, Washington. (See 2/1).

Once at Olney Theatre, Olney. (See 2/6).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/5).

Top Dogs at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/19).

The Effect at Fells Point Corner Theatre, Baltimore. 8 p.m. Prices vary. Fpct.org

The Heiress at Arena Stage, Washington. (See 2/8).

The King and I at The Hippodrome Theatre, Baltimore. (See 2/19).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

Friday

22

SPECIAL EVENTS

American Craft Show at Baltimore Convention Center, Baltimore. 10 a.m.-8 p.m. Prices vary. 612-206-3100. Craftcouncil.org (F)

Best Girlfriends Weekend at Aspen Institute Wye River Conference Center, Queenstown. 5-12 p.m. \$350. Whatsuptix.com (C) (TIX)

Obi Mardi Gras Gala at Maryland Live! Casino, Hanover. 6 p.m. Prices vary. 410-787-9192. Obiworks.org (C)

National Outdoor Show at South Dorchester School, Church Creek. 5 p.m. \$8 for adults, \$4 for children. Nationaloutdoorshow.org (F)

How We Live with Nature: The Student Art Show at Ward Museum of Wildfowl Art, Solisbury. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through April 14th, 2019. \$7 for adults, \$5 for seniors, \$3 for children and college students. 410-742-4988. Wardmuseum.org

Cherub at 9:30 Club, Washington. 10 p.m. \$25. 202-265-0930. 9:30.com

Dillon Francis X Alison Wonderland: Last My Mind Tour at The Anthem, Washington. 8 p.m. \$45-65. 877-435-9849. Theanthemdc.com

James McMurtry at Rams Head On Stage, Annapolis. 8 p.m. \$27.50. 410-268-4545. Ramsheadonstage.com

Method Man & Redman at Rams Head Live!, Baltimore. 6 p.m. Prices vary. 410-244-1131. Ramsheadlive.com

NSO Pops: Star Wars: The Force Awakens at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Marc Anthony Legacy Tour at Capital One Arena, Washington. 9 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com

The Effect at Fells Point Corner Theatre, Baltimore. 8 p.m. Prices vary. Fpct.org

The Heiress at Arena Stage, Washington. (See 2/8).

The King and I at The Hippodrome Theatre, Baltimore. (See 2/19).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

PERFORMING ARTS

Tyler Perry's Madea's Farewell Play Tour at Royal Farms Arena, Baltimore. 8 p.m. Prices vary. 410-347-2020. Royalfarmsarena.com

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/1).

Fun Home at Centerstage, Baltimore. (See 2/1).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. 8 p.m. Prices vary. 410-244-8570. Chesapeake-shakespeare.com

Kleptocracy at Arena Stage, Washington. (See 2/1).

Once at Olney Theatre, Olney. (See 2/6).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/8).

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/1).

She A Gem at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/15).

Snow White at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. Prices vary. 410-263-5544. Balletmaryland.org

Tap Dogs at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/19).

The Effect at Fells Point Corner Theatre, Baltimore. (See 2/21).

The Heiress at Arena Stage, Washington. (See 2/8).

The King and I at The Hippodrome Theatre, Baltimore. (See 2/19).

The Merry Wives of Windsor at The Colonial Players, Annapolis. 8 p.m. \$23. 410-268-7373. thecolonialplayers.org

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

Saturday

23

SPECIAL EVENTS

Saturday Wine Tasting at Wine Cellars of Annapolis, Annapolis. 11 a.m.-4 p.m. Free. 410-216-9080. Winecellarsofannapolis.com

Delaware Restoration Work Day at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. Prices vary. 410-745-2916. Cbmm.org

Best Girlfriends Weekend at Aspen Institute Wye River Conference Center, Queenstown. 5-12 p.m. \$350. Whatsuptix.com (C) (TIX)

Shore Craft Beer Fest: Love on Tap at Seacrets Jamaica USA, Ocean City. 1-4 p.m. \$35 for general admission, \$50 for VIP. Shorecraftbeerfest.com

Baltimore Heart Ball at Baltimore Marriott Waterfront Hotel, Baltimore. 6 p.m. \$500. Baltimoremheartball.heart.org (C)

STEAM Team: Build a Boat & Make it Float at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-3 p.m. \$15. 410-745-2916. Cbmm.org (F)

Annapolis Home and Garden Expo at The Byzantium Event Center, Annapolis. 10 a.m.-6 p.m. \$5 for adults, \$3 for military, free for children 14 and under. Midatlanticexpos.com (F)

American Craft Show at Baltimore Convention Center, Baltimore. 10 a.m.-6 p.m. Prices vary. Craftcouncil.org (F)

Saltwater Fishing Expo at Annapolis Elks Lodge, Edgewater. 8 a.m.-3 p.m. \$5 for adults, free for kids 14 and under. Saltwaterfishingexpo.com (F)

Esther & The Dream of One Loving Human Family at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.), closed Mon. Now through March 1st, 2024. Prices vary. 410-244-1900. Avam.org

Brothers Osborne at The Anthem, Washington. 8 p.m. \$45-575. 877-435-9849. Theanthemdc.com

David Bromberg Quintet at Rams Head On Stage, Annapolis. 8 p.m. \$45. 410-268-4545. Ramsheadonstage.com

Fun Home at Centerstage, Baltimore. (See 2/2).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. (See 2/16).

Kleptocracy at Arena Stage, Washington. (See 2/2).

Once at Olney Theatre, Olney. (See 2/13).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/9).

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/2).

She A Gem at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/16).

Snow White at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. Prices vary. 410-263-5544. Balletmaryland.org

Tap Dogs at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 8 p.m. \$29-79. 202-467-4600. Kennedy-center.org

The Effect at Fells Point Corner Theatre, Baltimore. (See 2/21).

Less Than Jake at Rams Head Live!, Baltimore. 5 p.m. \$25. 410-244-1131. Rams-headlive.com

NSO Pops: Star Wars: The Force Awakens at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. Prices vary. 202-467-4600. Kennedy-center.org

Revive Music Presents: Free-lance at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. & 9 p.m. \$20-25. 202-467-4600. Kennedy-center.org

Travis Greene & Mosaic Msc-See The Light Tour at The Fillmore Silver Spring, Silver Spring. 8 p.m. Prices vary. 301-960-9999. Fillmore-silver-spring.com

Heidi & The Heimat Echo Band at Old Stein Inn, Edgewater. 5 p.m. Free. 410-798-6807. Oldstein-inn.com

Music Box: All Aboard at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. Prices vary. 410-783-8000. Bsomusic.org

Off The Cuff: Elgar Cello Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. Prices vary. 410-783-8000. Bsomusic.org

Jackson Deane at Union Jack's, Annapolis. 8 p.m. \$5, all ages. 410-266-5681. Unionjacksannapolis.com

Fun Home at Centerstage, Baltimore. (See 2/2).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. (See 2/16).

Kleptocracy at Arena Stage, Washington. (See 2/2).

Once at Olney Theatre, Olney. (See 2/13).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/9).

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/2).

She A Gem at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/16).

Snow White at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. Prices vary. 410-263-5544. Balletmaryland.org

Tap Dogs at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 8 p.m. \$29-79. 202-467-4600. Kennedy-center.org

The Effect at Fells Point Corner Theatre, Baltimore. (See 2/21).

Fun Home at Centerstage, Baltimore. (See 2/2).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. (See 2/16).

Kleptocracy at Arena Stage, Washington. (See 2/2).

Once at Olney Theatre, Olney. (See 2/13).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/9).

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/2).

She A Gem at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/16).

Snow White at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. Prices vary. 410-263-5544. Balletmaryland.org

Tap Dogs at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 8 p.m. \$29-79. 202-467-4600. Kennedy-center.org

The Effect at Fells Point Corner Theatre, Baltimore. (See 2/21).

The Heiress at Arena Stage, Washington. (See 2/16).

The King and I at The Hippodrome Theatre, Baltimore. 8 p.m. & 2 p.m. Prices vary. 800-982-2787. France-merckpacc.com

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 2/22).

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/8).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/14).

SPORTS

Washington Wizards vs. Indiana Pacers at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Sunday
24

SPECIAL EVENTS

Crawfish Boil and Muskrat Stew at Downtown Cambridge, Cambridge. 1 p.m.-6 p.m. \$5. 443-477-2189. (F)

Delaware Restoration Work Day at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. Prices vary. 410-745-2916. Cbmm.org

Best Girlfriends Weekend at Aspen Institute Wye River Conference Center, Queenstown. 5-12 p.m. \$350. Whatsuptix.com (C) (TIX)

The 2019 Empty Bowls Community Dinner at Immanuel Lutheran Church, Easton. 5 p.m. TBD. Talbotcountyemptybowls.org (C)

Annapolis Home and Garden Expo at The Byzantium Event Center, Annapolis. 11 a.m.-5 p.m. \$5 for adults, \$3 for military, free for children 14 and under. Midatlanticexpos.com (F)

American Craft Show at Baltimore Convention Center, Baltimore. 11 a.m.-5 p.m. Prices vary. Craftcouncil.org (F)

Monsters & Myths: Surrealism and War in the 1930s and 1940s at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through May 26th, 2019. Free. 443-573-1700. Artbma.org

MUSIC

NSO Family Concert: Let's Go to the Moon! at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. & 4 p.m. \$15-18. 202-467-4600. Kennedy-center.org (F)

You Me At Six at 9:30 Club, Washington. 7 p.m. \$20. 202-265-0930. 9:30.com

PERFORMING ARTS

Everything is Wonderful at Everyman Theatre, Baltimore. (See 2/3).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. 2 p.m. Prices vary. 410-244-8570. Chesapeake-shakespeare.com

Kleptocracy at Arena Stage, Washington. (See 2/3).

Once at Olney Theatre, Olney. (See 2/10).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/17).

Rosencrantz and Guildenstern Are Dead at Annapolis Shakespeare Company, Annapolis. (See 2/3).

She A Gem at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/17).

Snow White at Maryland Hall for the Creative Arts, Annapolis. 2 p.m. Prices vary. Balletmaryland.org

Tap Dogs at The John F. Kennedy Center for the Performing Arts, Washington. 2 p.m. \$29-79. 202-467-4600. Kennedy-center.org

The Effect at Fells Point Corner Theatre, Baltimore. 2 p.m. Prices vary. Fpct.org

The Heiress at Arena Stage, Washington. 6 p.m. Prices vary. 202-554-9066. Arenastage.org

The King and I at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. Prices vary. 800-982-2787. France-merckpacc.com

The Merry Wives of Windsor at The Colonial Players, Annapolis. 2 p.m. \$23. 410-268-7373. thecolonialplayers.org

Who's Afraid of Virginia Woolf? at Garfield Center for the Arts, Chestertown. (See 2/10).

Four Weddings and an Elvis at Oxford Community Center, Oxford. (See 2/17).

SPORTS

Washington Capitals vs. New York Rangers at Capital One Arena, Washington. 12:30 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Monday
25

SPECIAL EVENTS

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1-3:30 p.m. TBD. 410-822-2787. Academyart-museum.org

Annapolis Restaurant Week at Downtown Annapolis (various locations). Times and prices vary. Downtowannapolispartnership.org

MUSIC

The Milk Carton Kids at Rams Head On Stage, Annapolis. 8 p.m. \$47.50. 410-268-4545. Ramsheadonstage.com

Tuesday
26

SPECIAL EVENTS

Half Pint Kids Club: Decorate a Heart (Cookie) at Whole Foods Market Annapolis, Annapolis. 11 a.m. \$5 per child. 410-573-1800. (F)

Annapolis Restaurant Week at Downtown Annapolis (various locations). Times and prices vary. Downtowannapolispartnership.org

Angler Night at Boatyard Bar and Grill, Annapolis. 5 p.m. Free. 410-216-6206. Boatyardbarandgrill.com

MUSIC

The High Kings at Rams Head On Stage, Annapolis. 8 p.m. \$35. 410-268-4545. Ramsheadonstage.com

PERFORMING ARTS

Finding Neverland at The National Theatre, Washington. 7:30 p.m. Prices vary. 202-628-6161. Thenationaldc.org

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/5).

The Heiress at Arena Stage, Washington. (See 2/20).

SPORTS

Washington Capitals vs. Ottawa Senators at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Wednesday
27

SPECIAL EVENTS

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. \$5. 443-842-7000. Marylandlivecasino.com

Annapolis Restaurant Week at Downtown Annapolis (various locations). Times and prices vary. Downtowannapolispartnership.org

Winter Speaker Series: Religion in Early Maryland at Chesapeake Bay Maritime Museum, St. Michaels. 5:30 p.m. \$35. 410-745-2916. Cbmm.org

MUSIC

Pat Green and Aaron Watson at 9:30 Club, Washington. 7 p.m. \$35. 202-265-0930. 9:30.com

Midweek Concert: Peter and the Wolf at Joseph Meyerhoff Symphony Hall, Baltimore. 11:30 a.m. Prices vary. 410-783-8000. Bso-music.org

PERFORMING ARTS

Finding Neverland at The National Theatre, Washington. (See 2/25).

Once at Olney Theatre, Olney. (See 2/10).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/5).

The Heiress at Arena Stage, Washington. (See 2/12).

The Washington Ballet Presents The Sleeping Beauty at The John F. Kennedy Center for the Performing Arts, Washington. 8 p.m. Prices vary. 202-467-4600. Kennedy-center.org

SPORTS

Georgetown vs. DePaul at Capital One Arena, Washington. 7 p.m. Prices vary. 202-628-3200. Capitalonearena.monumentalsportsnetwork.com (F)

Thursday
28

SPECIAL EVENTS

Winter Lecture Series: Donna Jefferson at Annapolis Maritime Museum, Annapolis. 7 p.m. \$10. 410-295-0104. Amartime.org

Annapolis Restaurant Week at Downtown Annapolis (various locations). Times and prices vary. Downtowannapolispartnership.org

Literary House & Sophie Kerr Series: Living Writers - A Reading By Edward P. Jones at Rose O'Neill Literary House, Chestertown. 4:30 p.m. Free. Kentcounty.com

MUSIC

Amy Grant at Rams Head On Stage, Annapolis. 8 p.m. \$95. 410-268-4545. Rams-headonstage.com

National Symphony Orchestra: Shalom & Mozart at The John F. Kennedy Center for the Performing Arts, Washington. 7 p.m. Prices vary. 202-467-4600. Kennedy-center.org

PERFORMING ARTS

Finding Neverland at The National Theatre, Washington. (See 2/25).

Henry IV, Part I at Chesapeake Shakespeare Company, Baltimore. 7:30 p.m. Prices vary. 410-244-8570. Chesapeake-shakespeare.com

Once at Olney Theatre, Olney. (See 2/6).

Richard The Third at Shakespeare Theatre Company, Washington. (See 2/5).

The Heiress at Arena Stage, Washington. (See 2/8).

The Merry Wives of Windsor at The Colonial Players, Annapolis. (See 2/22).

The Washington Ballet Presents The Sleeping Beauty at The John F. Kennedy Center for the Performing Arts, Washington. (See 2/27).

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Where's Wilma?

FIND WILMA AND WIN!

Ah, February...the month of love. Love yourself by making your health and happiness a priority. Read up on some self-care tips and tricks in "Fifteen Science-Backed Ways to Practice Self-Care." Don't forget to buy your tickets for What's Up?'s annual LOOK event on March 1st, where you can hear some self-care advice by local professionals! Check out the calendar for some events to celebrate Black History Month, and follow Wilma to the restaurant guide, where she can show you some great places to catch the big game on Sunday, February 3rd. Let's make the best of the shortest month of the year!

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: Desiree Mancha of Millersville, who won a gift certificate to O'Learys 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 February 28th, 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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Sticks & Stones

By Ellen Moyer

"Sticks and stones will break my bones but names will never hurt me." This old adage may have been true when broken bones could maim one for life but in today's world words can cause permanent damage leading to depression, anxiety, and, even, suicide. Even rudeness has a negative impact on our performance. According to recent research, a rude remark early in the morning can influence your thinking and emotions for the rest of the day, as you wrestle with the insult and how to counter it. In today's world, it is not the sticks and stones that the body perceives as a threat; rather, insulting words disrupt our cognitive ability and devastate our brain.

Verbal abuse is the tool used by bullies. Words that torment, embarrass, shame, tyrannize, and demean, according to the National Center for Disease Control, cause depression, anxiety, feelings of sadness and loneliness, decreased interest, or suicide. Bullied children are dying inside. In the 1990s, 12 of the 15 cases of perpetrators of school shootings had a history of being bullied.

The National Center for Educational Statistics reports a bullying rate of 35 percent of student suicide; an outcome of actions that shatter an individual's belief in self, is the third highest cause of death for ages 10 to 14. Every single day, 123 individuals of all ages will commit suicide, most by gun, a 30 percent increase since 1999. Suicide is deemed a major public health issue. What in the world is going on to cause such distress in our nation?

The top risk factors for suicide, or acting out revenge, is depression, feelings of despair, and hopelessness. A daily dose of name calling, taunting, excessive criticism, or words that cut us deeply can cause permanent damage to the way we view ourselves and our relationships with others. It is now scientifically understood that verbal and domestic abuse early in life freezes our heart and our brain in ways similar to trauma and post-traumatic stress disorder.

Shell shocked soldiers returning from WWI were advised to exert mind over matter and to "buck up." And then, as the century progressed, similar symptoms of chronic shut down were witnessed in victims of rape, parental and domestic violence, and in bullying in our schools. In the 1990s, new brain imaging opened up opportunities for the medical profession to view the way the brain processes information.

What was discovered is that experiences of terror that triggered a fear response were a horse of a different color. For many, the fight or flight response stayed locked, encoded in the brain and the memories of the experience that triggered it could be recalled as if it were happening in the now. Stress hormones stayed on alert, character and personality changed in tune with the numbness of feeling necessary for survival. "We now know that their (victims) behaviors are not the result of moral failings or signs of lack of willpower or bad character; they are caused by actual changes in the brain," wrote Bessel Van Der Kolk, M.D. author of *The Body Keeps the Score*, the most up to date account of how childhood neglect, sexual or domestic violence, and war wreak havoc on too many lives.

“It is now scientifically understood that verbal and domestic abuse early in life freezes our heart and our brain in ways similar to trauma and post-traumatic stress disorder.

The changes to the nervous system from encoded trauma are life long and not easily remedied. So, how do we deactivate the defensive actions of the body response that once ensured survival in a time of abuse or terror?



Van Der Kolk says to overcome trauma we need to think differently. Drawing the person into social engagement that promotes play and eventually smiles engages the safety system of the brain. School curriculums that include music, physical education, or recess that involves movement and play enhances social engagement. It may be easier to rescue future citizens from trauma at this age than the deep-rooted encoded trauma experienced by our warriors. Recent stories of veterans and "the dog that saved my life," however, speak to social and emotional engagement as a remedy for restoring the nervous systems relaxation from the stuck fight or flight or chronic shutdown feeling that diminishes the journey of life.

Do each of us have a stake in interrupting man's inhumanity to man? If so, how can we foster the fight against verbal abuse, bullying, harmful gossip, violence, and malevolence that are the sources of anger, fear, anxiety, depression, and despair? What do you think?

What do you think and why?

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