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**BREAKING  
THE GLASS  
CEILING**  
PG. 49

**16  
TIPS TO A  
BETTER BAY**  
PG. 72

**BUILDING  
YOUR  
DREAM  
KITCHEN**  
PG. 96

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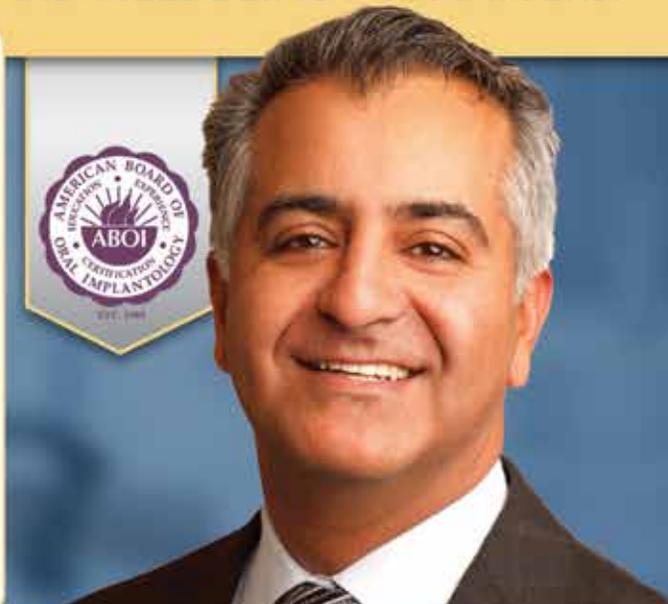


# Smile, Flirt, Speak Your Mind, & Eat What You Want Again

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- No odor or staining
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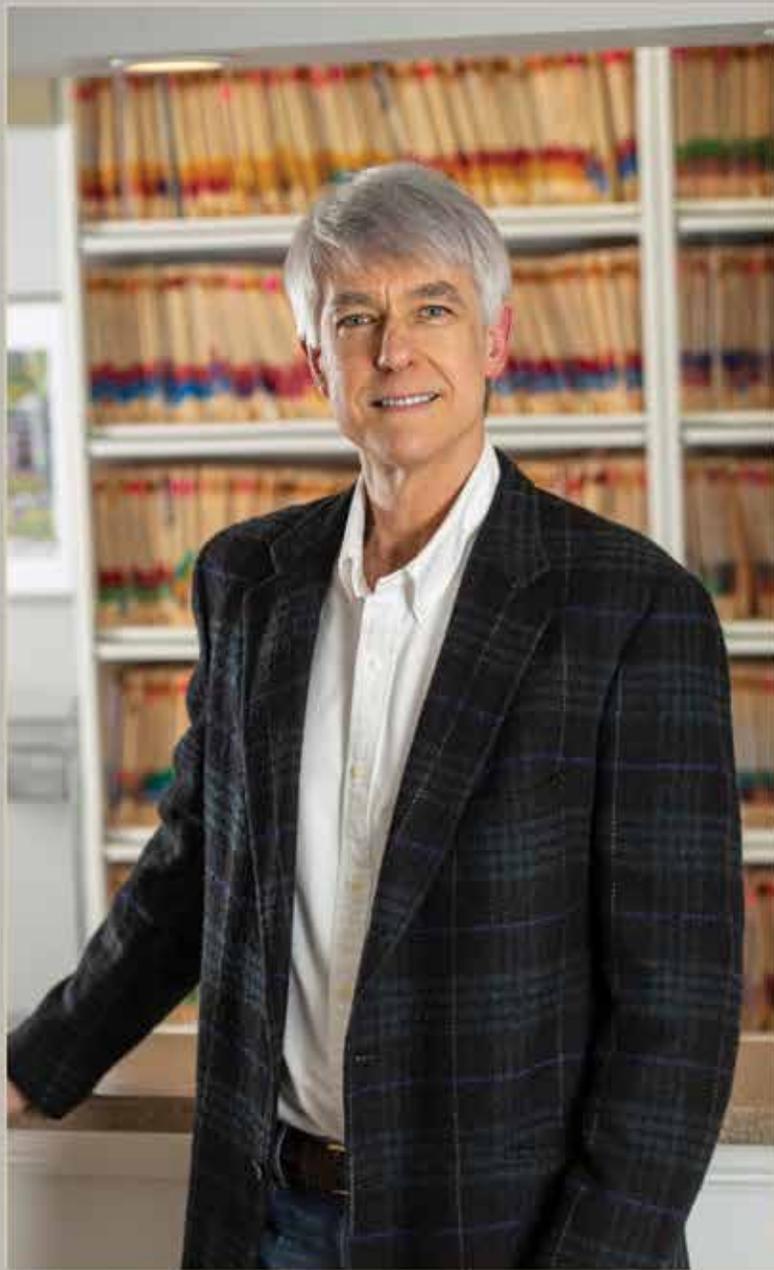
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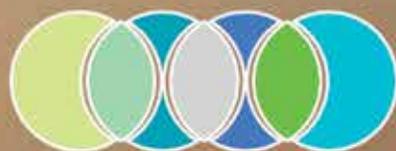
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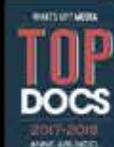
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**80**

Number of listings sold by David Orso in 2018

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**On the Cover:** Running toward a healthier you, we've got a plan to help you master local road races. Design by August Schwartz. Contact *What's Up?* Annapolis online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.

# April contents

## Features

**49 Trailblazers** Meet five businesswomen with five decades of triumph

By Lisa Hillman

**72 Chesapeake Country Dos and Don'ts** Ten bay conscious to-dos and six don'ts to help you conserve and preserve our beautiful Chesapeake Bay  
By Diana Love

**78 Courtney Laughlin Breaks the Mold** As one of the very few female NHL/Capitals analysts, she's engaging an underserved hockey fanbase  
By Tom Worgo

**80 Annapolis in 2020** Our interview series about the future of the City of Annapolis continues with Stephen Samaras  
By Frederick Schultz

**84 The Long and Winding Recycling Trail** What's recyclable, what's not, and where it ends up is a complex tale and one that's changing as time goes by  
By Frederick Schultz

**64 Off to the Races** From 1-mile fun runs to 5Ks to half- or full marathons, road races are a fun, social way to stay active  
By Kelsey Casselbury



## Home & Garden

**96 Home Design: Kitchen Trends 2019** Minimalist, industrial, or farmhouse? These trends are dominating the industry  
By Catherine Rohsner

**104 Garden Design: Veggies Get a Makeover** Designing a more attractive vegetable garden  
By Janice F. Booth

**110 Real Estate** Stunning examples of recent home sales showcase what's selling throughout Anne Arundel County  
By Diana Love

## Health & Beauty

**122 The Hope and Hype of CBD** The cannabis compound won't get you high, but will it cure your illnesses?  
By Kelsey Casselbury

**124 Busted** Taking a look at seasonal allergy myths  
By Kelsey Casselbury

Plus:

**125 Emsculpt**

**126 Tips for Caregivers**

**128 Fresh Take: Microgreens**

**129 Snapchat Dysmorphia**

**130 Products We Love**

## Dining

**134 Taste Sin Fronteras** in Annapolis serves authentic cuisine and hospitality  
By Tom Worgo

**136 Readers Restaurant Guide** More than 125 regional restaurants listed

**137 Readers Review Contest** Your dining reviews can win you free dinners!



64



# ANNAPOLIS

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# April contents

## In Every Issue

**16 What's Up? Tix** Exclusive ticket opportunities for upcoming events

**18 Editor's Letter** James Houck shares his thoughts



**20 Letters to What's Up? Media** Readers share their thoughts

**25 Out on the Towne** Previews of special events and activities to enjoy in April  
 By Cate Reynolds



**32 Towne Social** Photographs of charity events and endeavors

**40 Towne Salute** Meet Dennis Krizek of Annapolis Maritime Museum & Park  
 By Caley Breese

**42 Towne Spotlight** Local business and community news  
 By Caley Breese

**44 Towne Athlete** Meet Kathleen Sullivan of South River High School  
 By Caley Breese

**46 Economics & Finance** Acclaimed economist Anirban Basu explores the economic implications of climate and other changes  
 By Anirban Basu



**143 April Calendar of Events** Our extensive calendar of special events and entertainment taking place this month  
 By Cate Reynolds

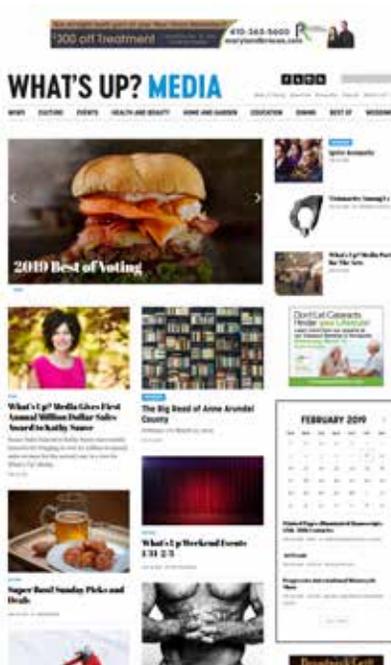
**159 Where's Wilma?** Find the What's Up? Media mascot and win

**160 What Do You Think?** Government transparency is a right  
 By Ellen Moyer

## e-contents

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27

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14

27

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6



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28

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# editor *From the*



## *Hope springs eternal...*

**T**his season, I'm reminded of this Alexander Pope quote, which has been ingrained in the English language since he wrote those very words in his 1734-published poem, *An Essay on Man*. Of course, the spring season, itself, lends well to conjuring feelings of hope and renewal. And when the last frost of winter melts away, the sun shines, and fresh buds appear on every tree limb...well, it's nature's reminder that there's reason to hope for the best.

When we started putting together this issue of *What's Up? Annapolis* we had spring in mind and with it, article ideas about environmental stewardship, sprucing up the garden, and outdoor recreation—enjoying the season, the region, and all that both afford us. Local festivals and sporting events (5Ks, marathons, golf tourneys, and the like) increasingly fill the calendar. Entertainment options abound. And we have plenty of this in our April issue. In other words, it's easy to cover and a lot of fun to write about.

**“The answers are in everyday action, and how we can, collectively, make a difference. Change one habit; create a legacy.”**

So, where are the meat and potatoes in this issue; the tough stuff that leads to questions, solutions, and the hope of improving....say...our communities, and not just our personal lifestyle? The article “Trailblazers: 5 Businesswomen and 50 Years of Triumph” is the answer. This article—coming on the heels of Women’s History Month in March—is a very personal, very real, in-depth examination of several local women who defied societal odds to become leaders and visionaries within their respective fields/industries. We examine their navigation through several decades of sexism, catalytic moments and movements in women’s lib, and how they realized their hopes and dreams. I feel it’s an inspirational read, and one that’s empowering the young generations following them. (Cue additional articles, such as our Towne Athlete—meet Kathleen Sullivan of South River High School—and feature on female broadcaster/sports analyst Courtney Laughlin.)

Speaking of future generations and nodding back to environmental stewardship, I encourage you to read renowned economist Anirban Basu’s column about the economic implications of climate change on Maryland. It’s an intriguing—if not sobering—account of how very real environmental variances in, for example, temperature and sea level rise can impact local industries and our livelihood (did you know the overall number of communities affected by sea level rise on the Eastern Shore is second only to Louisiana?). Where’s the hope in that? The answers are in everyday action, and how we can, collectively, make a difference. Change one habit; create a legacy. For ideas about how to do that (16 in all, to be exact), flip to our feature article “Chesapeake Country Dos and Don’ts.”

After all, the Chesapeake watershed springs eternal. And our hope for a better bay, social awareness, improving communities, and overall goodwill does too.

May your hopes this spring blossom to fulfillment.

**James Houck,**  
Editorial Director

A handwritten signature in black ink, appearing to read 'James Houck', written over a large, stylized, looped graphic element.



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# letters to What's Up?



A selection of readers' responses and questions sent to editors and staff at large. To send your comment or question, email [editor@whatsupmag.com](mailto:editor@whatsupmag.com) or [info@whatsupmag.com](mailto:info@whatsupmag.com).

## MS13 Gang in Anne Arundel County

When I was Mayor in 2001–2009, MS13 was in jurisdictions outside Anne Arundel County and, particularly, outside Annapolis. Our public safety officials acted to keep it that way. Realizing that graffiti was a gang communication system, the City acted swiftly to photo, enter into a national data bank for analysis, and immediately paint over the “message.” When this system of city action was stopped by another administration and “tagging” stayed around due to a new requirement for private property owners to pay to paint over the communications, we opened the door for gangs to invade our territory. Annapolis is now high on the list for MS13 location.

—Ellen Moyer, Annapolis

Thank you for the interesting and informative articles in the February issue of What's Up? Annapolis magazine. I especially liked the article by Frederick Schultz regarding Visionaries. I volunteer at Kinder Farm Park. [And] the article by Diana Love about MS13 was both scary and informative. This article could be re-run in several locations allowing a wider spread of information to our citizens. Both articles were examples of quality journalism that we don't always find in the “written word” today. They were thorough and contained a great deal of interesting information.

—Diane Rausch, Severna Park

## Maryland's History

I am writing in reference to the article in the March 2019 issue of What's Up? Annapolis. There was a confusion between family members in the Central to the State portion. Charles Carroll of Carrollton was described as a “framer of America's Constitution.” According to biogra-

phy.com he was “part of the group that drafted Maryland's Constitution.” The author may have had his distant cousin, Daniel, in mind, who signed the U.S. Constitution.

I also feel that the mention of the celebration in Chestertown of the Boston Tea Party may be misleading. The citizens of Chestertown celebrate the Chestertown Tea Party. It is true that there is no evidence that this insurrection occurred, but it is still reenacted every Memorial Day Weekend. The author may also be interested to know that there were other “tea parties” in Maryland besides the Peggy Stewart, to which Ms. Moyer alluded. One occurred in a few weeks after the Peggy Stewart, in Frederick County, in which the tea was burned. During a third incident, the ship Totness was burned after it ran aground with tea on board.

—Margaret Thomas

## Bridal Expo

We had a great time and had a ton of positive feedback. This event was the best one I have attended yet. I'm already excited for next year's Expo. Thanks for having us.

—Drew Rohrbaugh, Bay Ridge Wine & Spirits

## Wilma, Shore Coverage

I want you to know that viewing your magazine for the 1st time has been a pleasure! Looking for Wilma was a lot of fun! I learned so much about the Eastern Shore that I did not know!

—Ann Crandell, Shady Side



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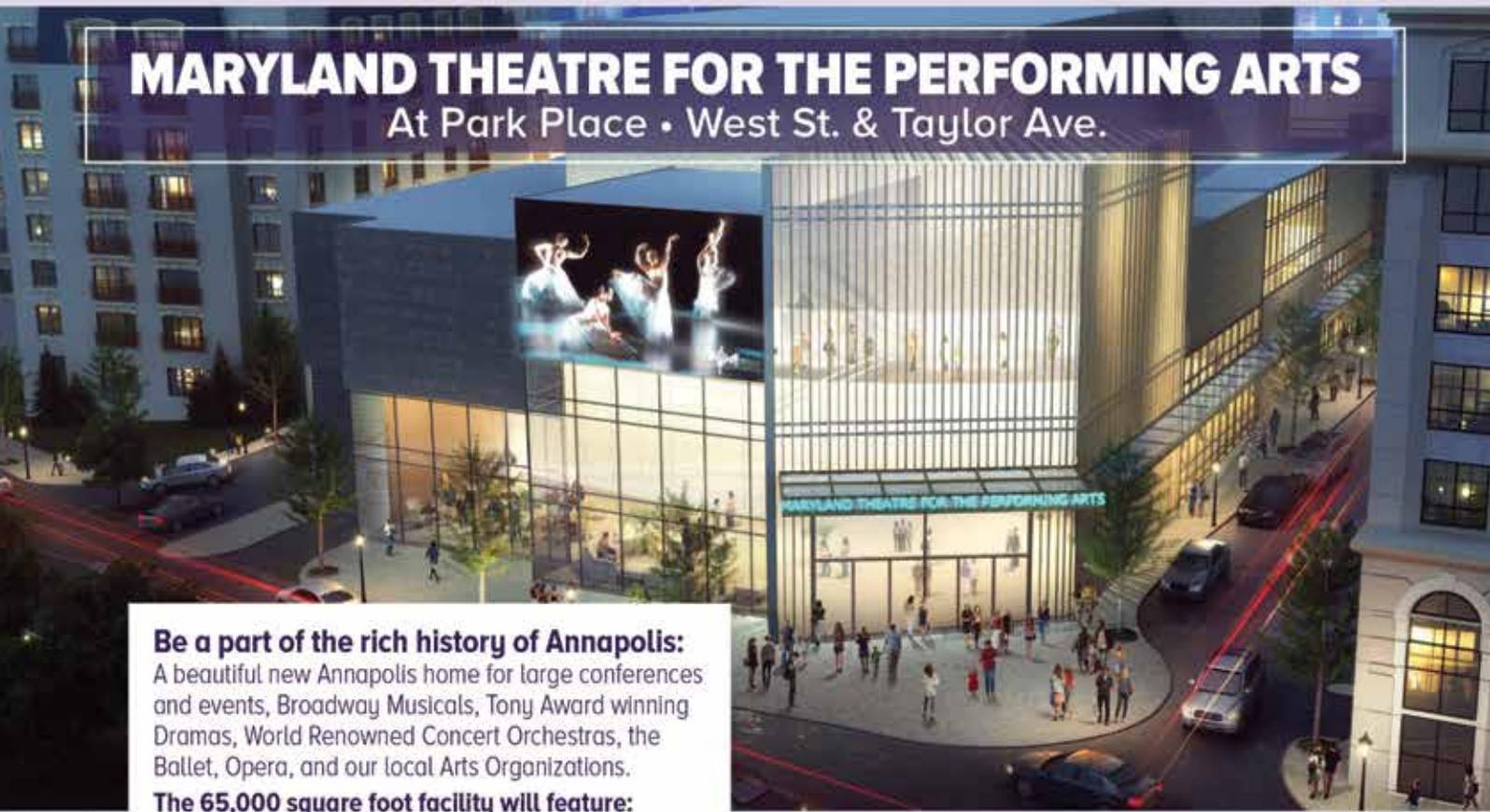
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— **Mattie Fenton** Dir. of Operations & Events, MTPA



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— **Connie Del Signore** Visit Annapolis



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— **Veronica Tovey** President, What's Up! Media

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**26** EVENT PICKS | **32** SOCIAL | **40** SALUTE | **42** SPOTLIGHT | **44** ATHLETE



## ↑ **Annapolis Spring Sailboat Show**

Kick off the 2019 sailing season at the Annapolis Spring Sailboat Show on Friday, April 26th through Saturday, April 27th, 10 a.m.-6 p.m., and Sunday, April 28th, 10 a.m.-5 p.m. throughout City Dock. Climb aboard daysailers, high-tech race boats, and luxury cruising yachts. See the newest paddleboards, paddle canoes, and kayaks on the water in Ego Alley. Wander the docks and find new sailing shoes or the perfect sailing jacket. Tickets are \$19 for a two-day adult pass, \$12 for a one-day adult pass, and free for children 12-and-under. For more information, visit [Annapolisboatshows.com](http://Annapolisboatshows.com).

Photo by Josh Davidson

## National Cherry Blossom Festival Parade

One of D.C.'s largest spectator events, the energy-filled National Cherry Blossom Festival Parade runs for 10 blocks along iconic Constitution Avenue. Giant colorful helium balloons, elaborate floats, marching bands from across the country, celebrity entertainers, and performers burst along the parade route in a grand spectacle of music and showmanship seen only once a year during the festival. The parade will take place on Saturday, April 13th, 10 a.m.-12 p.m. Tickets are \$20 for grandstand seating, and free for guests standing along the parade route. For more information, visit [Nationalcherryblossomfestival.org](http://Nationalcherryblossomfestival.org).



Photo courtesy of National Cherry Blossom Festival

## 31ST ANNUAL VOCAL COMPETITION

Join the Annapolis Opera as it presents the 31st Annual Vocal Competition. The semifinals are held Saturday, April 13th, 10 a.m., and the finals Sunday, April 14th, 3 p.m. at Maryland Hall for the Creative Arts. This competition provides vocal arts students and young professionals in the mid-Atlantic region the opportunity to hone their craft by performing for a blue-ribbon panel of judges and a chance to win \$10,000 in cash awards. The competition is strong, with the eight finalists selected from 100 outstanding applicants. The event is free and open to the public. For more information, call 410-267-8135 or visit [Annapolisopera.org](http://Annapolisopera.org).



Photo courtesy of St John's College

## Annapolis Cup Croquet Match

St. John's College and the U.S. Naval Academy will battle for bragging rights during the annual Annapolis Cup Croquet Match on Saturday, April 27th, 1 p.m. Dress to impress for this festive community-wide lawn party, featuring old-fashioned picnics, swing dancing, and, of course, croquet. Tickets typically sell out. For more information, visit [Sjc.edu/croquet](http://Sjc.edu/croquet).



## Maryland Chicken Wing Festival ↓

Join ABC Events for the sixth annual Maryland Chicken Wing Festival on Saturday, April 6th, 11 a.m.-7 p.m. at the Anne Arundel County Fairgrounds. Come taste the best and most inventive chicken wing recipes from area chefs, enjoy local and regional craft beer, live music, artisans, kids' activities, contests, and more. Tickets are \$12 general admission and free for children 12-and-under. For more information, visit [Abceventsinc.com](http://Abceventsinc.com).



# Denim & Diamonds

Enjoy a night filled with fun, food, and dancing under the stars at Anne Arundel Medical Center Foundation's Denim & Diamonds Saturday, April 27th, 6-10 p.m. Held at AAMC's South Campus, this spring bash will feature cuisine from Ken's Creative Kitchen, gourmet food trucks, cocktails, live music, a silent auction, and a raffle. From your favorite pair of jeans to your best cocktail dress, everything is "in" at Denim & Diamonds. The event will benefit the expansion of mental health services at AAMC. Tickets are \$285 per person. For more information, visit [Aamcdeniemandiamonds.org](http://Aamcdeniemanddiamonds.org).

Photo by Marcus F. Chacon



## MLB Baseball

The start of spring means the beginning of the 2019 baseball season. Cheer on the Washington Nationals and Baltimore Orioles at one of their home games this month. At Nationals Park, Washington will host the Philadelphia Phillies, Pittsburgh Pirates, San Francisco Giants, San Diego Padres, and Saint Louis Cardinals. In Baltimore, the Orioles will take on the New York Yankees during their home opener on Thursday, April 4th, 3:05 p.m. Other April opponents include the Oakland Athletics, Minnesota Twins, and Chicago White Sox. For game times and tickets, visit [Nationals.com](http://Nationals.com) and [Orioles.com](http://Orioles.com).

## ← BAY BRIDGE BOAT SHOW

Head to the Bay Bridge Marina in Stevensville Friday, April 12th through Saturday, April 13th, 10 a.m.-6 p.m. and Sunday, April 14th, 10 a.m.-5 p.m. for the 2019 Bay Bridge Boat Show. This event is the largest in-water spring boat show north of Florida.

Explore fishing boats, center consoles, trawlers, express cruisers, pontoon boats, luxury cruisers, jet skis, jet boats, ski boats, bowriders, inflatables, kayaks, SUPs, and canoes. Prices are \$19 for a two-day adult ticket, \$12 for a one-day adult ticket, and free for children 12-and-under. For more information call 410-268-8828 or visit [Annapolisboatshows.com](http://Annapolisboatshows.com).

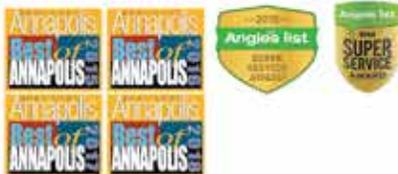
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Raise money for local charities while enjoying amazing wines from around the world during WineFest at St. Michaels on Saturday, April 27th and Sunday, April 28th, 12-5 p.m. Wine lovers can taste and purchase more than 400 domestic and international wines, enjoy delicious gourmet foods, and the charming hospitality of historic St. Michaels. For serious wine connoisseurs, the VIP packages include a tasting cruise aboard *The Patriot* and exclusive tastings at The Old Brick Inn. Tickets range from \$40-175. For more information, visit [Winefestatstmichaels.com](http://Winefestatstmichaels.com).



Photo by Bryan Kempton

## ↑ Fifth Annual Riva 5K Run and Walk

Join the communities of Berkshire, Annapolis Landing, and Waterford for the fifth annual Riva 5K Run and Walk on Saturday, April 27th, 9 a.m. at Reichardt Landing Park. This fun-run and walk through Riva benefits GiGi's Playhouse of Annapolis. Registration ranges from \$7-35. To register, visit [Whatsuptx.com](http://Whatsuptx.com).

## **KRIS KRISTOFFERSON**

Kris Kristofferson has been a successful singer-songwriter since the early 1970s. Known for chart-topping hits like "Me and Bobby McGee," "Help Me Make It Through the Night," and "For the Good Time," Kristofferson helped redefine country songwriting. Kristofferson is also a Golden Globe Award-winning actor, and has appeared in more than 70 films. The three-time Grammy winner will be performing at Rams Head on Stage on Monday, April 22nd and Wednesday, April 24th, 8 p.m. Tickets are \$120. For more information, visit [Ramsheadonstage.com](http://Ramsheadonstage.com).

## **ANNAPOLIS BOOK FESTIVAL**

The Annapolis Book Festival, held on Saturday, April 6th, 10 a.m.–5 p.m. at Key School, has become one of the premier community events in the region. Every year, more than 3,000 people attend this free community festival that celebrates the beauty, power, passion, and excitement of the written word. This year's speakers include former independent counsel Ken Starr; award-winning writers James and Deborah Fallows; Maria Hiaasen, journalist, and wife of slain *Capital Gazette* journalist Rob Hiaasen; National Book Critics Award finalist Nell Painter; and many more. The festival will also include children's activities, live music, book signings, and a new and used book sale. For more information, visit [Keyschool.org](http://Keyschool.org).



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**Severna Park, MD** | 4 BR/3.5 BA | \$574,900  
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Brent Allen 410-349-7764



**Annapolis, MD** | 1.11 Acres | \$1,399,000  
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Brent Allen 410-349-7764



**Edgewater, MD** | 4 BR/3.2 BA | \$2,350,000  
Poplar Point

Waterfront - Virtually every room offers a view of the water. Private yet conveniently located. 1.9 acre lot with 300+ feet of shoreline, private pier offers 8+ feet of depth just off the South River. Pristine 8,000+ sq ft home with main level master & a 3-car garage

Anne Harrington 410-340-9961 | Brent Allen 410-349-7764



**Rock Hall, MD** | 8 BR/7.5BA | \$5,300,000  
6201 Swan Point Road

Ultimate privacy resort like setting can be yours. 177+ acre waterfront peninsula on the Chesapeake Bay. Impeccably maintained original 1870's farmhouse completely restored w/ major addition. Plus, waterside guest cottage, pool, tennis courts, boat house, barn, garage, two waterfowl ponds. Paradise on the water.

Brent Allen 410-349-7764



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Michele Cordle 410-562-8680



**Edgewater, MD** | 4 BR/4.5 BA | \$825,000  
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Karen Elliott 443-699-4305



**Annapolis, MD | 7 BD/6.5 BA | \$1,795,000**  
30 Maryland Ave

Center piece Victorian home filled with original detail, 12 ft ceilings, 5 ensuite baths, huge gourmet kitchen & a large private gated garden. Prime location in the shadow of the State House on the prettiest street downtown in the heart of lovely shops & wonderful restaurants. Driveway parking.

Alex Tower Sears 443-254-5661  
The Tower Team 410-353-3703



**Annapolis, MD | 7 BD/6.5 BA | \$1,895,000**  
1407A Sharps Point Road

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Alex Tower Sears 443-254-5661  
The Tower Team 410-353-3703



**Edgewater, MD | 5BR/5.5BA | \$2,175,000**  
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Spacious, private waterfront home off South River offers peace, quiet, abundant nature on almost 4 acres. Watch sun rise over water from 1st floor master. Great for entertaining & getting away from it all. MLW 6' after blow-out tide. Private pier has electric, water, lift.

Sarah Greenlee Morse 410-303-1522



**Annapolis, MD | 4BR/4BA | \$1,150,000**  
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Mary Kay Gordon 410-991-6047



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Greg Beckman 410-474-8995



**Shady Side, MD | 3BR/3BA | \$618,400**  
4921 Mariners Drive

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Donna Hagen 410-353-5539



**Annapolis, MD | 4 BR/3.5 BA | \$550,000**  
12 N Homeland Avenue, Homewood

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Elizabeth Robb 410-980-1825



**Annapolis, MD | 4BR/3.5BA | 1,249,000**  
302 Adams Street, Eastport

Custom built 4BR / 3.5BA arts & crafts home in the heart of Eastport - Annapolis, Maryland. The home feat. approx. 2000 Sq. Ft. of above ground living space with high end finishes inside & out. Off Street parking & garage. Full in-ground basement.

Brian Jacobs 301-461-7987

# Bosom Buddies Ball

The Bosom Buddies Ball raised about \$220,000 at The Westin Annapolis on January 26th. Bosom Buddies Charities celebrated its 12th year of the event and has raised nearly \$2 million. The organization's mission is to promote breast cancer awareness, encourage early detection, support treatment, and celebrate healing. The theme of this year's event was "Turning Tears into Triumph." Bosom Buddies Charities honored Elizabeth DeCesaris, the organization's vice chairman who was diagnosed with breast cancer at age 34. DeCesaris and about 270 other attendees enjoyed dinner, dancing, a silent and live auction, and music by Mad Planet.



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Photos by Stephen Buchanan 1. Angela Yateman, Laura Pell, and Lisa Gotwols 2. Randy and Claudia Boldyga 3. Taylor and Zach Beach 4. Alex Teipe and Ben Eckley 5. Biana Arentz and Elaine Tafra



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## Shells & Bells

Guests partied on the creek for the second annual Shells & Bells event. They watched the holiday-themed lights parade on Spa Creek from the grounds of the historic Charles Carroll House & Gardens in downtown Annapolis on December 8th. About 300 dined on food from Madhouse and Salty Pony Oysters, specialty cocktails, a silent auction and music from the Bachelor Boys. The evening supported the Chesapeake BaySavers, whose mission is to restore the health of the bay. The organization focuses on saving and protecting sanctuaries and restoring the oyster population.



Photography by Will Scott  
**1.** Jamie Kirpatrick, Kat Conley, Mario and Deborah Bolard  
**2.** Martin and Nicole Bentz and Carrie Winterbottom  
**3.** Mr. and Mrs. Robert Garagiola  
**4.** Evan and Margaret Thalenberg  
**5.** Christine Evan and Christine Schaaf



## STEVE & CHALLIE

"It was the day after my sister Evangeline's wedding. Everyone was recounting their favorite parts of the weekend. When it was Challie's turn, I turned to her and said that hers hadn't happened yet. Confused, she asked what I meant. I presented her with the ring. Tears flowed. She couldn't believe it.

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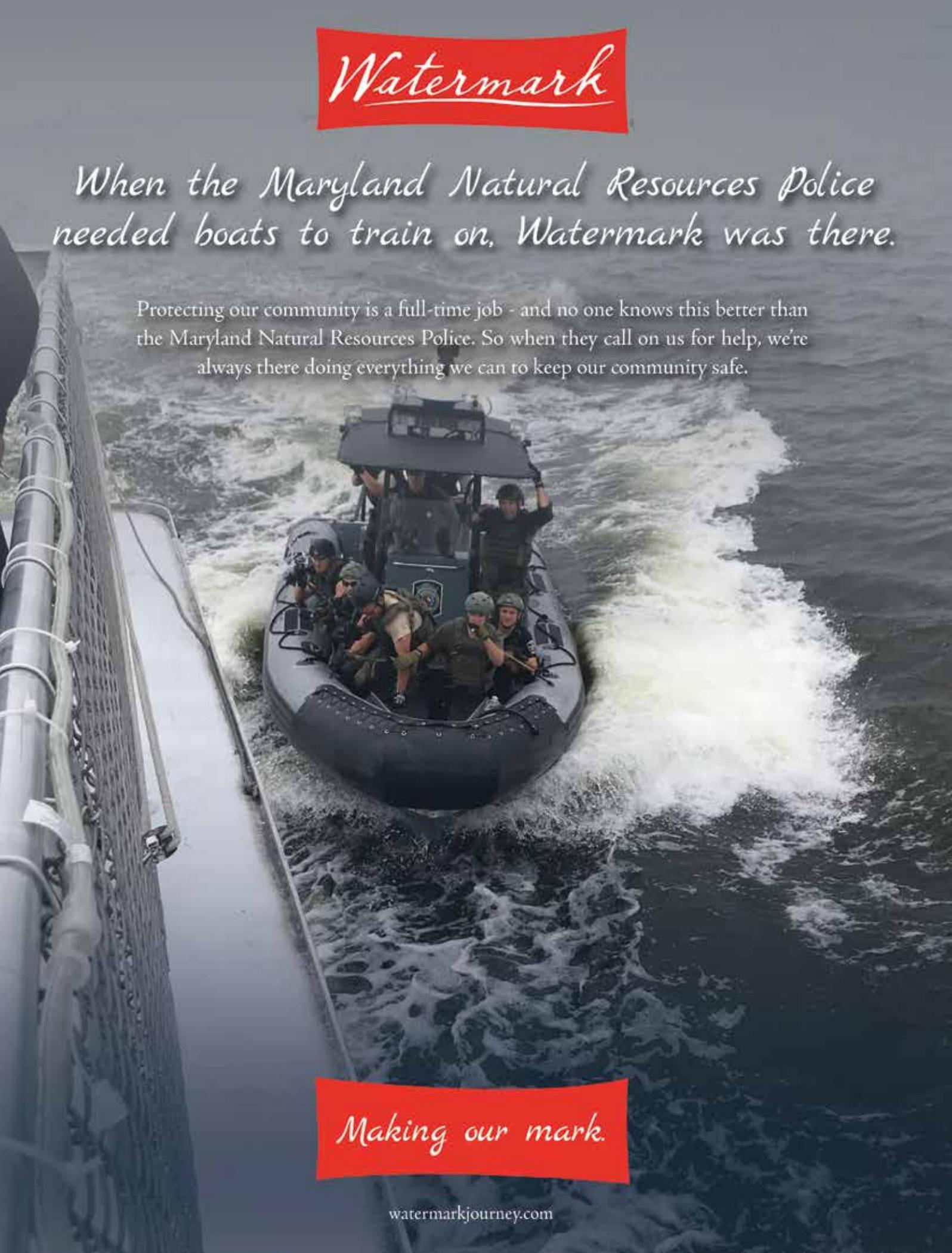
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## The LOOK

Women indulged in a night that was all about them during What's Up? Media's sixth annual beauty and wellness event, The LOOK on March 1st at the Westin Annapolis. About 350 attendees enjoyed manicures from Bliss Nails & Spa and Face It! Spa and Wellness, Botox injections from ProMD Health, makeup touchups, hand facials, hair braiding, eye and lip demos, and more. The event also featured a DJ, dancing, drinks from The Brass Tap, champagne, angel card readings from Christalene Karaiskakis, and a talk from AliceAnne Loftus of Leading Lady Coaching.



Photos by Stephen Buchanan and Amanda Dorval 1. Sharon and Mattie Fenton 2. Mary Summers get a makeover. 3. Jackie Nune and Cierra Wilkins 4. A guest gets her nails done. 5. Megan Roberts-Satinsky, Nadia Kahler, Larra Roden, Ashley Raymond, Kelly Whitmore, Donna Mitchell, Chelsea Haverly



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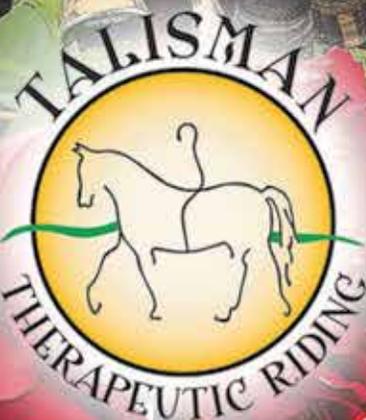


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TOWNE SALUTE

# Dennis Krizek

## Annapolis Maritime Museum & Park

By Caley Breese

**S**pending his childhood summers at his parents' shore home in Baltimore County's Middle River, Dennis Krizek found a passion for any activity that involved water. Krizek especially loved fishing, crabbing, and sailing. His enthusiasm for being on the water hasn't wavered since he was a kid. Now, he owns his own boat and considers it his home away from home.

"I taught myself to sail on an Old Town dinghy that I converted using an old canoe sailing rig," Krizek says. "My grandfather taught me at an early age that 'if you see something that needs doing, then do it.'"

Krizek now lives in Gaithersburg and is retired from a nearly 40-year career working at the National Institutes of Health (NIH), where he led a research program in Hematology. He finds himself in Annapolis often, either spending time on his

Beneteau 393 sailboat, *Sea Tango*, or volunteering with Annapolis Maritime Museum & Park (AMMP).

Krizek became involved with AMMP in 2012 through a familial connection—his daughter, Sarah, is the education director for the museum. He also attended events hosted by AMMP, which piqued his interest in volunteering. Krizek began volunteering as a docent, and his role has since evolved. He assists with trail maintenance and restoration, helps move museum exhibits, cleans up after events, refurbishes wooden boats, maintains and cleans the museum's 800-gallon aquarium, and feeds the fish.

"Dennis will pitch in wherever needed, but his greatest attribute is his delightful disposition and quiet sense of humor," AMMP's President and CEO Alice Estrada says. "Dennis is beloved by the entire museum team."

Another significant contribution Krizek makes to AMMP is assisting with the restoration and repair of the 75-foot skipjack, *Wilma Lee*. Krizek serves as the liaison for the project, working with the shipwright, the Coast Guard, AMMP staff, and other volunteers. When the museum purchased *Wilma Lee*, Krizek worked on the surveys, as well as assisted with the provisions to bring the boat from North Carolina to Annapolis. He helped find a crew, and made sure the ship had electronics and a GPS. He also accompanied the crew on the trip up north. Additionally, Krizek's background in woodworking

has proved to be very beneficial in the restoration of the wooden ship. Estrada says he dedicates 25 hours per week to work on the ship in order to ensure it will be passenger-ready this spring.

"His passionate devotion to our *Wilma Lee* skipjack has been such a tremendous contribution," she says. "Having acquired the *Wilma Lee* in June of 2018, the museum was not sure where to start. Dennis took charge, and his fastidious attention to detail and management of *Wilma Lee*'s restoration and repairs has been extraordinary."

Krizek looks forward to seeing how the skipjack benefits the museum's future, and greatly admires its educational programs.

"I think the skipjack is going to be supplemental to the education programs," he says. "It would be really great to take the school children out on an actual skipjack, and possibly even dredge for oysters and show them how watermen used to do this 50, 60, 100 years ago."

Although he's on the move quite a bit, Krizek seems to be right in his element when he's volunteering at AMMP.

"[I love] working with the people from the museum," he shares. "The staff is just wonderful. They're very knowledgeable and helpful."

Do you have a volunteer to nominate? Send What's Up? an email to [cbreese@whatsupmag.com](mailto:cbreese@whatsupmag.com).

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Photo by Katie Sushko

**↑ PRSA CHESAPEAKE DONATES TO ANNE ARUNDEL COUNTY FOOD BANK**

The Public Relations Society of America (PRSA) Chesapeake chapter members gave back to the community by donating time and money to the Anne Arundel County Food Bank in December. PRSA Chesapeake partnered up with volunteers from the Anne Arundel County Food Bank to box donated food items for more than 50 food pantries in the county, providing meals for individuals and families. The Anne Arundel County Food Bank is the only free organization in Maryland that supplies food and other essential items to over 50 food pantries.

Photo courtesy of Kiersten Crowley

## Severna Park Students Volunteer at The Samaritan Women’s House

Students from Severna Park High School volunteered at The Samaritan Women’s home in Baltimore to help survivors of human trafficking. Seniors Leah Campbell and Kiersten Crowley led their Leadership III class, as well as their sophomore peers from Leadership I, in completing tasks around the house, including packing up Christmas decorations and organizing supplies. The group also held a collection drive for essential items needed by the shelter and raised funds to support the house. Every year, Severna Park’s Leadership classes partner with a local organization to lead a service project and give back to the community.

### IMPACT 100 AWARDS \$57,000 GRANT TO MARYLAND THERAPEUTIC RIDING →

The members of the Annapolis-based philanthropic organization Impact 100 Greater Chesapeake, Inc. awarded a \$57,000 grant to Maryland Therapeutic Riding (MTR). The inaugural grant benefits the purchase of three new farm vehicles, which will be used to support MTR programs and give children, adults, active duty military, and veterans with special needs the opportunity to connect with horses. Impact 100 is a group of women dedicated to supporting charitable organizations in the community by raising awareness and providing grant funding. The group focuses on concerns such as arts and culture, education, environment, recreation, preservation, family, and health and wellness.

Photo by Bethany Swain



**Do you have community or business news to publicize? Send What’s Up? an email at [cbreese@whatsupmag.com](mailto:cbreese@whatsupmag.com).**

### INTRODUCING OUR NEW LACTATION SUITE



**Ashley Read, DNP, CRNP, IBCLC** is a Board Certified Pediatric Nurse Practitioner and International Board Certified Lactation Consultant. Her Graduate Degree, Doctor of Nursing Practice, was earned at the University of Maryland School of Nursing in 2018. As the newest member of our Bayside team, Ashley has been assisting breastfeeding mothers since 2011. She has perfected her experience with breastfeeding support in hospitals, including neonatal intensive care units, and outpatient pediatric offices. She believes mastering the latch can solve many common issues new mother's experience and is looking forward to supporting the mother baby dyad at Bayside Pediatrics. *"With such a short time after delivery before taking your little one home, additional breastfeeding support is always needed in the outpatient setting. By becoming a lactation consultant, I was inspired to help breastfeeding mothers in their earliest days postpartum to master that deep latch and provide continued support that every breastfeeding mother needs."*



**Elizabeth (Beth) Connelly, MSN, CRNP, IBCLC** is a Board Certified Pediatric Nurse Practitioner and International Board Certified Lactation Consultant. She has been practicing as a pediatric nurse practitioner for the past 20 years. Beth has been with our practice since 2001, providing excellent care to the children and young adults of our Bayside families. Born and raised in a big family in Youngstown, Ohio, Beth received her Undergraduate Degree, a Bachelor's of Science in Nursing at the University of Cincinnati in 1986. Her Graduate Degree, a Master's of Science in Nursing, was achieved at the University of Pittsburgh in 1995. Beth lives with her family in Ellicott City. *"I decided to be a certified lactation consultant because I whole heartedly believe in all the benefits breastfeeding has to offer to both mother and baby. Most of our mothers in our practice want to breastfeed their babies, but often struggle with some of the aspects needed for success. As a pediatric nurse practitioner, I wanted to know more about lactation so I could offer that extra support in my newborn office visits. I wanted to be able to offer guidance and build confidence in new mothers in order to help them succeed with breast feeding."*



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**“I love the coaches and the team. I also just like the whole atmosphere. Everyone is working hard, and they’re all going through the same things. I kind of like that. It’s organized, and I like the structure.”**

**TOWNE ATHLETE**

# Kathleen Sullivan

South River High School  
Basketball, Lacrosse

By Caley Breese

**F**or as long as Kathleen Sullivan can remember, she has been playing sports. She found inspiration through her father, who was also an athlete, to begin playing lacrosse and basketball in the first grade. Her passion has kept her on the field and court ever since.

The senior has been a member of South River’s varsity basketball and lacrosse teams since her sophomore year. As a forward/guard, Sullivan made a significant impact for the

Seahawks’ basketball team, and earned second-team All-County honors following the 2018 season.

“Kathleen is constantly working hard,” South River Girls’ Varsity Basketball Head Coach Mike Zivic says. “She is a great teammate, always putting the team before her personal goals. She brings a sense of calming to the court that allows the rest of her teammates to relax.”

While Sullivan has proved to be successful on the court, she truly shines on the lacrosse field. So much so that this fall, she will be taking her skills to United States Military Academy West Point in New York.

A key player for South River, Sullivan also played for the club team Integrity Lacrosse from fifth grade to the beginning of her senior year. The 5-foot-8 attacker has been able to use her height as an advantage when it comes to taking the draw as well. During her junior season, Sullivan came up with 38 draw control possessions.

“Kathleen stepped up during the playoffs and took control

of the games,” South River Girls’ Varsity Lacrosse Head Coach Caroline Cochran says. “She kicked it into a different gear, and no one was going to stop her. She came up with critical draw controls, groundballs, assists, and goals that helped perpetuate us into the state finals. Not only did she have the confidence in herself, but her teammates trusted her in high-pressure situations.”

All of her lacrosse experience has led to an impressive list of awards, too. Her junior year, Sullivan was selected to the U.S. Lacrosse Girls’ High School All-American team. She made the Anne Arundel All-County Girls Lacrosse team, as well as the 2018 All-Met first teams for *The Washington Post* and *The Baltimore Sun*. Sullivan was also named *The Capital’s* 2018 Player of the Year. She finished her junior season with 55 goals and 22 assists.

She racks up points in the biggest contests as well. Last May, Sullivan helped the Seahawks to an 11-9 win over Dulaney High School in the Class 4A State Championship game at Stevenson University’s Mustang Stadium in

Owings Mills. Sullivan led the team with three goals and two assists.

“That was really exciting,” she says. “I just wanted to win. I wasn’t really thinking about the Player of the Year, but I wanted to win states.”

A well-rounded student-athlete, Sullivan maintains a 4.0-grade point average and is on the honor roll. She’s in the STEM (Science, Technology, Engineering & Math) program, is a member of the National Honor Society, and serves as a senior ambassador for South River’s freshman mentoring program. As a member of her school’s Green Wall Group, Sullivan worked with her classmates to build a ‘living wall’ out of various plants and greenery. She assists with maintenance and upkeep of the wall, which is installed on the outside of the school’s auditorium.

With high school winding down for Sullivan, she looks forward to taking her lacrosse skills to the next level at West Point, an NCAA Division I school. Sullivan plans to study law, and hopes to become a U.S. JAG (Judge Advocate General) in the Army, and then eventually a lawyer.

“I love the coaches and the team,” she says. “I also just like the whole atmosphere. Everyone is working hard, and they’re all going through the same things. I kind of like that. It’s organized, and I like the structure.”

Do you have a local athlete to nominate? Send What's Up? an email to [tworgo@whatsupmag.com](mailto:tworgo@whatsupmag.com).



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## ECONOMICS & FINANCE

# The Economic Implications of Climate and other Changes

## Maryland: Global Ecology in Miniature

By Anirban Basu

**S**cientists concluded about three decades ago that Atlantic sturgeon had all but disappeared from Maryland's polluted water. As indicated by *The Baltimore Sun*, the population of these massive fish—often as long as 14 feet—dwindled during the 1900s amid rising demand for their eggs, also known as caviar. Caviar's immense value led predictably to overfishing. Overfishing working in conjunction with industrialization essentially depleted Maryland's population of Atlantic sturgeon.

Or did it? Biologists have been pleasantly surprised recently with watermen and recreational fishermen spotting sturgeon splashing and flopping around the Nanticoke River on the Eastern Shore. The unanticipated bounce back of Atlantic sturgeon in Maryland represents further indication that efforts to restore the health of the Chesapeake Bay are working.

Maryland, of course, has much more to consider than the bay. The state is geographically small. At 12.4 million square miles, it ranks a lowly 42nd nationally concerning land mass. But it still manages to maintain a diversity of ecology that many states lack. To the west, it is home to snow-capped mountains. To the east, it is home to beaches. In the center of the state are densely popu-

lated communities that, like all communities, depend on breathable air and drinkable water. And at its heart is the Chesapeake Bay, which forms the largest watershed on the east coast at more than 4.5 million square miles. There are more than 3,000 miles of coastline around the bay. There are also numerous tributaries, of which the Nanticoke River is one.

But being home to so many ecosystems is associated with innumerable risks to economic activity. Warm winters can truncate ski seasons in the west. Waste and runoff produced by populous communities can threaten the livelihood of businesses and create risks to public health. Increasingly violent weather produces more damage to property and



### About **Anirban Basu**

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.

higher rates of insurance. In short, climate and other forms of change collectively represent massive sources of risk to Maryland's future.

In 2007, the Center for Integrative Environmental Research (CIER) at the University of Maryland attempted to measure the economic impact of climate change in the state. There were many findings, including one indicating that higher temperatures would result in a 15–40 percent decrease in the Northeast's maple syrup industry.

While the effects of rising temperatures will be felt throughout the state, the Eastern Shore is especially vulnerable. A 2017 article published in *Washingtonian* magazine featured a report released by the Union of Concerned Scientists regarding the long-term impacts of climate change. Because of the state's abundance of coastline, the number of communities that would be affected by rising sea level ranks second only to Louisiana. Flooding is already a constant problem for many communities, especially those in and around Ocean City. The report states that if water levels rose four feet by 2100, the resulting inundation would make a quarter of the land in Ocean City uninhabitable. The resulting loss of property value and business activity would have a profound impact across the state, including in terms of decimated quality of life. Moreover, the four-foot scenario is considered conservative by some.

In recognition of the threats to Maryland's future and the need for all communities to contribute to environmental sustainability, some policymakers continue to commit to renewable energy, including in the form of offshore wind power. The Clean Energy Jobs Act would double the state's commitment to renewable energy by increasing the statewide Renewable Portfolio Standard to 50 percent by 2030. The state hopes to reach its current standard of 25 percent by 2020.



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# TR I B U T E S

## 5 BUSINESS- WOMEN AND 50 YEARS OF TRIUMPH

BY LISA HILLMAN

PHOTOGRAPHY BY  
STEPHEN BUCHANAN





or women born after 1980, it may be hard to fathom a time when these rights and opportunities were unattainable. Yet this was America—just 50 years ago.

This year, flush with a dramatic increase in the number of women in elected offices locally and nationally, it is easy to forget the strides of decades

past. It was 170 years ago in Seneca Falls, New York that Elizabeth Cady Stanton, mother of four, and Lucretia Mott, Quaker abolitionist, held the very first gathering of women’s rights and started a wave that continues today.

Successive waves ushered in the 1960s “Women’s Liberation Movement.” A Western World groundswell, it produced many of the equalities and freedoms women now enjoy. And the movement has never stopped. What’s known as the “Fourth Wave”—which includes the #MeToo and Time’s Up movements—has toppled more than 200 powerful men in positions across nearly every industry. On January 21st, 2017, fueled by anger and resentment, the Women’s March heralded a new era of female leadership. More than 100 women now serve in Congress, the largest number in history. In Maryland, some 71 women serve in the General Assembly, including 30 newly-elected representatives. And in Anne Arundel County, the county council has the first female majority ever.

In wide-ranging interviews, What’s Up? Media set out to discover the impact of these sweeping movements through the stories of five leading area women. Each is known for her success in business or industry. Each is a daughter of decades of struggle and triumph. Although most shun the term “trailblazer,” they have made a mark



**Betty Buck**

*“Success doesn’t count, unless you earn it fair and square.”*

—Michelle Obama

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in their fields, often against hostility, subtle or overt. How did they do it? What obstacles did they encounter? What can they teach others from their accomplishments? And what’s next for them?

## What Dad Said

Betty Buck tells a classic, feminist tale. President of Buck Distributing Company based in Upper Marlboro, she runs one of the largest Miller Brewing Company distributors in the mid-Atlantic states with more than 125 employees and annual sales over \$50 million. Buck grew up knowing she wanted to follow her father, who founded the company in 1946 with one beer truck.

“I was my daddy’s shadow,” Buck says. “Instead of Barbies, I played warehouse. It meant I got to be with my dad.”

In 1985, he surprised his 28-year-old daughter by saying, “You’re hungry. I’m not anymore” and offered her the company. But there was a hitch: transfer of power required approval from the parent company, Miller, based in Milwaukee. A man named Leonard Goldstein was president of Miller. Buck knew him as “Uncle Lenny.” She flew to Milwaukee and was told to go to lunch and return at 2 p.m. When she returned, the conference room was lined with 20 vice presidents, all men. They



Debbie Gosselin

presented her with a list of 12 classes she needed to complete, given only in Milwaukee. Over the next six months, she flew back and forth from Maryland to Wisconsin and completed the classes with 20 other students, all male. During this time her father suffered a heart attack, her marriage ended, and, as a single mom, her three children contracted chicken pox.

The upshot? When she returned to Milwaukee, she was given “another batch of classes.”

“That’s when I balked,” she says. “I let ’em have it. I told them I’d done everything you asked me while raising three children, my dad having a heart attack, and I’m the only company on the East Coast where the numbers are up.”

With that, Goldstein turned to his assembled group of male colleagues and asked, “Any other questions?” Buck got her contract.

That pluck, that air of self-confidence, is a trait all five women share. Most attribute it to the influence of their fathers.

Like Buck, Debbie Gosselin grew up into her father’s business. A lawyer and businessman who established a thriving marina and tour boat operation, Ed Hartman taught his daughter that one of her most important roles was to be a mother. After her own daughters were born and her first marriage ended, Gosselin knew she needed to take her career seriously. Frustrated with too many part-time jobs, she wanted to be her own boss. In the 1980s, she acquired Chesapeake Marine Tours from her dad and after that rebranded the company “Watermark.” But first, she had to earn it.

“It was an arm’s length transaction,” Gosselin says. “He did it out of his sense of fairness to my siblings and his wife, and because of his belief that people should earn what they have and not be given it.”

Dad also was a tremendous influence for Florence “Becki” Kurdle. Kurdle grew up “programmed to be a doctor.” A child of the 1960s, she attended Goucher College, where she discovered she hated chemistry, and Baltimore, too. But her dad urged her to explore. He had “tremendous influence” over her, someone who was “always behind” her. As she remembers him, she motions behind her shoulder, as though he’s still there.

Apparently, he was right. After she explored Baltimore, Kurdle found her calling in urban planning. Her first job for Anne Arundel County in 1966 was to identify countywide locations for air raid shelters. At that time, “you had to ask your commissioner” if you wanted a raise, and it was either \$60 or \$120. Kurdle received \$60. Her male counterparts received \$120. Why? She was told, “Because you are married.”

By any measure, Maria Scott, M.D. is one of the most successful physicians in the Chesapeake region. Born to traditional Italian, hardworking parents, she and her siblings were told they “could accomplish anything.” Moving to the United States when he was three, her father was a firefighter who presided over family pasta dinners every Sunday in their modest Philadelphia home. All three children excelled. Her brother became an engineer, her sister a venture capitalist, and Scott earned her medical degree and specialized in ophthalmology. Today, she presides over one of the largest, comprehensive eye-care practices in the mid-Atlantic area.

For Veronica Tovey, it was her mother who influenced her most. Growing up in New Hampshire in the 1950s, Tovey recalls her mother was forced to quit her job as a nurse when she became pregnant. The family needed money. So, her mother sought work at the local radio station “where no one could see her.” Challenged by the station director—“How can anyone let a woman say whatever she wants on the airwaves?”—her mother bought 15 minutes of air time. She then walked the streets selling spots to underwrite her program. It’s ironic that Tovey, as publisher of What’s Up? Media, finds herself “in the same media world as my mother.”

## Doing It Her Way

Beyond parental influence, what propels these women to achieve is their own drive and spunk. Buck is up at 5:30 a.m. every morning to make sure beer trucks roll. Gosselin oversees water and land tours seven days a week. Scott personally performs an average of 60 surgeries per week and Tovey produces three full-scale monthly magazines. There’s a steady



# TR IB A Z RS

churning, a heady thrum, that emanates from and around these women. These women produce, and their energy is palpable.

Kurdle is quick to underscore that she actually had three careers: urban planning for 23 years, which included serving as Anne Arundel County's Director of Planning and Zoning, a lead lobbyist for BGE subsidiary Constellation Properties, and consulting.

"It was easy to burn out," Kurdle recalls. "The pressures of day-to-day decision making, seeing your name in the paper every day, late night community meetings, and everyone had a zoning problem. I learned early on to say 'yes' if you can; 'no' if you must."

When asked how she fared in a largely male-dominated county government in the 1960s and 1970s, she mentions "style." Unlike her predecessor in the planning office, Kurdle didn't see herself as "one of the guys."

"That wasn't a fit for me," she says. "I felt I needed to be more of a role model for the women in the office, how I dressed, how I dealt with staff. I wanted to be someone they felt good about having for a boss."

For Scott, ophthalmology provided instant gratification. Diagnosed with scoliosis at age 12, she spent a year at Shriners Children's Hospital, where she met other children whose dis-



Becki Kurdle



Betty Buck, Debbie Gosselin, and Veronica Tovey

abilities would define them for life. She decided to become a pediatrician. During her third-year rotation in medical school, she saw an older man with his Italian family. He'd just had cataract surgery and could suddenly see, his vision restored to 20-20.

"Suddenly, the doctor was a rock star," Scott says. "The whole family was elated."

Even though pediatrics was a specialty that was more welcoming to women in the '80s, she chose ophthalmology.

"Several people told me, 'You deserve to be chief resident, but they're probably not going to pick you because you're not a guy,'" she says. "I think I was picked because I worked so hard. I tried to see the most patients I could. I embraced the work and attended every emergency."

When Scott began practicing in Annapolis, there were only nine ophthalmologists, all male. She credits fellow physician Bill Aherne with offering her office space and getting her started. But it was her smarts that got her moving. Taking the medical staff directory, she made face-to-face visits to introduce herself. She accepted all patients, especially children. After all, their moms had parents who needed eye care, too. And soon her practice blossomed.

The path to What's Up? Media was hardly direct for Tovey. When her first husband was under consideration for a high-level job with United Press International, his future boss

Veronica Tovey



insisted first on interviewing “the wife” before deciding to promote him. Later, she decided to become the first female stockbroker in Hawaii: “I didn’t realize then that there weren’t women stockbrokers,” Tovey says. After studying and passing an exam, she was told by a prestigious Honolulu firm that “females can’t work for us unless they are much older and they are there to service their husbands’ friends.”

“I was mortified,” she recalls vividly. Since Hawaii had recently passed an age-discrimination law, Tovey sued and won.

Ironically, when her husband was relocated to Paris, Tovey secured a job with a brokerage firm but never reported to work. She’d just learned she was pregnant. Several jobs later, including child care and starting a Manhattan plant business, she landed in Washington, D.C. with a new husband and a new job in the Jimmy Carter White House.

“Yes, it was exciting,” Tovey says. “I was in the West Wing two-and-a-half years. I could walk into the Oval Office. All my friends wanted to visit.”

But she concedes, “It was awful, too.” She endured long hours and little pay. Even worse, Ronald Reagan’s election in 1980 meant she was out of a job. “No one wanted me,” she says. In typical Tovey fashion, she eventually found her niche through a friend and formed an investment company that raised venture capital money for oil and gas drilling or commercial real estate development. She began

earning money and proudly states “a lot of money.” She acknowledges this is what allowed her to start What’s Up? Media and expand it into a multi-media business.

Gosselin, too, is on the move. Since acquiring her business from her father, who at age 92 remains a huge influence in her life, Gosselin has doubled it in size. She’s added land tours and expanded boating operations to Baltimore. With 20 fulltime and 200 seasonal employees, she recalls what her mother told her often as the first child of four—that she was bossy. Says Gosselin today, “I’m not bossy. I’m the boss.”

## Finding Help and Seeking Balance

Even though these women stand out as singular achievers, they admit they had help along the way, first from spouses and then others. Many also changed spouses.

According to information from the U.S. Census Bureau, divorce rates in the U.S. have fluctuated over the last 50 years. From a low of 24 percent in the early 1960s to a high of 53 percent in the late 1970s, the figure has hovered around 50 percent since the ’80s.

Second and third marriages are common among our interviewees. Tovey credits her three marriages for encouraging her to do better. She asserts that each created in her a strong drive for achievement.

Only Scott remains wed to her first husband, an anes-

thesiologist at Anne Arundel Medical Center. Scott praises him for being so supportive of her career and sharing home duties for their two children, along with “Miss Bunny,” a nanny who has been like a grandmother to her two children.

Having raised four children herself, Buck now helps to raise the next generation. Buck starts each morning with breakfast at home with several of her six grandchildren. Balancing time with family, work, and community service is a constant challenge.

Involved in more than a dozen charities and business organizations, Buck is the first female chair of the Maryland Chamber of Commerce and the National Beer Wholesalers Association.

“I wish I had a nickel for every political or charity dinner I took my kids to, so that we could be together,” Buck says. “But my dad taught me, you make your living from the community. You gotta give back.”

For Kurdle, life seems defined by the nonprofit organizations she’s chaired: the Community Foundation of Anne Arundel County, Anne Arundel Medical Center, the YWCA, and, most recently, Goucher College. Reflecting on her multi-careers, she says, “In the ’50s and ’60s, we thought we could have it all. We really can’t. We always need to make choices. We need balance.”

As these women demonstrate, one way to ensure more family time is to include their children in their work. Buck is grooming her daughter Erin to help lead the business, an industry where only 22 of some 2,500 are women. Gosselin’s younger daughter, Ginny, now works fulltime for Watermark in operations management.

# TRAILBLAZERS

## Learn as Much as You Can

Each of these achievers express a strong obligation to coach, mentor, and help mature those who will follow—both women and men.

What Tovey enjoys most about the magazine is “all the people I work with. They’re all young. Some have been here for 17 years. I’ve watched them grow and helped them to have good lives.” She sees herself as an entrepreneur and enjoys carrying out new ideas. Important to her is fun, but she also enjoys hard work. She tells young people in her office, “You can do it. I know you can do it.”

For Buck too, most of her employees have been with her for 20 years. “This is my family,” she says. Her biggest challenge is funding their health care and retirement. As for advice to younger women, she recounts meeting the Chair of the Maryland Chamber of Commerce when she first became CEO. He gave her his number and said to call if she ever needed help. So, she called him just to see if he would answer. And he did.

She addresses women’s groups often and always offers her number. She tells young women: “Don’t be afraid to ask. Don’t quit. Just keep going.”

Scott is busy building her business. It took a big leap last year, growing from 120 to 250 employees with the goal of becoming “the eye care leader in the mid-Atlantic.” Still, finds time to mentor younger women.

“It’s a great feeling to be good at what you do. Get really good at something. Learn as much as you can. Always say ‘yes’—every opportunity can teach you something.”

Even though Gosselin just completed a two-year stint as the first woman commodore of the Annapolis Yacht Club, she downplays her feminist role. Her advice to younger women? “Forget about being a woman,” she says. “Focus on doing the job well. But you need to do it better because you are a woman.”

Kurdle forges her advice to younger women from her many years in management.

“I wasn’t afraid to be a leader,” she says. “I had enough self-confidence even if I didn’t know the whole job, I knew I could learn it. You need to understand that leading people is first understanding them. Believe you can do it. Know who you are and be the best you can be. Even if you’re not quite sure you are good enough yet, go for it.”



Maria Scott

## The next Chapter

Given that women are living longer and healthier than 50 years ago, it is tantalizing to ask what any successful woman envisions for her next phase.

For those still growing their businesses, like Scott and Gosselin, major changes may be several years away. For Tovey, the next phase means more freedom and the opportunity to “do what I want, which I haven’t figured out yet. But I am happiest creating things that, I think, improve those around me, so I know I’ll find something.”

Usually a highly reflective woman, Kurdle pauses over “what’s next.” She admits to narrowing her interests. In her 80th year, she wants to “touch base” with people she most cares about. Having twin grandsons, age 20, and twin granddaughters, age 17, and another granddaughter, age 17, she wants to see them through college.

And then there’s Buck. Having conquered cancer more

than once and managing a heart condition, she has no intention of slowing down. She’s completed 19 Windstar Cruises, most recently to Japan and Alaska. Her Kindle carries 500 books of romance, mystery, and history. She intends to stay in business and involved with the community. The only one of the five interviewees who doesn’t shy from the term “trailblazer,” Buck thinks of herself as one of a kind.

“It would be a lot easier if there were someone ahead of me, but it also makes it easier, too,” she says. “I can do it my way and ask for permission later.”

If there’s any doubt that this woman has an eye to the future, her front office says it all. Not one, but two Harleys greet visitors to the sprawling one-story campus that she has built. “I love Harleys,” she says. “They’re very freeing.”

And, of course, emblematic of all our trailblazers, Buck never hesitates to ride alone. In fact, she prefers it.

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# Women

## WHO LEAD US 2019

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On the following pages, you'll meet exemplary, local professionals in a variety of industries; all female, each an inspiration. Their entrepreneurial spirit, business acumen, and leadership skills are a benefit to the communities they serve.

Their stories are profound. And they are ready to help you.

*These are the women who lead us!*





# Magda Rodriguez *Psy.D.*

*Doctor of Psychology & Noted Expert on  
Dialectic Behavioral Therapy*

*Recognized Expert on treating OCD*

*CPE Clinic, LLC*

---

**S**ome people experience more problems and limitations in relationships, social activities, work, and school, and they often blame others for those challenges. Dr. Magda Rodriguez helps people with those challenges lead productive lives, have more effective relationships, and experience smoother social interactions. From her personal studies of Zen philosophies and DBT, Dr. Rodriguez successfully uses mindfulness strategies to help those displaying behaviors that interfere with the ability to be effective at work or in a relationship. Dr. Rodriguez runs one of the region's only adherent Dialectic Behavior Therapy (DBT) programs, which combines counseling with group therapy and training sessions in the art of mindfulness, emotion regulation and distress tolerance.

Dr. Rodriguez is a national and internationally recognized expert on Dialectic Behavioral Therapy (DBT), which is recognized for its use of Cognitive Behavior Therapy (CBT) and mindfulness in treating mental health. After receiving her doctorate, she moved to Seattle to research with and ultimately promulgate Dr. Marsha Linehan's pioneering work in DBT. Before returning to the east coast, Dr. Rodriguez created the DBT training program used in over 15 doctorate level graduate program in the US. She has taught or worked with researchers on a variety of applications of DBT across the US and internationally.

Dr. Rodriguez works with the providers at CPE Clinic, LLC in Annapolis so that she could serve the community where she and her family live. CPE Clinic, LLC is comprised of leading psychiatrists and psychologists whose clinical expertise is built on years of research, teaching, and treating patients to deliver comprehensive clinical care in the field of mental health.

Dr. Rodriguez's special passion is treating adults who suffer with anxiety, OCD, and other related disorders like body focused repetitive behaviors (BFRB), which include skin picking, hair pulling, and nail biting. These BFRB behaviors are not habits or tics; rather, they are complex disorders that cause people to repeatedly touch their hair and body in ways that result in physical damage. She combines mindfulness and self-compassion training, ERP, and DBT skills training. This approach helps those who suffer with these conditions in consistently increase functioning back into their lives.

For more information on OCD – [iocdf.org](http://iocdf.org)

For more information on BFRBs – [bfrb.org](http://bfrb.org)

# Shannon Senefeld *Psy.D.*

*Doctor of Psychology*

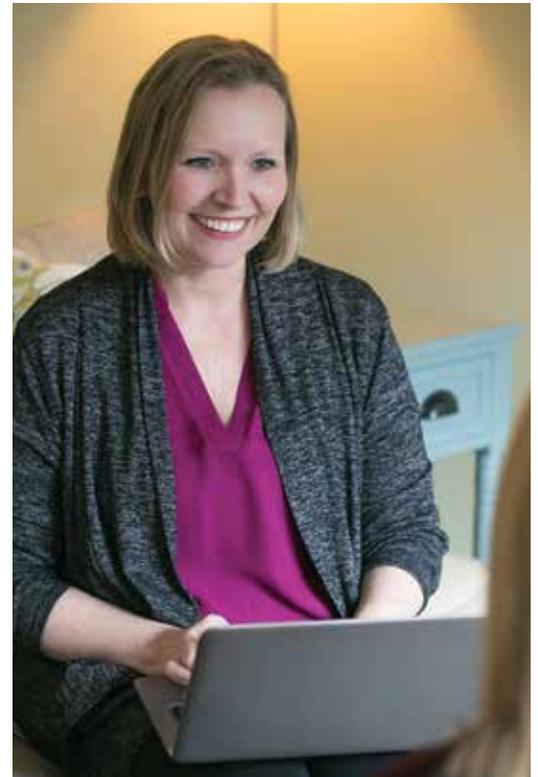
*Expertise and experience in testing and evaluations*

*CPE Clinic, LLC*

As a parent, Dr. Shannon Senefeld understands the pleasure of seeing a child thrive. She also understands the anguish children and their families experience when a child is not performing as expected. Dr. Senefeld's expertise is in measuring children and adolescent's wellbeing and development. She conducts psychological testing evaluations that identify specific learning disorders, strengths, and weaknesses. She also performs early childhood development evaluations which measure milestones of brain development for children under 6 years of age. Insights from these tests often change the course of a child's future, ensuring the appropriate resources, education, and support are available to them.

Dr. Senefeld evaluates and assesses children where they are socially, emotionally, and academically; analyzing a variety of data, and developing specific recommendations for a child's learning and development. Educators praise her reports for their insights and recommendations. Pediatricians value her comprehensive approach to testing. Everyone appreciates how quickly she publishes detailed results.

Dr. Senefeld has authored several published studies on the effects of positive parenting, diverse approaches to parenting, and measuring adolescent wellbeing. She has a special passion for helping parents successfully navigate raising children with behavior challenges and those raising children with autism.



# Stephanie Streb

*DNP, MHS, PMHNP-BC*

*CPE Clinic, LLC*

*Expertise in Mental Health and Wellness*



Finding a mental health provider who you are comfortable with can be a challenge, but treatment can be crucial to your wellbeing. As a mental health provider, Dr. Stephanie Streb thinks broadly, integrates her expertise, and approaches patient care with perspective. While no one has seen it all, she has seen quite a bit in her nursing career, as a faculty member at UMSON, from her time in the Peace Corps, and as a parent. She believes in taking the time with her patients, forming an accurate diagnosis, educating them on their options, and focusing on their strengths and

competencies to create a plan that will work to improve their mental health and achieve their life goals.

Dr. Streb practices at CPE Clinic, LLC in Annapolis. CPE Clinic, LLC is comprised of leading psychiatrists and psychologists who offer expertise, experience, and access in the field of mental health for adults, adolescents, and children.

# Erin Kerr

*Practice Manager*

*CPE Clinic, LLC*

*Enabling Excellence in Mental Health and Wellness*



The work day is never dull for Erin Kerr. Erin is often the first person people interact with on the way to better mental health at CPE Clinic. Mental health is different from other forms of illness. When your body is sick, it impacts your body. When your mind is sick, it impacts your person—who you are. Psychiatrists and psychologists address the feelings, thoughts, emotions, and behaviors that make you you. While each person needs different things, Erin knows it's important that people have what they need and get the right care. In addition to administrative demands, Erin keeps a cool head, stays on top of the challenges, and allows the providers to focus on the patient and the patient to get the most from their time with the provider.

It's easy to highlight our psychologists and psychiatrists for the expertise, experience, and access they provide over and above the standard of care; but Erin makes it all flow smoothly for both our clients and our providers.



# Kelly Sutter

*RN, CANS*

*Founder and Owner*  
*Skin Wellness MD*

171 Defense Hwy  
Annapolis, MD  
410-224-2400  
[www.skinwellnessmd.com](http://www.skinwellnessmd.com)

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**K**elly Sutter, RN, CANS, is the founder and owner of Skin Wellness MD, her office is located in Annapolis Maryland. Kelly has been a resident of Annapolis for over 25 years. Kelly is a certified Aesthetic Nurse Specialist and also holds certification in Laser Physics. She has an extensive experience with cosmetic lasers including, Sciton BBL (Broad Band Light) Micro Laser Peel and Coolsculpting. Recently, Kelly has added a new member to her team, Renee Plazak, RN. Renee is certified in Coolsculpting with over 10 years of experience.

Kelly is a member of the American Society of Lasers in Surgery and Medicine as well as the American Society of Plastic Surgery Nurses. She is proud to be a part of the Allergan Medical Faculty and an AMI instructor. This gives Kelly the credentials to provide training to physicians, registered nurses and physician assistants in the use of Botox and all dermal fillers such as: Voluma, Volbella, Vollure and Juvederm, Juvederm Ultra Plus.

Kelly's vision for her practice is to provide the highest quality aesthetic medicine to maintain a natural and healthy appearance. She also believes educating her patients on the importance of looking and feeling their best, which includes the highest standard of customized medical grade homecare for your skin.

What sets Kelly Sutter apart as a provider is her true love for what she does and the pleasure she gets by making her patients look and feel better about themselves. Her desire to continue to educate herself so that she can provide her patients with the best and latest knowledge available, is truly admirable.

# Emily MacQuaid MD, FACS, FFAO

*Medical Director and Owner*  
*MacQuaid Eye Institute*

9 Schilling Road Suite LL8  
Hunt Valley, MD 21031  
443-585-8088

479 Jumpers Hole Suite 106  
Severna Park, MD 21146  
[www.macquaideye.com](http://www.macquaideye.com)

Dr. MacQuaid is a board-certified Ophthalmologist and Oculoplastic Surgeon specializing in cosmetic surgery for the eyelids. Dr. MacQuaid is also a renowned expert in reconstructive surgery of the eyelids, eyebrows, tear duct surgery, thyroid eye disease, and tumors.

In 2017, Dr. MacQuaid founded the MacQuaid Eye Institute in Hunt Valley, Maryland. The office expanded to a second location in Severna Park, Maryland in March of 2019.

From 2008 to 2017, Dr. MacQuaid was the Director of Cosmetics, Oculoplastics and Reconstructive Surgery at Katzen Eye Group. Dr. MacQuaid founded both the Aesthetics and Oculoplastics divisions of Katzen Eye Group.

Dr. MacQuaid completed her Fellowship at the prestigious Wilmer Eye Institute of Johns Hopkins Hospital. While there, she taught Oculoplastic Surgery as a clinical instructor in the residency program.

Dr. MacQuaid continues her teaching role by participating in the Oculoplastics Fellowship training program at Sinai Hospital in Baltimore. Dr. MacQuaid is the author of numerous papers and she presents at national conferences on new technology and surgical procedures.

Dr. MacQuaid is now accepting patients at her new Severna Park office located at 479 Jumpers Hole Road, Suite 106.



# Chelsea Haverly LCSW-C

# Christine Coyle LCSW-C

*Co-Founders/Full-Time Clinicians*  
*Anchored Hope Therapy, LLC*

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Chelsea Haverly and Christine Coyle are both licensed clinical social workers and the co-founders of Anchored Hope Therapy, LLC. Prior to opening Anchored Hope, Haverly and Coyle worked together at the Center for Child and Family Traumatic Stress at Kennedy Krieger Institute in Baltimore. In May of 2016, to improve their work-to-life balance, the two became business partners and opened Anchored Hope Therapy, LLC. Since its inception, the practice has grown to include seven other clinicians.

Their vision was to bring their expertise to the Annapolis area and create a practice that valued a teamwork approach in a small, specialized setting. The duo also wanted to focus on building collaborative relationships with providers across disciplines in order to provide quality clinical care.

Clinicians at Anchored Hope utilize tailored approaches to address a variety of clinical needs including depression, anxiety, grief, ADHD, complex trauma experiences, and issues connected to chronic stress. Services are offered to children, adults, families, and couples. Haverly specializes in providing statewide Anti-Human Trafficking clinical consultation and training. Coyle has expertise of Deaf culture and provides trauma-informed care to the deaf and hard of hearing population. The practice also accepts commercial insurance to promote accessibility to mental health care.



# Diane S. Lebedeff DPM

## *Podiatrist*

*President of Jacob Paige Medical*

273 Peninsula Farm Road | Building 2, Suite E  
Arnold, MD 21012 | 410-647-4534

Dr. Diane S. Lebedeff, the president of Jacob Paige Medical, is a board-certified podiatrist who has been practicing in Maryland for 25 years. Through the course of her career, Dr. Lebedeff has always believed in using her time and talents to support and give back to her community.

She has spent more than ten years serving on the board of directors and volunteering with the Severna Park Community Center, and, for the past two decades, Dr. Lebedeff has helped dancers get back on their feet through her work as a podiatric consultant with the Maryland and Washington Ballet.

One of Dr. Lebedeff's greatest passions is mentoring young doctors and students. Aside from teaching surgical residents, she also started a work-study program for high school students interested in the medical field. Each year, she selects one or two honor roll students for a paid position in her practice where they learn how to greet, treat, and interact with patients.

"I truly love the kids I've mentored, and I'm proud to say that over a dozen have become doctors," says Dr. Lebedeff. "I'm happy to have made a difference in someone's life."



# Madelyn Smith

*STEM Director, Engineering and Technology Faculty*  
*Annapolis Area Christian School (AACCS)*

109 Burns Crossing Road | Severn, MD 21144  
410-519-5300 | [www.aacsonline.org](http://www.aacsonline.org)

*Discern, Problem-Solve, Adapt, Innovate.* These are the strategies that Madelyn Smith employs in her classroom; displays as the lead mentor to the Robotics Club; and models as the head coach of the AACCS track team. This former Toyota engineer, shaped by afternoons of tinkering under the hood of the family car with her dad, has a passion to teach and lead the next generation of STEM learners.

At AACCS, Smith:

- Secured a Department of Defense grant to fund her student-run "STEM Day" program, now in its fifth year, for more than 100 elementary school learners;
- Helped send two teams to Vex Robotics state competition last year;
- Wrote new curriculum and teaches advanced engineering classes; and
- Led the track team in its inaugural season.

*"Although I loved my career as an engineer in the auto industry, I know the Lord has blessed me with the opportunity as a STEM educator to be a part of training up and inspiring the next generation of problem-solvers and innovators who will, no doubt, change the world."* -Madelyn Smith





**Q:** When should I see a psychiatrist?

**A:** Mental suffering is different from other forms of illness. When your body is sick, it impacts your body. When your mind is

sick, it impacts your person—the very essence of who you are. Psychiatrists address the feelings, thoughts, emotions, and behaviors that make you you. People often suffer with disorders that may be disrupting their lives because they are afraid to share what's really going on in their inner world, but there is almost nothing you can tell a psychiatrist that will surprise him/her. If you are worried, look for a provider with a style that fits your preference – my style is to share my expertise and advice collaboratively and in a way that I think the patient will hear.

**JANINE FUERTES-RAMIREZ, M.D.**  
Psychiatrist, CPE Clinic, LLC



**Q:** When treating mental health conditions, people most often ask “Do I have to be on medication forever?”

**A:** Medication can be a crucial component of treatment for

mental health, although it is often considered last. Early medication intervention can help prevent the illness from getting worse and dramatically improve quality of life. For many patients, once they experience the benefits of medication, they often regret not treating it sooner. For those being treated with medication for mental health, medications are not always a lifelong sentence and the side effects are often less harmful than an untreated mental health condition.

**JANINE FUERTES-RAMIREZ, M.D.**  
Psychiatrist, CPE Clinic, LLC



**Q:** What can one expect after receiving a BBL treatment?

**A:** BBL (Broad Band Light) treatments are typically done in a series

of three treatments, 3/4 weeks between each treatment. BBL is a treatment using technology that sends light energy into your skin targeting sun damage, age spot along with regenerating skin cells and stimulating collagen. Over a period of 1 - 2 weeks those spots will become darker and gradually fall off, leaving your skin feeling smoother, brighter and visibly looking younger!

**KELLY SUTTER, RN, CANS**  
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**KELLY SUTTER, RN, CANS**  
Skin Wellness MD

# OFF TO THE RACE

**FROM 1-MILE FUN RUNS AND 5KS TO HALF-  
OR FULL MARATHONS, ROAD RACES ARE  
A FUN, SOCIAL WAY TO STAY ACTIVE**

**BY KELSEY CASSELBURY**



# A

t face value, running—as a sport, as a workout regimen, like meditation—isn't complicated. It certainly isn't easy, but there's not much brain power involved in lacing up a pair of shoes and jogging down the sidewalk. That is, until you decide you want to run a road race. Whether it's a 5K or the full 26.2 miles of a marathon, *that's* when you might decide to dig a little deeper into the world of running. *That's* when you might discover that running isn't the uncomplicated hobby you once thought it was. In fact, there's a whole world—nay, a whole *universe*—dedicated to the devout.

Wait, don't let this scare you off! Yes, the depths of information available to the would-be and already-are runners of the world can be intimidating. It's enough to send you back to the comfort of your living room couch, but don't—you could be missing out on so many benefits. "I ran my first Marine Corps marathon in 1986, and then I just kept running," South River High School principal Will Meyers says. "I just felt better. It gives me a purpose every day to do something for me. As an assistant principal and principal for the past 23 years, I'm focused on a lot of things at school, but within a half-hour of running, I'm just thinking about the beauty of the world."

With the help of a few local running experts and enthusiasts, it's possible to cut through the confusion to build a running habit and start signing up for races, both near and far. Watch out, though—you just might get addicted.





# THE STARTING LINE

During the first few months of the year, What's Up? Media has been sharing tips on getting into the running habit—you can play catch-up by reading a quick recap on the opposite page—and now it's time to get a glimpse at the experience of running a race. Before that, though, there are a few more pointers that are worth knowing as you build mileage in preparation for your first road race.

## **THE IMPORTANCE OF SHOES**

Pretty much any piece of writing about running will start with the advice to get new, properly fitted running shoes. Well, there's a reason for that—it's critical, particularly if you plan to run a long-distance race such as a half-marathon. "I can tell right away when my shoes need to be replaced," says Tom DeKornfeld, the past president of the Annapolis Striders. "Something will start to hurt, but replacing the shoes clears it right up." He agrees with the idea that you should be fitted at a running store first and then replace the shoes around every 500 miles of running. His trick for remembering approximately how many miles he's gone: He writes the name of every race he's done in the shoes.

A lot of experts will talk about the engineering of a running shoe and how it might affect your pronation (that is, the amount that your foot rolls inward or outward when you take a step), your arches, and other parts of your feet. Long-time running veterans might enjoy digging in the weeds around all of that, but research indicates one thing trumps all others when picking the best running shoe: comfort. Simply pick the shoe that feels best on your foot.

Casey Shea Jolicoeur, a longtime Annapolis runner, gets fitted regularly and continues to buy that same pair of shoes again and again until the company has moved on to the next version and stopped making the ones she buys. In other words, she doesn't mess with a good thing.

## TRACKING YOUR PROGRESS

Finding success as a runner comes down to consistency—truthfully, like pretty much every other hobby or skill in the world, “practice makes perfect.” However, you want a measurable way to track your progress and, luckily, there's an app for that—well, actually, there are a ton of apps for that! There's nothing wrong with tracking your progress, including your mileage, pace, and overall mental and physical feelings, the old-school way via pen and paper, but the age of smartphones means there's an easier way. Check out apps such as **Map My Run by Under Armour**, **Nike Run Club**, and **Strava**, three of the most popular tracking apps on the iOS App Store. (All three also have Android versions available on Google Play).

## BUDDY UP

Running solo can be incredibly therapeutic, but it's not always particularly motivating. The best way to get your groove going is to make running a social event, a strategy that works just as well for Annapolis Striders President Eva Coale as it does for ultramarathoner Dan Falk. “I unintentionally surround myself with people who are like me,” Falk says. “In my little world



## PLAYING CATCH-UP

Since January, What's Up? Media has been publishing tips for beginning runners. Here's a quick recap:

### JANUARY:

#### Start Your Running Routine with These 5 Tips

1. Go shopping for new, running-specific shoes.
2. Use a 2:1 ratio of running and walking as you build endurance, as recommended by running coach Jeff Galloway.
3. Always start with a 3- to 5-minute warm up.
4. Build your mileage slowly, adding just 10 percent more each week.
5. Incorporate regular rest days to avoid injuries.

### FEBRUARY:

#### Picking Your First Race

*Ask yourself these questions before picking your first race:* What's your goal—finish, achieve a personal record, or just have fun? Do you prefer running on flat terrain, or do you like a few hills? What time of year do you want to run (or, in other words, what kind of weather do you prefer?)

### MARCH:

#### Fueling Up

*Food and drinks are of utmost importance during the training process.*

*Follow these tips:* Eat plenty of high-quality carbs, such as sweet potatoes and whole grains, before a long run, but bring a source of easy carbs on the run. This might include sports gels, raisins or gummy bears.

Time your food right by eating a full meal 2 to 3 hours before a long run and then consuming carbohydrates, like an orange or chocolate milk, within an hour after a long run. Hydrate properly by drinking at least 16 ounces of water two hours before a long run, then 6 to 8 ounces every 20 or so minutes. After an hour of running, start incorporating sports drinks to replenish lost electrolytes.

of running, the ultramarathons don't sound so crazy. Part of my social life is activity; a lot of my good friends are running friends.”

Coale notes that her introduction to the Striders, which was through its 5K training program, not only improved her running skills but also gave her social life a boost. “I found the people that ran the same pace as me, and it kept me motivated,” she says. From the 5K program, she and her friends moved up to the 10K program, then the half-marathon program, and finally, Coale decided to train with the group for a full marathon. Both the Annapolis and Anne Arundel Striders, as well as the Kent Island Running Group, have training programs that can take you from couch potato to veteran racer by committing to group runs a couple times a week.

## HANDLING INJURIES

You know that saying, “Nothing certain but death and taxes?” Well, in running, there's one more certainty: injuries. The most common running injuries, such as runner's knee, stress fractures, shin splints, and plantar fasciitis, are overuse injuries. In other words, they usually occur because you haven't been giving your body enough rest or because you added mileage or speed way too quickly.

Here's a pro tip that *seems* like common sense but is much harder to follow in reality: Don't ignore pain. Soreness is OK, fatigue is expected, but actual pain means you need to slow down or stop running entirely. “The hardest thing to do is stop running,” Kent Island Running Group President Bob Hackl says. “When I tore my hip flexor, I was black and blue. I didn't want to stop completely, but I had to. In the long run, it was probably the best thing for me because I needed to give my body a break.”

Do you feel good? Have your muscles adapted to this new habit that you've taken up? Alright, it's time to get your road race on.

# ON THE RUN

You registered. You trained. Now it's the night before the race, and you're nervous—it's natural! During the days leading up to the race, take a little break from running or cut back on your mileage. This practice is known as **tapering**, and it helps your legs feel fresh and ready to go on race day. There are a few race-day basics to follow, though you will want to double-check the details of your race on the event's website. Each race is different in its rules and requirements, so you will want to know if, say, your race allows you to wear headphones while running or if packet pickup *must* be done the day before. Some general guidelines for *everyone* to follow include:

**1 Get there early enough** to pick up your race bib, if necessary, or to be part of the general race day merriment. Thirty minutes ahead of the starting gun is a good rule of thumb—you shouldn't be sprinting from your car straight through the starting line.

**2 The slower you run, the farther back you should begin.** Ask any veteran racer, and they'll tell you that one of the most frustrating parts of running a large race is trying to weave through the people who are running slowly—or even walking—but started

close to the front of the pack. This slows people down who are trying to achieve a PR—that's runner slang for a "personal record"—and requires extra energy to keep dodging those blocking their path.

**3 Make sure other runners can get around your group.** Racing with friends is a surefire way to keep your motivation up and make the miles go by more quickly. However, it's difficult for others to get around a group of four or more runners in a row. Stick to running next to just one other person, so you're not blocking the whole path.

After a couple of races, you'll get the hang of all race-day etiquette, and then it's all about figuring out your own personal strategy for not only surviving but rocking the road races.



## APRIL'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 of What's Up? Annapolis/Eastern Shore and wraps up here, 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 body-weight 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 13	WEEK 14	WEEK 15	WEEK 16
<b>MON</b>	Strength	Strength	Strength	Strength
<b>TUES</b>	4 miles	4 miles	3 miles	2 miles
<b>WEDS</b>	Rest or Cross	Rest or Cross	Rest or Cross	Rest or Cross
<b>THURS</b>	2 miles	2.5 miles	2 miles	2 miles or Rest
<b>FRI</b>	Rest	Rest	Rest	Rest
<b>SAT</b>	10 miles	11 miles	12 miles	1/2 Marathon
<b>SUN</b>	Stretch	Stretch	Stretch	Celebrate!

CUT OUT THIS SCHEDULE AND PUT IT ON YOUR REFRIGERATOR TO MAKE IT EASY TO ACCESS

# UPCOMING LOCAL RACES

## April 2019

4/27

Dash 4 Dignity 5K, Crownsville

## May 2019

5/4

Crushin' the Cross Island Trail 5K,  
10K & 1-Mile Fun Run, Chester

5/5

Cherry Pit 10-Mile Race, Edgewater  
(Annapolis Striders)

5/5

Cinco de Miler 5-Mile Trail Race,  
Stevensville

5/11

DES Gator Gallop 5K & 1-Mile  
Run, Davidsonville (Davidsonville  
Athletic Association)

5/18

St. Michaels Running Festival  
Half-Marathon & 5K, St. Michaels

5/25

Tea Party Distance Classic  
& Run for Radcliffe 10-Mile  
& 5K, Chestertown

## June 2019

6/8

Crofton Kiwanis & Team Surlis 10K  
Challenge & 5K Run, Crofton

6/11

Five Fifty Fifty Run/Walk for  
Mental Health, Annapolis

6/15

We Salute Memorial Half-  
Marathon & 10K, Annapolis  
(Anne Arundel Striders)

6/16

Dawson's Father's Day 10K,  
Severna Park (Annapolis Striders)

## July 2019

7/13

Women's Distance Festival/Run  
After the Women 5K, Annapolis  
(Annapolis Striders)

7/28

Anchor Run 5K & 1-Mile Run,  
Odenton (Anne Arundel Striders)

## August 2019

8/4

Dog Days 8K Cross-Country Run,  
Arnold (Annapolis Striders)

8/25

Annapolis 10-Mile Run, Annapolis  
(Annapolis Striders)

## September 2019

9/11

Maryland City Volunteer Fire  
Department Fourth Annual 9/11  
5K, Laurel

## October 2019

10/6

Metric Marathon, Harwood  
(Annapolis Striders)

10/12

FallFest Run for Character 5K,  
Rock Hall

## November 2019

11/2

Downs Park 5-Miler, Pasadena  
(Annapolis Striders)

11/9

Rosaryville Veteran's Day  
50K, Upper Marlboro  
(Annapolis Striders)

11/10

Annapolis Running Classic  
Half-Marathon & 10K, Annapolis

11/22

Lights on the Bay 5K & Fun Run,  
Annapolis (Annapolis Striders)

11/24

Cold Turkey 10K, Odenton  
(Annapolis Striders)

## December 2019

12/8

Anniversary Run 15K, Annapolis  
(Annapolis Striders)



## START SLOWER THAN YOU THINK IS NECESSARY

There's a surge of adrenaline that comes with the excitement of race day, which can cause you to run the first few miles much faster than you anticipated. It leaves you struggling on the back end as your muscles burn all the **glycogen**, or converted carbohydrates, that have been stored in your muscles for fuel. Try to maintain a steady pace, running what's known as even **splits**, the amount of time it takes you to run each mile.

During a marathon, Falk says, the 18- to 20-mile mark is where he often struggles. "Your body is saying, 'why the hell are you doing this?' But you have to keep going," he says. "You come up with a million reasons why you should quit, but at the end of the day, you keep running and you keep pushing and you keep going for only one reason: to finish."

## WALK WHEN YOU NEED TO WALK

There's absolutely no shame in taking walk breaks during a race. Even the president of the Annapolis Striders does it. "I found that 5 to 1s work for me," says Coale, referring to five minutes of running alternated with one minute of walking. "It's all about whatever gets you to the finish line," DeKornfeld adds.

## STAY FUELED & HYDRATED

Shorter races such as 5Ks will have at least one to two water stations that will quench your thirst during the 3-mile trek, but longer races will probably have not only water tables but also hydration stations with sports drinks and some sort of fuel, like a sports gel or beans that provide a good dose of carbohydrates for your muscles.

"My big savior is salt pills," explains Tammy Sweeney, a former Kent Island resident who does marketing and public relations for Annapolis-based Purple Cherry Architects. "Anytime I'm doing a half-marathon, I'll take a salt tablet a half an hour before the race and then once again every hour." This strategy, which was okay-ed by her doctor, who is an Ironman competitor, helps Sweeney retain water and electrolytes that are lost via sweat. "I forgot to do it once and suffered so much with headaches," she says, but she warns that the salt starts coming out of your pores, so you'll see a white residue on your skin.



# “ IN THEIR WORDS

## THE DETAILS BEHIND THE RACES

**Tom DeKornfeld**

*Retired Naval Officer; Annapolis Striders Past President*

“I just ran the races. I never thought that there was someone who put out the mile markers or put out the water—it was just there. But, then, when you get hurt and you can’t run the race, you still want to be involved. So, you think, maybe I’ll help with a water stop, and your eyes open as to how much is happening behind the scenes. You start to think, maybe I should do something other than just be a beneficiary of it.”



# THE FINISH LINE

Crossing the finish line of your first race, no matter what the distance, might be one of the most exhilarating feelings you’ve ever experienced—and you might even get a medal to hang around your neck, which you should feel free to wear for the rest of the day (and accept *all* the accolades that random passers-by give you!)

“When you’re done, you never regret it,” DeKornfeld says. “You never say, ‘Oh, I wish I hadn’t,’ but the reverse happens all the time.”

Where do you go from here? If you’re hobbling just a bit and need a little break, that’s okay—but don’t let it extend from days to weeks to a month, essentially dissolving the stamina and strength you’ve built. Let your body recover for three to four days and then get back into it, perhaps even registering for another race right away.

“It’s a goal-oriented thing,” Myers says. “Prepare for that race. Do that race. Prepare for the next race, do that race. It gives me something to shoot for.”

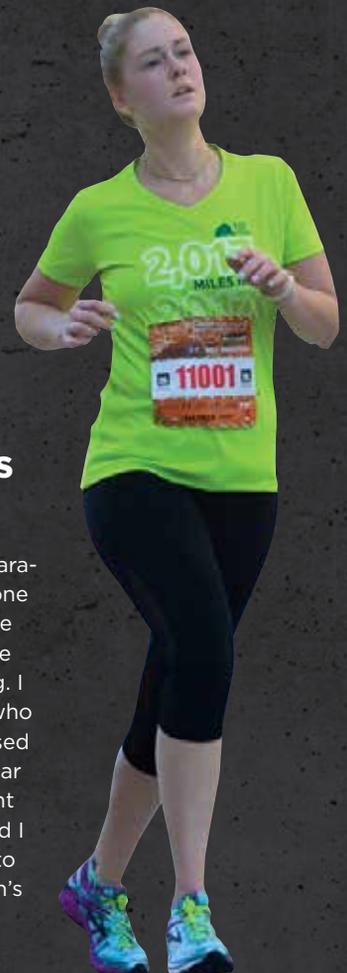


## BEATING PERSONAL EXPECTATIONS

**Casey Shea Jolicoeur**

*Business Administration Manager, Optotraffic*

“In 2016, I ran the Ocean City Island 2 Island Half-Marathon, but I wasn’t expecting to do that well. Everyone around me looked so serious and experienced while they were warming up, and I was just there because my friends were doing it. But then I started running. I kept passing people. There was one other runner who had a coach with her on the route, and when I passed her, I realized I was doing better than I thought. Near the end, when I thought I couldn’t make it, I thought about how I had passed the girl with the coach, and I didn’t even have one—and that gave me the drive to cross the finish line and place second in the women’s division. It felt amazing to cross that finish line.”





## ← ULTRAMARATHONS

**Dan Falk**  
*Project Manager, National Archives and Records Administration*

"I've done more than 40 marathons. At first, I thought, why would you ever run more than a marathon? It's long enough; more than that seems crazy. But there's a different attitude—you walk hills, you take it easier. For me, it's like a day in the woods. Do you know what you get for finishing an ultramarathon? A pat on the back."



## ↑ THE 2013 BOSTON MARATHON BOMBING

**Tammy Sweeney**  
*Marketing & Business Development Manager, Purple Cherry Architects*

"My very first Boston Marathon was the year of the bombing in 2013. I had finished either 30 or 40 minutes before the bomb went off—I had a PR that day—and was two blocks away, picking up our car. I hear the blast and saw the smoke. It became another race. When you're done with the marathon, your legs are stiff, you're cold, you're hungry—but I knew something really bad was happening, even before people were running and screaming. I was just racing away from the bombs. My husband and I got separated, and cell phones didn't work, but somehow we found each other and got home safely. I ended up going back and doing the marathon again the following year, and it was the most amazing, patriotic race ever. When they say 'Boston strong,' it's no joke."

## RUNNING & AGING

**Will Meyers**  
*Principal, South River High School*

"When you go to the doctor and they tell you you're in the top 1 percent of the people they see at your age, you think wow, 'I must be doing something right here.' Things break down, but I think I've been much healthier because of running, and my recovery from any problems has been easier. Your brain thinks about what you used to be able to do, but you come to accept that. When your chronology catches up with your mentality, that's when you feel old. I don't feel old."



## → STOP COMPARING YOURSELF TO OTHER RUNNERS

**Bob Hackl**  
*Facility Management, Goddard Space Flight Center; Kent Island Running Group President*

"We live in a society where we want results now. You will see results, but it takes time and it takes persistence. The big thing that I hear from new runners is, 'I'm not fast.' Don't worry about being fast. The fact that you're here is a big accomplishment. When you start overdoing it, you start to lose the fun, you get injured, and now you've just ruined it."



## ← CAMARADERIE ON THE ROAD

**Eva Coale**  
*Accountant; Annapolis Striders President*

"I found a flyer for the Annapolis Striders' 5K program, so I showed up. There were tons of people there, but I found the people that ran the same pace as me. This kept me motivated to keep coming back and keep running. I found that the camaraderie was a stress-reliever for me, and if I had a bad day at work, I'm running a lot faster. It's cheaper than a therapist, for sure. This past weekend, I sent out a message about going for a run in the morning. If I hadn't posted it, I would have stayed in bed—it was chilly—but another person showed up to run with me. Going to training groups, meeting people, making friends really keeps you motivated and accountable."



## ON THE WEB

Health & Beauty Editor Kelsey Casselbury will run her third half-marathon, the Star Wars Rival Run, at Disney World in Orlando, Florida, on April 7. Read about her experience on getting through 13.1 miles at the Happiest Place on Earth on [whatsupmag.com](http://whatsupmag.com).



# Do's

## Chesapeake Country Do's and Don'ts

HERE ARE TEN BAY CONSCIOUS TO-DOS AND SIX DON'TS TO HELP YOU CONSERVE AND PRESERVE OUR BEAUTIFUL CHESAPEAKE BAY

By Diana Love

The Chesapeake Bay is immense. Stretching 200 miles from Havre de Grace, Maryland to Norfolk, Virginia, it is the largest estuary in the United States.

- \* Long and narrow, the bay can be imagined as a pipe that drains more than 100,000 streams, creeks, and rivers into the Atlantic. If the bay itself is a drain, then the six states that form its watershed are a large sink.
- \* The bay boasts 11,684 miles of shoreline, more than the entire West Coast of the United States.
- \* The bay holds more than 15 trillion gallons of water. It boasts a harvest of more than 500 million pounds of seafood every year.
- \* Seventeen million people live and play in Chesapeake Country. About 10 million live close to the shoreline of the bay and its tributaries. Estimates show that 150,000 families move into the Chesapeake watershed every year.

With these kinds of numbers in mind, it can be hard to imagine the sheer size of Chesapeake country, much less the impact that just one person can have on it. The truth is that the bay is a great treasure; one that we sometimes take for granted. Whether we talk about the value of the bay in terms of waterfront residential property, tourism, development, community space, recreation, environment or economic potential, it is only worth what we—the users who stamp it most significantly and who ultimately determine its fate—invest in its future. There are things you can do every day to save the bay, and there are things you should never do if you want to save the bay.

### No

## 1

### RE-THINK HOW TO CARE FOR YOUR LAWN

If you admire a sprawling, perfectly green lawn, consider the impact that maintaining that yard can have on the bay. Across the watershed basin, more land is dedicated to lawns than to farms. Your lawn wants phosphate and nitrogen—the chemicals in lawn fertilizers. But what your grass can't use flows into the bay and is the direct cause of the massive algae blooms that appear in summer months. When the blooms die, they suck up all the oxygen in the water. "If you are anchored, like an oyster, you can't escape the bloom or the lack of oxygen. Fish swarm together in small pockets, gasping for the last bits of oxygen in the water," Tom Zolper of the Chesapeake Bay Foundation says. "It's like feeding a kid candy bar after candy bar. A little bit is delicious, but too much is deadly."



### Action:

Read up to learn how to purchase and use earth friendly fertilizers, herbicides, and pesticides so that the inevitable runoff from your lawn is bay safe. Consider an all-natural or organic lawn. Importantly, require your landscape companies do the same. Contact the Chesapeake Conservation Landscaping Council or other similar organizations to learn how you and your favorite landscape company can implement more bay friendly practices ([www.chesapeake-landscape.org](http://www.chesapeake-landscape.org)).

### No

## 2

### PLANT NATIVE TREES, SHRUBS, AND FLOWERS

The bay watershed loses 100 acres of forest every year. Property owners and developers like to replace foundation trees and native plants with lawn or flowering ornamentals. This decorative approach to landscaping is abetted

# No 3

## BECOME AN AQUACULTURE SPECIALIST

If you've lived in Chesapeake country long enough, you probably know that healthy oyster reefs are an important indication of bay vitality. Planting oysters is a great way to learn about science in your local waterway. And parenting an oyster baby makes treasuring the Chesapeake a little more real. "If you can get a group



of families on a creek growing oysters, you can eventually develop a reef and those reefs could really help filter the water in your local creek or stream," Zolper says.

### Action:

Read up on the Marylanders Grow Oysters program on the DNR website. In summer 2018, more than two million oysters were

planted in sanctuary areas by the 5,000+ growers in the program. Participants learn how to grow oysters, build an oyster cage and receive

a shell and tiny bit of spat (oyster babies), the precursor to what could become an actual oyster reef.



by nurseries that promote the sale of pretty plants over functional, bay-friendly varieties. From the ground down, trees filter nutrients through the water table. They also stabilize soil to prevent the erosion that sends drain-clogging sediment into the bay. That sediment can kill bay plants and animals. From the ground up, large trees provide shade for waterways. Recent studies prove that water temperature is as closely tied to the environmental health of a stream or creek as is nutrition.

### Action:

Consider planting large native shade trees. The Maryland Department of Natural Resources lists several varieties on its excellent Marylanders Plant Trees webpage. Replace scrubby ornamental bushes with native plants.

Build a rain garden or a pollination garden to attract bees, butterflies, and bats. If you can't replant your own yard, join a local conservation group in a seasonal tree planting or consult the National Wildlife Federation on how to make your yard a Certified Wildlife Habitat.



# No 4

## JOIN A BEACH OR STREAM CLEAN UP

### JOIN A BEACH OR STREAM CLEAN UP

A beach or stream clean-up is a fun way to get down and dirty in your efforts to help the environment.

### Action:

Contact local conservation groups like Maryland Coastal Bays Program, Alliance for the Chesapeake Bay, South River Federation, Alice Ferguson Foundation, and Chesapeake Bay Trust to find a clean-up near you.

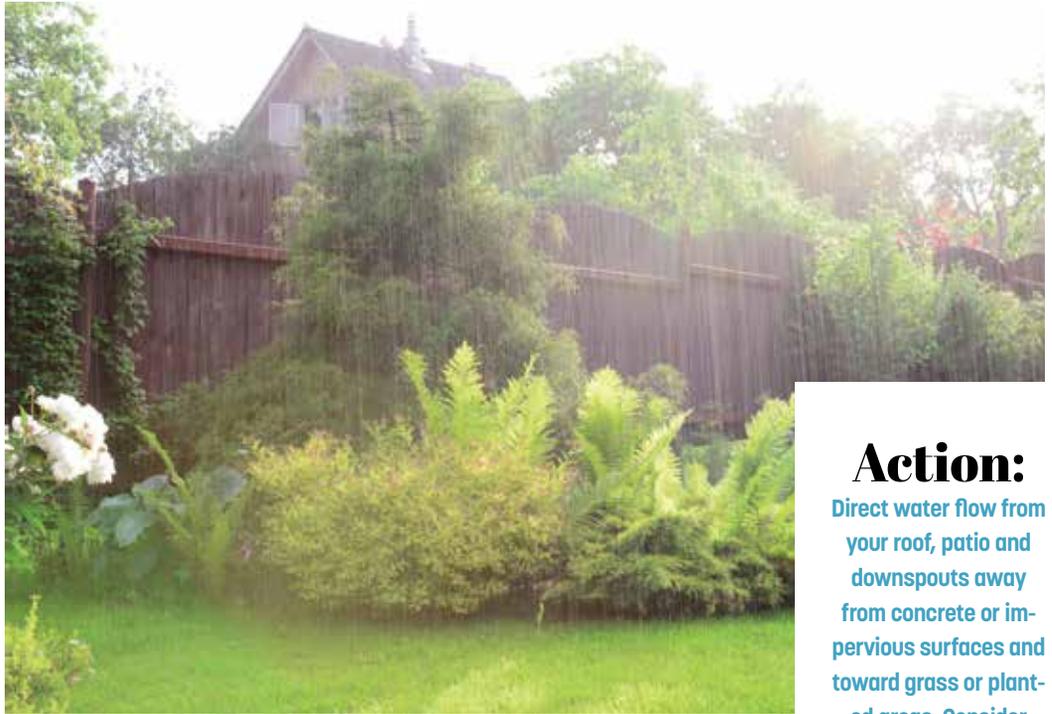
# No 5

## OBEY WAKE LAWS

Speeding home in your powerboat after a long day on the water may not seem like a big deal. But Zolper says many studies show that wake has a tremendous impact on erosion, grass health and survival of underwater plants and animals, especially on smaller creeks.

### Action:

Obey the law: slow down. The life you save might be the bay's!



### Action:

Direct water flow from your roof, patio and downspouts away from concrete or impervious surfaces and toward grass or planted areas. Consider planting a rain garden to collect stormwater runoff. Use permeable pavers or a sustainable drainage system (SUDS) for driveways, sidewalks, and other hardscapes. Consider open-celled pavers filled with soil and vegetation that can catch up to 40 percent of the waterflow before it heads to the bay.



# No 6

## PRACTICE WATER QUALITY PROTECTION

If your home is like most, rainwater hits

the roof, travels down gutters, through downspouts, onto an asphalt driveway, and into your neighborhood's storm drains. You don't overthink about what happens enroute from the clouds to the drain. But as it flows, stormwater picks up traces of pollutants such as petroleum and pesticides. Much

stormwater runoff finds its way into groundwater, streams, creeks and rivers, and eventually to the bay, bringing all those pollutants with it. You might not be able to control aging sewer systems that contribute to major issues after rain, but you can consciously work to reduce your property's impervious surface footprint.

# No 7

## ATTEND AND PROMOTE BAY-FRIENDLY FESTIVALS

Have you thought about what happens to all the plastic water bottles, napkins, plates and utensils you leave behind after a carnival, fair or concert? It adds up to tons of garbage that heads to the landfill. Instead of creating more trash, why not attend greener, more sustainable festivals? Look for events that promote organic food vendors, refillable water stations, composting and recycling, and the use of technology over paper for communications.

### Action:

BYO water bottle. By not purchasing single-use plastic water bottles, you can make a significant dent in the pounds

of trash that can't be recycled or that won't decompose for generations. Carpool to events. Be sure to use the "Reduce, Reuse, Recycle"

motto and to separate your event trash into garbage, recycling, and compost bins. BYO bags instead of grabbing yet another plastic bag





# No 8

## EDUCATE YOURSELF

There is a wealth of information about Chesapeake ecology within stepping distance from anywhere in the Delmarva region. Visit the Philip Merrill Environmental Center at Chesapeake Bay Foundation, Annapolis Maritime Museum in Annapolis, Blackwater Wildlife Refuge near Cambridge, or one of any number of excellent (and free) state park visitor centers throughout the state to learn more about local ecology and how to save it.

### Action:

Visit [chesapeake-bay.net](http://chesapeake-bay.net) to find out about museums and educational centers near you. Visit the booths of educational organizations at local fairs and festivals. Ask your community centers like churches and schools to host organizations near you. Work with an organization to make learning fun in your local community.

# No 9

## FOSTER ENVIRONMENTAL LITERACY

Anytime children or adults engage in environmentalism, we seem to grow even more love for the earth. By fostering a love for the plants, animals and landscapes that form the Chesapeake Bay, we can help grow a greater affinity and commitment to save it.



### Action:

Do a fun, hands-on art, photography or music program focusing on bay issues. Could your school make art from plastic? Could your children use their

phones or cameras to make a creative photo collage of your treks around the bay? What about planting a butterfly garden or a pollinator refuge? Visit [baybackpack.com](http://baybackpack.com) to learn more

about student-aged lessons that foster environmental awareness and advocacy. Visit your local library to find programs and books about Bay ecology, history, and conservation.

### Action:

Just get outside. Enjoy a bay-front park close to you. There are countless under-utilized city, county, state, and federal parks in Chesapeake country. Try paddle boarding, kayaking or other sport in on or around the water. There are many public car top put-in locations throughout the area. Pack a picnic, take a hike, go geocaching, take a nap in the sunshine, stroll along your favorite waterfront esplanade.

# No 10

## GET OUTSIDE

A visit to even the smallest of streams is a direct view into the essential purpose that water has in the life of the bay. Besides, what is more fun than stomping in puddles, searching for tadpoles, spying tiny fish, or exploring the path a little stream takes to become a large river?



# Don'ts

No

# 1



## SWIM FOR 48 HOURS AFTER A HEAVY RAINSTORM

Operation Clear Water is a local effort to document the prevalence of Enterococci bacteria in area waterways. The presence of these bacteria indicates contamination with fecal waste, i.e. poop. The good news is that while a deluge of 1/2

inch or more can bring extremely high bacteria counts, just a few days of natural flow can bring clarity.

### Action:

Be sure to check the [Operation Clear Water website](#) and the [Anne Arundel County Department of Health Recreational Water Quality Report](#) to see if waterways near you are safe.

Note: The Anne Arundel County Department of Health warns that all-natural bodies of water can contain bacteria, viruses or other harmful microorganisms and advises against swimming to any individual who has an ear infection, a perforated eardrum, open cuts, scratches or skin lesions, or a compromised immune system. Do not swim in water areas where there is a fish kill or where there are any dead animals.

No

# 2

## PUMP OUT, DON'T DUMP OUT!

Speaking of fecal matter...the Chesapeake Bay may in theory be a drain, and it may in fact flush millions of gallons of water each day, but it is not a toilet. Most area marinas have pump out stations, many of which are free. Herrington on the Bay in southern

Anne Arundel County offers mobile pump out right to your boat, so you don't even have to dock. There are no excuses in this department: don't pollute our community treasure with your personal waste!

### Action:

Please pump! Imagine what happens when hundreds of recreationists nonchalantly dump days' worth of sewage directly into the water. It adds up pretty quickly!

No

# 4

## VIOLATE FISHING REGULATIONS

We've all seen the sad videos of osprey caught in fishing line, turtles in nets and waterfowl unable to fly for the lines wrapped around their wings. When you cut

an old line and let it drop into the water, you put wildlife at risk. It goes without saying that you diminish our resources when you take home undersize fish, keep female crabs, fish over your quota, or illegally harvest seafood.

### Action:

This summer, why not try your hand at spearing a blue catfish in southern Maryland, or catching and grilling some snakehead? These two non-native species are taking over bay rivers and inlets, jeopardizing an already precarious food chain. We hear they taste delicious!



### Action:

Use environmentally friendly boat products. Demand that your local marina do the same. And please, don't top off and spill over!



# No 5

## UNDERESTIMATE THE POWER OF A RAIN BARREL

The force and volume of water pouring off roofs, driveways, sidewalks and streets during a quick and powerful mid-Atlantic rain-storm brings pollution, sediment and erosion to streams and rivers.

### Action:

**Install a rain barrel.** There is a lot of talk about the cost of saving the bay, but rain barrels are inexpensive, easy to install and provide an immediate fix. "If you can get 30 percent homes and businesses to take some kind of moderating measures [like rain barrels], if you can get the city to take some mitigating measures, it would have a tremendous and instant healthy impact on streams," Zolper says.



# No 6

## BE APATHETIC

One person can make a difference for the bay! People naturally want to take care of a treasure they have invested in! Consider these small but important actions you could take to help the bay.

### Action:

**Have your home and property assessed by an Anne Arundel County Watershed Master Steward.** Learn more at [aaswa.org](http://aaswa.org). Follow the Watershed Stewards Academy protocol for Clean Lawn Care. Next winter, contact the Department of Natural Resources to order free native trees and plants through their Backyard Buffers program. Enjoy Chesapeake seafood! Visit a Chesapeake farm and place your dollar vote for local farm products. Volunteer! There are literally countless ways to get involved.



# COURTNEY LAUGHLIN BREAKS THE MOLD

AS ONE OF THE 'VERY FEW' WOMEN  
NHL/CAPITALS STUDIO ANALYSTS,  
SHE'S ENGAGING AN UNDERSERVED  
HOCKEY FANBASE **BY TOM WORG**



**G**rowing up, hockey surrounded Courtney Laughlin. Her father, Craig, played eight years in the NHL, six of those seasons for the Washington Capitals, and another two years in Germany. For the past 28 years, he has been a popular color analyst, broadcasting their games on NBC Sports Washington.

Courtney's older brother, Kyle, also played ice hockey. "I was dragged to ice rinks," Courtney says. "My mother [Linda] said I despised it. I was like, 'Oh. I don't want to go: Another hockey tournament for my brother.' I didn't want to play and my parents never forced me to. So, I did figure skating through elementary and middle school."

Craig recalls that she simply had too much energy to just sit and watch. "She got sick and tired of sitting there with mom and me, twiddling her thumbs," her dad says. "That's until one moment when the light bulb went on and she said, 'Hey, I want to play hockey and get dad to coach my team,' which I did for many years."

Two decades after that change of heart, hockey is now the 31-year-old's professional career and livelihood.

Courtney, a Gambrills resident, works as an NBC Sports Washington pre- and post-game studio analyst for Capitals games, hosts a weekly podcast, "Family Faceoff," with her father on Monumental Sports Network, and helps run her family's

business, Network Hockey Development Program. Network Hockey offers on- and off-ice training programs at The Gardens Ice House in June and July.

On top of all that, Courtney plays in a women's league during the summer, watches hockey on television almost every night, and talks nonstop about it with her family, friends, and coworkers. "Sometimes I get home after a game late at night and I just want to watch a movie," Craig says. "I want to take a step back, but she is 100 percent into it. She still wants to talk hockey."

Craig says he's especially proud that Courtney is carving a niche for herself in a male-dominated field. "She could break boundaries for women in hockey throughout our region and the United States," he says. "There are very few [female studio analysts]. She's trying to be that next woman who gets in the booth. I see her on the cusp of breaking through."

Courtney got her first opportunity with NBC Sports Washington (formerly Comcast Sports Network) in 2014, shortly after she earned her master's degree from Georgetown University in sports industry management with a concentration in social media and marketing.

The network took advantage of her top-notch social media skills.

"I brought the fans into the game with a social media segment," Courtney says. "It was pre-game and sometimes post-game. The segment

would be anywhere from 90 seconds to two minutes. It involved sending a Twitter question out to Caps fans and getting them to talk about the hot topics and getting them engaged in the show.”

NBC Sports Washington expanded her role for the 2016–2017 season, and made her a studio analyst as one of the co-hosts of a pregame show and occasional post-game. She has continued in this capacity for the past two seasons, and is more than holding her own among the guys, giving her expert opinion.

Courtney can credit her success analyzing high-level hockey to playing and coaching college hockey at State University of New York at Potsdam and also coaching at an all-boys school, DeMatha Catholic High School in Hyattsville.

In the summer of 2013, Courtney had the rare opportunity to help out the Capitals coaching staff on the ice at their practice rink in Arlington, as the team’s prospects worked through drills at a developmental camp.

Even though Courtney walked into the studio with a lifetime of hockey experience, she still needed to learn the nuances of talking hockey on TV. The Laughlin name is very well known on the Capitals broadcasts. However, she knew she would have to prove herself and not rely on her father’s reputation.

NBC Sports Washington Executive Producer Bob Bell says she quickly connected with viewers after he hired her.



**I BROUGHT THE FANS INTO THE GAME WITH A SOCIAL MEDIA SEGMENT. IT WAS PRE-GAME AND SOMETIMES POST-GAME. THE SEGMENT WOULD BE ANYWHERE FROM 90 SECONDS TO TWO MINUTES. IT INVOLVED SENDING A TWITTER QUESTION OUT TO CAPS FANS AND GETTING THEM TO TALK ABOUT THE HOT TOPICS AND GETTING THEM ENGAGED IN THE SHOW.**

“I would like to see her on our air more,” Bell explains. “What I really like about Courtney is her level of confidence and her knowledge of the game. We are seeing a little more of females at the regional sports networks involved in pre- and post- shows. She is a

rare combination of a woman who has played and coached the game. You can’t say that about a lot of her other colleagues in the business who are also women.”

Before she started the podcast with her father, Courtney did an online show called “Caps

Red Line” on the Monumental Sports Network for two years. It involved a 15-minute preview of Capitals games.

“After a year of doing the show, it was just me for the second year,” she says. “I had to learn how to produce my own content.”

Courtney and her father are now focused sharply on their podcast. Craig says she basically runs the show.

“She wants to lead the podcast,” he says. “She says, ‘Dad, we have got to be here at this time,’ and I say, ‘OK, Courtney, what topics are we going to be touching on today?’”

“She tries to give me a hard time and we have disagreements and we’ll go back and forth,” he adds. “But we also have a father-daughter relationship, so we have a lot of fun with it.”

These days she also devotes a considerable amount of time as the chief executive officer of the Laughlin Family Foundation. Courtney says that her mother, Linda, was diagnosed with a rare form of uterine cancer in April 2018. They created the foundation when they realized that more information was needed about her type of disease.

“It’s a way to give back and we noticed how many other rare cancers there are that don’t get the research and funding,” Courtney explains.

In that same vein, she draws inspiration from her own family. She hopes her work on and off the ice will inspire others.

# 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. Here, we speak with **Stephen Samaras**, former president of the Downtown Annapolis Partnership and owner of Zachary's Jewelers on Main Street.

**What do you think of Mayor Gavin Buckley's plans for bocce courts and ping-pong tables as part of a downtown park? How will that affect you and the rest of the city, and do you see this as a progression, or just another of his "trial balloons?"**

Let me first say that I've been in business in Annapolis through eight mayors—all of them good people, some with more of a political agenda than others. I find Gavin's approach to running the city refreshing. I hope I'm right in assuming that he's not motivated from a political perspective. I believe politics is not something he wants to make a career. He does love the city, much like myself and many others. He has several businesses in the city, and he wants to see them thrive. He lives in the city and wants to make it a secure place for himself and his family and friends.

So, I think all of the motivation is right, as was proven by the attempt to put the bike lane in downtown Annapolis. As principal owners of businesses, we act on such decisions immediately because they're going to affect us in some way...Other things have to

take place prior to making big decisions like that. And he responded and reacted, I thought, in a very professional and courteous way.

I like the fact that he has creative, new, and fresh ideas. Are a bocce court, ping pong tables, and a park on the dock the answer for that area? I don't know. I don't have the crystal ball. But I'm always willing to listen and hear both sides of an argument and come to a group decision, which is how you're supposed to run small towns, I think. How we're supposed to run government, in and of itself, doesn't seem to be working in certain other areas, does it?

**You mentioned a crystal ball. If you had a magic wand, or a crystal ball, or whatever vessel you choose, what would you do to keep the city the way it is in some ways and still move forward—especially downtown?**

The parties directly affected by any decision to, say, change the historic commercial district, to advance it, should be brought together to answer the simple question: "What do you want the downtown district of Annapolis to look like when it grows up?"

**Are you referring to the members of the Downtown Annapolis Partnership?**

Yes, and more. It would be people who work, live, and have businesses downtown—everyone who has an interest in what this town should be. I don't believe we're there, not when you have an abundance of T-shirt shops, and there's no cohesive



message we present, other than that we have good restaurants and bars.

We had an economic development organization funded by the city years ago that failed. We need to again determine what we want this place to look like and then find and solicit businesses that represent that thinking. If I had to take all the storefronts here and put into them what I think would be successful downtown, it would include a variety of upscale shops—clothing shops, perhaps—places that represent a thriving downtown district... We see today the influence the internet is having on bricks-and-mortar retail at every level...We have to present an experience [to shoppers] that is unlike what they might be receiving when they're shopping online with Amazon. We have to create an experience that they want to come back and revisit.

**How do you deal with the boom in mail orders, the handiness of it all? Online mail-ordering is not hands-on shopping.**

We're fortunate insofar as we've created a brand in Annapolis. What we sell here, with some exceptions, are pieces that people still want to try on. The online competition we're facing is primarily selling diamonds as a commodity. They're certainly not showing anyone a diamond on the internet. They're selling a graded report, suggesting what the diamond is. Much like a piece of jewelry, you have different levels of quality in those diamonds.

**WE'RE FORTUNATE INsofar AS WE'VE CREATED A BRAND IN ANNAPOLIS. WHAT WE SELL HERE, WITH SOME EXCEPTIONS, ARE PIECES THAT PEOPLE STILL WANT TO TRY ON. THE ONLINE COMPETITION WE'RE FACING IS PRIMARILY SELLING DIAMONDS AS A COMMODITY. THEY'RE CERTAINLY NOT SHOWING ANYONE A DIAMOND ON THE INTERNET. THEY'RE SELLING A GRADED REPORT, SUGGESTING WHAT THE DIAMOND IS. MUCH LIKE A PIECE OF JEWELRY, YOU HAVE DIFFERENT LEVELS OF QUALITY IN THOSE DIAMONDS.**

You could have two diamonds that, based on the reports they're showing, appear to be the exact same quality. Yet you may be dealing with thousands of dollars in difference in price between those two diamonds. Trust me when I tell you there's a reason that one may sell for \$5,000 and the other sells for \$9,000. With our jewelry, for example, we pride ourselves in providing a higher-end quality. It's not going to fall apart on you, and if it does break apart, we have to be behind that piece to support it and to repair or replace it for the client. That's the type of organization we've constructed over the years. What's resonated with me is what my parents always told me. If you're faced with a problem, look to yourself first to see if you're responsible for that problem.

That's how we deal with the external competition that we can't control. There's always going to be someone out there who sells something cheaper than you do, who

professes that they have something better than you do, or who maybe sells the same brand you might represent. But the one thing they can't replicate is the experience that they receive when they come into this store. It's all about creating an environment that people want to come back to.

**The proposed progression of the downtown district is apparently what some envision as a sort of European-type promenade, even taking it to the level of prohibiting automobile traffic—which seems to be quite a big “what if.” How would that impact you and your business?**

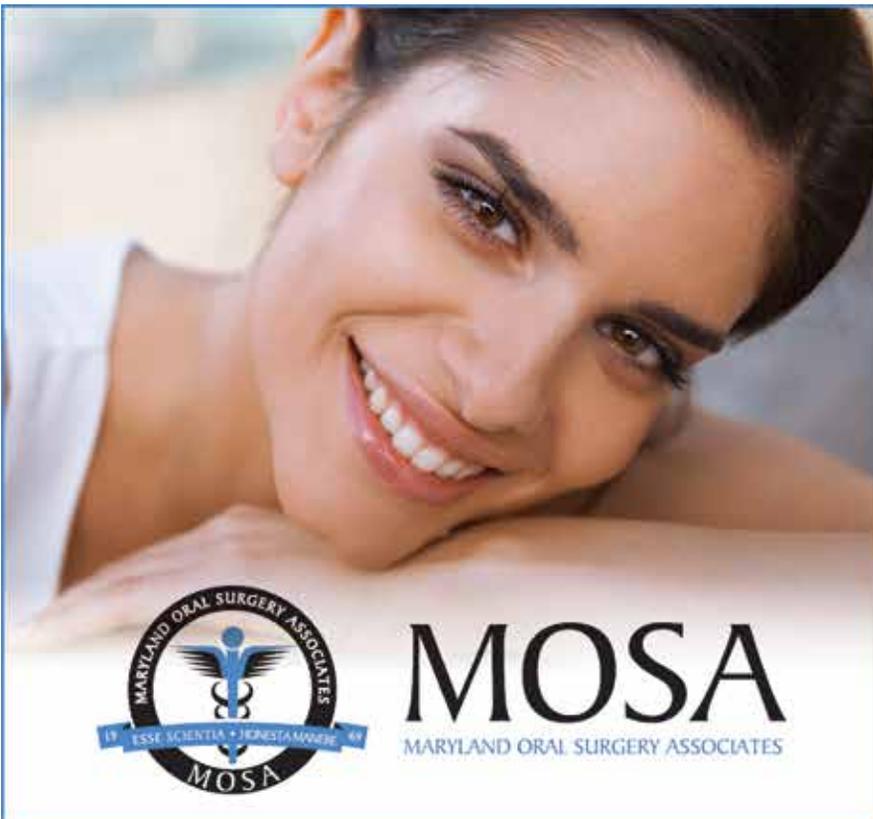
I don't know whether that's even possible, because Main Street is such a tributary. It's one of the major “veins” running through the city. If that were to happen, even if it meant just certain scheduled dates or days of the week, we have to become the destination store. We must keep in mind that visitors also shop here. So, you can

look at it from that side, too...I realized after doing an analysis a couple of years ago that about 40 percent of our business comes from outside Anne Arundel County. That's a significant amount of business, so that type of change to the city landscape, I think, would have a positive effect on growing those numbers.

But such a move may have an adverse effect on whether or not the local client comes downtown to shop—something we certainly don't want to happen. But I think [closing the street] would have a dramatic and favorable effect on weekend business. And if they were to close off vehicular traffic on the weekend and then have it open through the week, I think you could accomplish both goals and satisfy both types of client.

**Recall for us the big fire that devastated a large part of Main Street in 2005—especially the story of the aftermath and how the city came together to support Zachary's Jewelers' recovery.**

It occurred on Black Friday, 2005, the day after Thanksgiving, which as all of us know as the beginning of the highest season of the year for virtually any retail business. The fire began at about 7:30 that evening. My dad had passed away a few days earlier, and we had just had the funeral prior to the fire. I was with family and friends at a restaurant when I received a phone call saying that there was a big fire on Main Street near the area where we were located. So, I rushed downtown. I actually ran into our store. It wasn't



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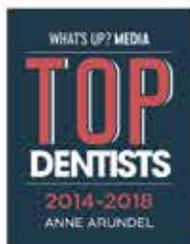
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DR. ZIAD E. BATROUNI, DDS

in flames at that point, but it was filled with smoke. Firefighters grabbed me as I was coming in, ensuring me that everyone was out and safe. I watched the fire progress through the evening. It's funny what happens when you are faced with something like that. You reach down and find what you're made of. And I'm not speaking specifically of myself as much as the effect the community had on my staff and me. Every one of us gathered across the street at what was then Peppers and spoke about the near future—what we could do in the coming days, what it meant on a long-term basis, and what the possibilities and the options were. We had just sent out a holiday invitation that week for a party that was to occur on the following Friday. We all agreed that we would try to be ready and reopen for the party, even though we didn't yet know the extent of the fire.

I was confronted almost immediately with several offers. One was from Historic Annapolis, which offered me what is now the museum store, on the corner of Green and Main streets, as a temporary store. I was offered a place out on West Street and this very corner shop [where we were sitting for the interview], which at that point had been vacated by Banana Republic and later occupied by Dockside Outfitters.

I gathered the staff the next morning, using the back room of the cigar shop on Main Street as our office space. We had already identified 152 items we needed to address to open—from showcases to staffing to inventory. Within a week, we accomplished all but 10 of those 152 items. We had 70 charitable organizations we had supported over the years contact us, offering their assistance. It was something I never expected, and I certainly didn't expect us to respond the way we did.

A week after the fire, we had 400 people inside and outside of the building for the grand opening for our holiday event. Senator [John] Astle came and introduced me as the "George Bailey of Annapolis." I had never seen the movie prior to this,

but now, from Thanksgiving through Christmas, we play a continuous loop of “It’s A Wonderful Life” here in the store. It was a time that I never want to relive, but I’m so thankful for the fact that we did go through it, because it really showed the spirit of this staff and of this town.

**How did you end up moving down the street to your present location?**

I was approached with a proposal to open up at the corner location. My first response was that I couldn’t afford it. I had heard the number when Banana Republic moved, and I had said at that time that there was no way I could pay that much. When I made this comment, the reply was, “You’d be surprised. That corner is magical.”

With the increased rent, I needed to have a dramatic annual increase in revenue. That December, we did over a million dollars more than we needed for the entire year. So, against my conservative fiscal nature, we put a renovation plan together for the property in 2006. But then we decided our success that December might have been an anomaly, for several reasons, and that maybe we should wait another Christmas. Was it a response from the community to support a business that had been destroyed? Or was it truly the effect of being on this corner in Annapolis? Once again, we had a fantastic holiday season. So, in 2007, we did a major renovation, which is what you see today.

It’s funny how things happen. This was right at the beginning of the recession, so other jewelers and retailers in the country were feeling a significant drop in business. Our lowest year was nine percent less than our best. So, it wasn’t as dramatic a hit as it could have been. And I attribute that to the fact that we had just at the right time done a renovation and became very popular all at once.

**It sounds like timing was everything.**

*It was everything.*

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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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RECYCLING TRAIL  THE LONG AND WINDING

**WHAT'S RECYCLABLE, WHAT'S NOT, AND WHERE IT ENDS UP IS A COMPLEX TALE—AND ONE THAT'S CHANGING AS TIME GOES BY**

By **Frederick Schultz**

Photography by **Stephen Buchanan**



**W**hen the assignment came across this writer's desk to report on how recycling works in these parts, memories oddly rushed in of one summer vacation at a house on the

water just outside Lunenburg, Nova Scotia. Not that trash disposal was the highlight of the trip; it was just the realization of how seriously the natives take it and how second-nature it is to them. In fact, so meticulous and strict are the regulations for waste disposal in that province, the only uncategorized items legally left behind were disposable razor blades. If only it were like that here.

Living as we all do in such proximity to the Chesapeake Bay and its quiet creeks and inlets is what drew many of us here in the first place. Unfortunately, that same magnetism also presents a rather easy temptation to dump stuff into the water that will presumably, eventually, "wash away." But out of sight does not necessarily mean the trash has disappeared.

The images just last summer were stark. No event in recent memory more vividly drove home the value of recycling. A record 16 inches of rainfall had forced opening the floodgates of the Conowingo Dam—the terminus of a watershed that runs mostly through New York, Pennsylvania, and northern Maryland and drains into the Susquehanna River. The torrent it created unleashed a wide array of debris (mostly uprooted trees) that followed the current down the bay and into many of its nooks and crannies. It was the volume of inorganic material rising to the surface that caused the greatest concern.

Scientists and government officials quickly ascertained that much of it should have been disposed of properly instead of being allowed to pollute everything in its wake downstream. Volunteers and public and private workers spent weeks cleaning up the trash, including everything from old tires and plastics to tree trunks and old appliances.



## BEFORE THE FLOOD... OF RECYCLING

Difficult as it may be to believe for those of us grown so accustomed to sorting trash into separate containers, *all* household waste was once fair game for mixed placement on city and municipality curbsides the morning of trash-pickup day. Most receptacles were either steel cans with removable lids (the iconic picture of the traditional trashcan survives to this day) or discarded oil drums. What's more, there were no pull-tie plastic bags to help contain the mess.



Residents of rural areas, with limited or no access to regular trash removal, had “burn barrels” or other home-made incinerators in their backyards for eliminating most of the waste—hidden aerosol hairspray cans being an insidious explosive-missile hazard. The notion of separating certain unwanted items that could be transformed into still useful material was completely foreign to everyone.

In the 1960s, folksinger Arlo Guthrie built a career around a song about garbage. Titled “Alice’s Restaurant Massacre,” it was, in part, his long-playing comical tale of being arrested for littering after setting out to discard the remains of “a Thanksgiving dinner that couldn’t be beat.” Having found the local dump closed for the holiday, he spotted a pile of garbage off the side of a road nearby and thought that “making one big pile was better than making two little piles.”

## MIXED OUTCOMES

Recycling wasn’t even in the national vocabulary at the time. Today, it’s an entirely different story—and one with mixed outcomes. In Anne Arundel County, the “local dump” is the 564-acre Millersville Landfill and Resource Recovery Facility, opened in 1975 and now projecting the last of its nine “disposal cells” to be filled by 2043. Putting information together from various sources, recycled material west of the Chesapeake



*Above:* cardboard is sorted to be bundled at the Millersville Landfill & Resource Recovery Facility. *Bottom left:* Anne Arundel County residents are encouraged to recycle tires and many other materials/items, which are organized into drop off stations at the Millersville facility.

Bay funnels through not only the Millersville facility, but also at similar operations in West River, Columbia, and Jessup. On the Eastern Shore, recycled-material handling centers are based in Easton, Ridgely, and Stevensville. Most of the sorted recyclables from these facilities are then transferred to WM Recycle America in Elkridge, where they are transferred to ships that transport them to destinations a hemisphere away.



1  
3

**OF RECYCLING**  
GETS TRASHED BECAUSE  
CONSUMERS JUST DON'T  
KNOW OR CARE THAT THEY'RE  
JUST NOT DOING IT RIGHT

This is where the recycling trail gets a bit twisted, which is understandable when considering that the commodity is random bundles of trash, measured in tons. In 2013, America's erstwhile favored destination for its unwanted or unusable recycled items, China, began imposing bans on "low-quality" scrap materials, which, according to the April 2018 article "Five Myths About Recycling" in *The Washington Post*, "caused some U.S. recyclers to divert collected plastics to landfills." But the author of the story, Brian Clark Howard, a digital writer and editor at *National Geographic*, says that "the fear that everything we painstakingly sort will just end up in the same place as the rest of our garbage is overblown." Is it really?

In January, Reuters reported that China is starting new recycling initiatives in the wake of its international trash ban and a boom in that country's own building and manufacturing. Its own glut of millions of tons of waste "is buried in sprawling landfill sites or dismantled by hand in polluting backstreet workshops." Consequently, according to Drewry Maritime Advisers, recyclable exports from other nations have been diverted to India, Vietnam, Malaysia, and Taiwan, with "almost 80 percent" of the waste being transported from the United States and Canada.

## THE ENEMY IS US

In June 2018, *The Baltimore Sun* ran a story titled "People Are Throwing Too Much Garbage in the Blue Bin—and it's Upending the Economics of Recycling." Here, the onus went to the source of what is the biggest snag, right at the recycling trailhead—us. No matter how well-intentioned, we often make the wrong assumptions about what constitutes a recyclable item and what doesn't. According to the *Sun* report, "For every six tons that pass through Elkridge, one ton doesn't belong."

**Separating your trash may sound like a mundane task—and it generally is—but we must make some simple, common-sense decisions as we determine what's recyclable and what isn't.**

Separating your trash may sound like a mundane task—and it generally is—but we must make some simple, common-sense decisions as we determine what's recyclable and what isn't. The processes at waste facilities for separating "the wheat from the chaff" (to use an old crop-harvesting metaphor) has become much more sophisticated than it used to be; paper, metal, and glass products can now be sorted and confined to separate containers. But that half-consumed jug of holiday eggnog you tossed in your recycling bin could gum up the works and often defeat the whole purpose of the exercise. By several accounts, as much as 1/3 of recycling gets trashed because consumers just don't know—or care—that they're just not doing it right.

Maryland's "Ten Year Solid Waste Management Plan, 2013–2023" has a wealth of information on the subject, and even though the information in it is almost seven years old, much of it still applies. The state passed the Maryland Recycling Act into law in 1988, authorizing its Department of the Environ-



A massive volume of cardboard, plastic, and metal bundles are shipped/exported to overseas recycling facilities, where, often, the recyclable material sits for months, or years, due to back-up before it's processed.



ment “to reduce the disposal of solid waste...through management, education, and regulation.” Since that time, all the state’s jurisdictions have had recycling programs. According to the department’s frequently asked questions section of its website, the law requires that those with populations of more than 150,000 people must recycle 35 percent of their waste, while jurisdictions with fewer people are mandated to recycle 20 percent.

Jurisdictions that fail to meet these goals face prohibition by state and local authorities of “the issuance of building permits for all new construction.” For this report, however, we were unable to find any evidence that this step has ever been taken. Additional legislation is in place that addresses yard and wood waste, composting feasibility, the proper safe disposal of mercuric oxide batteries and other rechargeable products, and an executive order that requires state agencies to “divert or recycle at least 20 percent of the waste they generate.”

## ON THE LOCAL FRONT LINES

With several outside forces at play that impact the local recycling effort, we went to Richard Bowen, recycling program manager for the Anne Arundel County Department of Public Works’ Waste Management Services to help clarify the challenges he faces

and the importance of the work his team does. Does recycling pay for itself? “Generation of revenue should not be considered the main reason or benefit to continued participation in recycling programs,” Bowen stressed. He emphasized that some of the programs he manages “come at a cost” and “many generate revenue,” including scrap metals, cardboard, electronics, automotive batteries, textiles, motor and cooking oil, and vinyl siding.

Acknowledging the “reduced value in single-stream collected recyclables [mixed paper, plastics, metals, and other containers we all set out curbside, eds.], due in large part to lower demand created by overseas policy changes,” Bowen still emphasizes that “recycling conserves natural resources and preserves landfill capacity to be used for items that cannot be recycled.”

How much does recycling add to the county’s bottom line? According to Bowen, the “solid waste enterprise fund” comes from “a number of revenue sources,” including resident “user fees” and “landfill disposal fees charged to non-residential customers.” But he does acknowledge that “the sale of recyclables accounts for less than 5 percent of the annual operating budget,” adding that “it helps with keeping user fees low and affordable.”

Bowen went on to re-emphasize that the county’s ongoing recycling efforts continue to be beneficial, citing collect-

ACCORDING TO THE DEPARTMENT OF THE ENVIRONMENT, THE LAW REQUIRES

**POPULATIONS OF MORE THAN 150,000 PEOPLE MUST RECYCLE**

**35%**

**OF THEIR WASTE**

WHILE JURISDICTIONS WITH FEWER PEOPLE ARE MANDATED TO RECYCLE

**20%**

ed yard waste and composting as savers of landfill space and stressing that “recycling is a core strategy of modern waste management and has proven to be beneficial to Anne Arundel County,” saving natural resources, using less energy in manufacturing, and preserving landfill capacity. “We will continue to educate and motivate residents to recycle all that our program allows.”

## CURRENT AND FUTURE PRIORITIES

At this writing, Anne Arundel County Councilmember Lisa Rodvien (District 6) is proposing legislation that would force businesses to stop using polystyrene foam (known commonly as Styrofoam) as containers for carry-out food. Newly elected County Executive Stuart Pittman supports the legislation, saying, “Litter from foam pollutes our communities and continues to be a problem in Anne Arundel County.” He supported the Council’s foam

ban in 2018 and “was sorry to see it vetoed [by his predecessor, Steve Schuh]...I look forward to signing Rodvien’s bill once it passes so that our county can do our part to keep this harmful material out of our waterways.” The State Senate passed the polystyrene bill on March 5th.



Another piece to the recycling puzzle is the disposition of glass bottles and other beverage containers. Public Radio station WYPR aired a segment of its “The Environment in Focus” program in July 2016, lamenting the fact that Maryland has not joined the nine other states that impose five-cent refundable deposits. The program, titled “The Dirty Secrets of Maryland’s Recycling Programs,” cited Baltimore Democratic Senator Bill Ferguson as the sponsor of Senate Bill 367, “which would have imposed a five-cent fee on cans and bottles that people could recover by returning their cans to reverse vending machines or recycling centers.” So far, with only 25 percent of the state’s beverage containers being recycled out of a total of 4.8 billion in circulation throughout a year, no such deposit is yet required by state law.

So, what do the collectors of the recyclables think? The final piece of information gathered for this story came from a recent short chat with two recycling collectors from Bates Trucking, the contractors hired by the City of Annapolis and Anne Arundel County to dispose of neighborhood waste. Their names are Ronnie, who was working the pickup operation, and Belinda, driving the Bates truck. What is the worst trend they see in weekly neighborhood curbside pickup?

**“Recycling is a core strategy of modern waste management and has proven to be beneficial to Anne Arundel County.”** —Richard Bowen

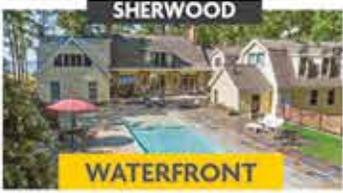
“Boxes. Delivered boxes,” they chimed in quickly. What type of boxes? “Mostly Amazon boxes,” they shouted over the noise of the truck’s engine. “How can anyone have that many deliveries in one week?” Ronnie wondered. That is likely another question that will need to be addressed in the near future, as the number of home deliveries, of nearly every commodity, continue to rise.



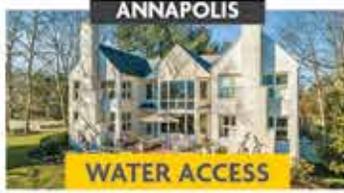
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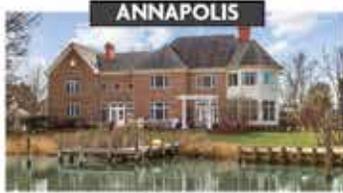
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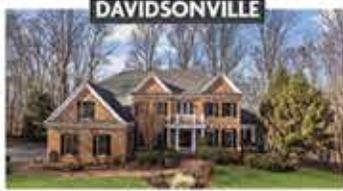
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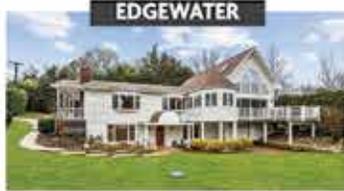
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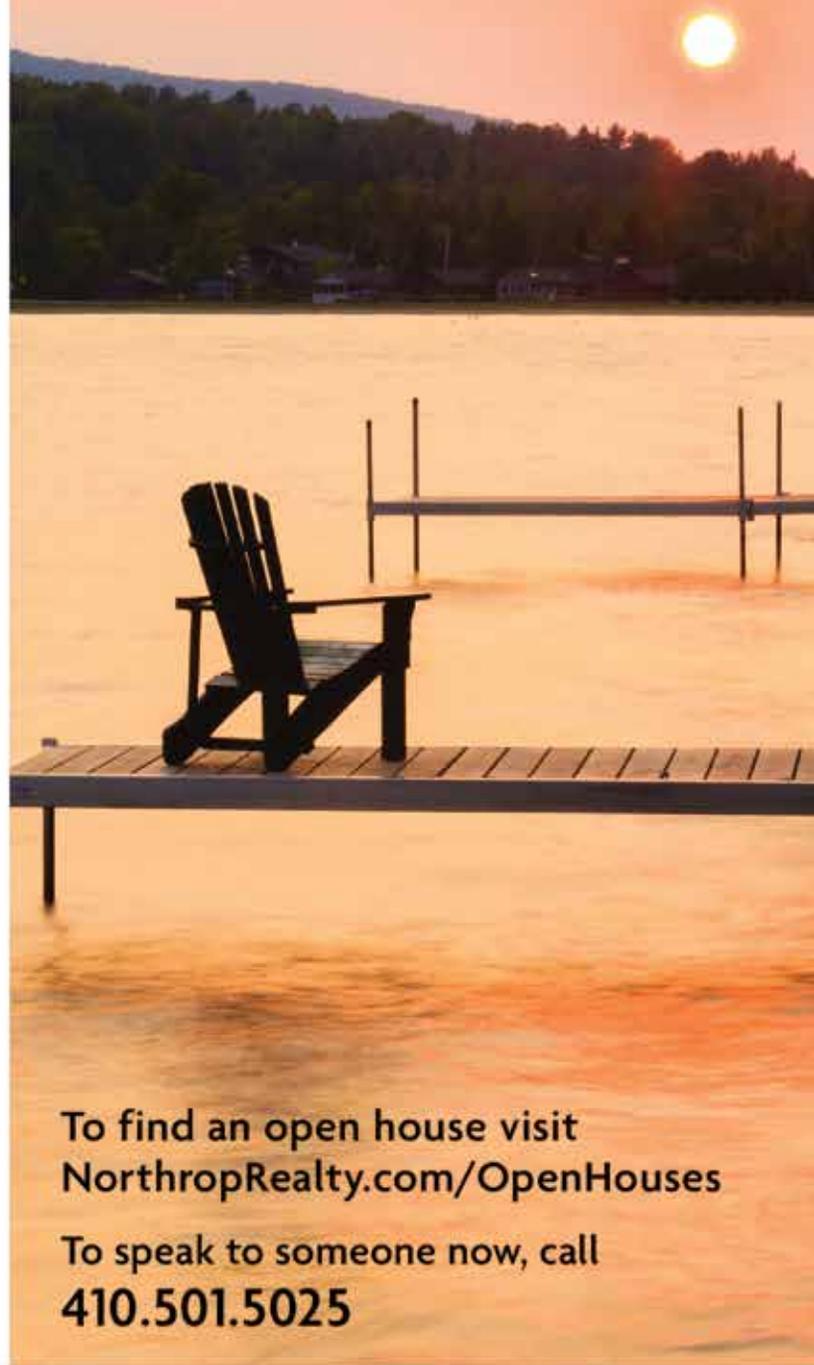


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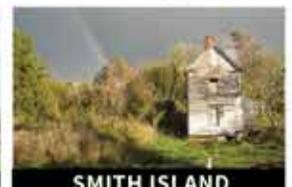
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# Kitchen Trends 2019

MINIMALIST, INDUSTRIAL, OR FARMHOUSE? THESE TRENDS ARE DOMINATING KITCHEN DESIGN. WHICH IS RIGHT FOR YOU?

By Catherine Rohsner

A trend is something that comes and goes, but the kitchen design trends of 2019 may have a spark or two of something classic about them. Whether you picture going bold or quiet, light or dark, for your dream cooking center, 2019 trends boast an efficiency and creativity that go long-term.

What could your dream kitchen look like in the near future? Take cue from the following trending touches, designs, materials, appliances, and décor. We also feature two stunning, real examples of kitchen builds by local designers and builders, who answer our questions about each project, as well as what they are seeing in the industry.



## Design

Kitchens of 2019 follow through with designs from the previous year: open spaces and uncluttered surfaces. These two elements create a clean and orderly atmosphere amid a busy life.



## Style

Three styles dominate the 2019 horizon most for your cooking space: minimalist, industrial, and farmhouse. Materials for every part of the kitchen are available for stylish, minimalistic living. However, your choice of materials is now so vast that you can create a kitchen in whatever style you wish.





## Countertop

Quartz hits the home run in countertops this year. Out with the 80s-to-early-2000s brown, apparently porous granite, and in with the almost indestructible quartz as well as concrete and terrazzo.

## Appliance

Like the cabinets, appliances in black matte finish, color, or pattern strike the 2019 market. For the sake of greater counterspace, we now have tall column refrigerators and more undercounter appliances.



## Backsplash

Backsplashes now come in an almost limitless variety, from marble to Teflon-coated wallpaper. Crucial to the kitchen, backsplash is the focal point around which the rest of the room is designed. Natural looks are in, and tile backsplashes now come in slabs rather than individual pieces.



## Floor

Gray hardwood floors, statement floors, and floors made of reclaimed materials shine in 2019 kitchen showrooms across the country. Floors come in many materials now, and can range from muted and classy to the harmonizing and popping.



## Hood

Falmec's Alba hood, "Glass Ceiling," is the newest innovation in the minimalistic hood. Similar hoods are also on the market.



## Cabinet

Both dark and colorful, matte and glossy cabinets are in. White cabinets are said to never go out of style. Try mixing and matching styles to add interest.



## Lighting

Pendant lighting graces the collection of trending ceiling lighting for kitchens. LED lights take the reins to illuminate ceilings, cabinets, and countertops.



## Sink

The sink is no longer just your average stainless-steel sink anymore. They come in unique details, finishes, and designs to make one take a second look. Large sinks and covered sinks make for greater efficiency.



## Storage

Storage is an all-important asset. Custom storage, deep drawers, and fewer upper cabinets are trends that may ultimately help you maximize precious storage space in the long run.

## Décor

If you'd like some ornamentation to your countertops, adding greenery such as small plants or an herb garden will bring your kitchen more to life. Seating, such as statement stools and banquette seating, complete the room.



# A Kitchen Renovated

This Annapolis-area kitchen was a complete overhaul featuring West Coast inspiration, top tier appliances and materials, and an open-floor plan, which takes advantage of the property's waterfront vista. So, what necessitated the renovation? The quality of the kitchen's previous renovation was starting to show wear; things coming apart and finishes degrading. Also, the aesthetic and closed-in kitchen area in an otherwise open plan were factors. Finally, a devastating fire at the home next door caused significant outside damage our client's home and blew out the circuitry for the double ovens. Needing to replace them got this project started.



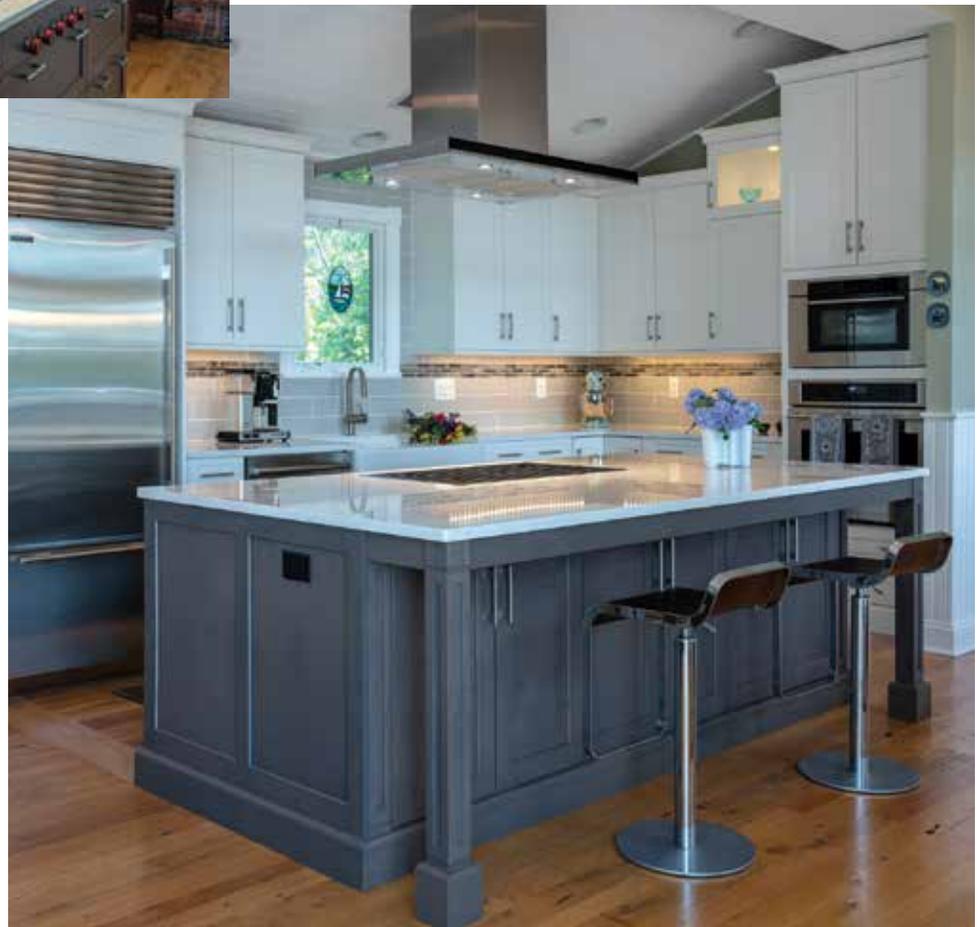
Thus, the homeowner contracted Kenwood Kitchen & Bath Design Studio of Annapolis for the renovation. And she was able to draw on her experience renovating her previous home on the West Coast to incorporate what she liked about that kitchen and avoid things she did not. High on the list was opening the kitchen to the rest of the space and water views, a large island possibly with the cooktop, a Wolf steam convection oven, wall oven, and a Sub-Zero refrigerator. And the materials used were top tier.



“We mixed materials, finishes and textures to create a clean, light and cohesive look and Annapolitan feel,” explains Matt Simms, designer with Kenwood. “We used clean white painted cabinetry on the perimeter, a gray stained maple on the island, a gray stained rift cut oak faux beam and mantle area, mix of glass mosaic and oversized ceramic subway tile, and white and gray quartz countertops to tie it all together.”

Altogether, the open floor plan proved to be the best use of the space. And being on the top floor of this waterfront property gives a full 180-degree view of the water from almost any spot in the kitchen. By pulling in some of the color and texture from the barn door and reclaimed beam into the kitchen and fireplace, the entire space has a sense of cohesiveness that it was missing before.

*Photography and information provided by Kenwood Kitchen & Bath Design Studio of Annapolis.*



# A Kitchen from Scratch



In this kitchen case study, the newly-built house, including the kitchen layout, was crafted in a transitional style; classic design enhanced with some new trends that are popular today. It might also be described as having a slight farmhouse feel.

Additional features that stand out include: the contrasting blue base cabinets with the white cabinets above; the cabinets to the ceiling; select glass-front cabinets to tie in colors and personality to the other décor; textured backsplash to

give a hand-made feel; and unique pendant lights.

Steeves offers advice for those considering a kitchen renovation or new build. “Think about how you will utilize your kitchen. Is entertaining important? Think how food will be served and guests may gather. Consider how the kitchen connects to the adjoining room (in terms of traffic flow as well as décor); whether those areas are a dining space, living space, or both. Consider carefully the materials

you select in terms of ease of materials; anti-microbial surfaces, long-lasting ease of care, and maintenance. Appliance placement is important. Consider if you want an island and, if so, how you want it to function. Have fun and personalize the kitchen to your needs and likes.”

*Kitchen designed by the architectural firm Sutton Yantis Associates. The selections were done by the interior designer Builders Design, who chose from cabinets and finishes from Stuart Kitchens. The property is located within a Mitchell & Best Homes single family home, located in the Two Rivers community.*

Some of the must-have features include: a large island, gas range, upper microwave/lower convection oven, built-in refrigerator with French doors, and ice/water dispenser in the door. All are Bosch appliances. The hood vent was uniquely disguised in this kitchen with a cabinet front to create a clean, seamless look.

A combination of materials was used to create the overall effect. “We wanted something that gave a memorable look, but also a warm approachable feel that included a mixing of colors, finishes, textures, and metals,” explains Jessica Steeves, designer with Builders Design.





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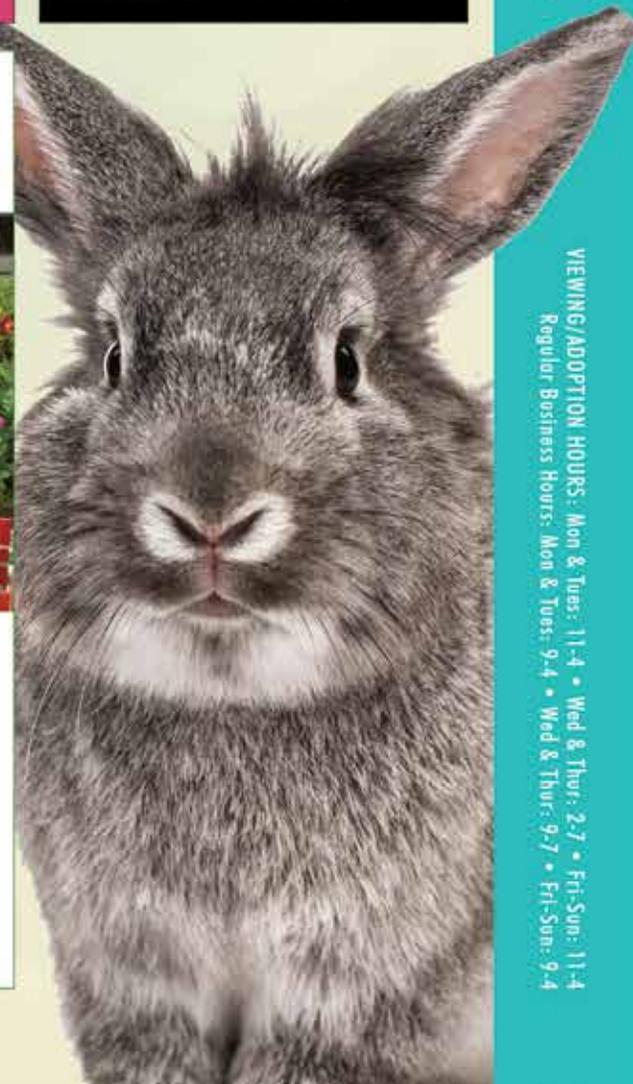
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# Veggies Get a Makeover:

DESIGNING A MORE ATTRACTIVE  
VEGETABLE GARDEN

By Janice F. Booth

We've all seen them, admired them, but were relieved they weren't the view from our bedroom window. I'm talking about vegetable gardens. Tidy rows of corn, tomatoes, onions, carrots, and pepper plants; carefully arranged straw beneath the plants; mulched paths between each row, and chicken-wire barriers guarding those tender plants from rabbits and deer. Yes, vegetable gardens are to be admired, but admit it—they're not very attractive! Who wants to look at the neighbors' staked tomato plants and rangy rows of corn stalks, no matter how delicious the produce will taste, or how many bags of vegetables are left at your door?

Do not despair. If you want to provide your table with fresh vegetables all summer long, but you don't want to lose your neighbor's goodwill; if you

want healthy, ripe tomatoes for your summer salads, and you think vegetable gardening is a labor of love, but you dread the no-nonsense appearance of rows of vegetable plants, I have a solution for you. Veggies can contribute to a lovely, lush garden as well as a delicious, inviting meal.

Here's how: Take a hint from our friends, the French. They are renowned for their *potagers*, commonly known here as kitchen gardens. A traditional kitchen garden contains some combination of four types of plants;

vegetables, herbs, fruit, and flowers. (Yes, I did say flowers; remember, you can eat marigolds, pansies, nasturtiums, and sunflower seeds, among other lovely flowers.)

The kitchen garden is a bit less formal than our workman-like vegetable gardens. The secret is design. It's all about appearances. You can still have your lettuce, your tomato plants, your beans, and carrots. Just consider grouping your plants in such a way as to produce an inviting sight for passerby and next-door neighbor.





THERE ARE THREE SECRETS TO A BEAUTIFUL KITCHEN OR VEGETABLE GARDEN, ACCORDING TO FINE GARDENING'S JENNIFER BARTLEY → LET'S CONSIDER THESE THREE GUIDELINES INDIVIDUALLY.

- 1 Include color and flowers in your garden layout plan.
- 2 Choose an attractive enclosure. It will keep unwanted visitors from taste testing your garden's bounty and provide a sense of serenity and sanctuary.
- 3 Keep your garden's vegetable beds crisp and tidy.

**1** First, color. Of course, in the height of summer tomato plants are stunning with their inviting red-orange fruit. Peppers add red and yellow to the garden, too. Red cabbage, scarlet runner beans, red leaf lettuce, and ruffled arugula are impressive when they mature. Now add to your kitchen garden color palate some nasturtium. These small-blossoms in mighty gold, orange, and red are popular in salads and as garnish; they're also rich in vitamin C. And fellas, eating nasturtium blossoms is believed to help control hair loss.

After you've considered all the edible colors, think about adding a few annuals to fill-in the beds while your vegetables are growing and ripening. A few geraniums and some impatiens can liven up the beds for the early part of the summer.

Think of your veggie beds, like your flowerbeds, in three dimensions. Use some graph paper to work out your color and height design. (We've all seen those very professional diagrams in gardening books, but ours need not be quite so tidy.) Keep in mind the amount of sunlight and, if necessary, wind likely to affect each bed. Plan for your watering system too. Hopefully, you'll be able to water all your vegetable beds, but if not, do a bit of research on which vegetables need less water.

Kitchen gardens usually include herbs such as lavender, basil, sage, chives, lemon balm, and oregano.

Herbs are hardy plants, and they'll take over any flowerbed in time, given a chance. To keep your herbs in check and easily available to you, potting is a great solution. Gather a number of clay pots, and set your herbs. (You may want to label the pots, but the herbs appearances are quite distinctive as they grow.) These herb pots can make a pretty patio border, or you can place them randomly throughout the vegetable beds. Move them about based on which herbs you're cooking with or what needs more or less sun.

Grouping your vegetables by height, size, and color doesn't mean you must put all your carrots in one bed, or that those gangly corn stalks must stand together. You might have carrots or parsley as edgings of two or three beds. Interior to the edging plants may be several clumps of lettuce in a variety of colors and leaf formations. Farther in may be just the place to plant

and stake a couple of tomato plants. You'll want them in far enough so they don't spill onto the path, but close enough, so you can reach to pluck those ripened tomatoes; and don't we know, they all seem to ripen at once. Three or four corn stalks might anchor the middle of

beds, or those stalks may grow nicely near the privacy fence and beside the garage—assuming there's sufficient sunlight. One added suggestion: Keep your perennials in beds separate from your annuals. That makes fall and spring clean-up much simpler.



**2** Thinking about things you do need to plan for brings us to the issue of supporting the stalks as the plants mature and the vegetables ripen. Of course, we all know we can rely on those wire-plant cages available at every hardware store. They're efficient, and if you're lucky, the plants will be lush enough to hide the wire corset beneath the foliage. Ah, but why not try something a bit more interesting?

There are some old-fashioned, fairly simple and interesting methods for staking your vegetable plants.

Start with the tepee. (Here's a great task to assign any little people in your family or curious,



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young, neighbor children.) Collect sturdy, straight sticks—perhaps three or four feet long. You'll need three for each tepee, plus some sturdy cotton or hemp twine. Or, for a very authentic look, gather wild grape vines for the ties. Over each small tomato, bean, or pea plant, position three twigs, crossing one another in a three-dimensional "X" design, like the supports of a tepee. Lash the mid-point of the tepee with the twine or vine. There you have it. Pretty supports for your growing plants. (If you have engaged the help of children for the tepee making, you may want to construct the tepees away from the veggie beds, perhaps on the lawn or patio. That way, careless feet won't trample the young vegetable plants. You can later place the tepees over the plants yourself.)

Another attractive approach to the stick supports is a dome of supple branches. Instead of stiff sticks, look for supple ones. Find three or four of the same length, probably three or four feet long if you're supporting tomatoes. Bend the supple twigs so they arch over the young plant, forming a dome. Each end of the twig will easily poke down into the soil. It won't take long for the vines to grow up and drape over the twigs.

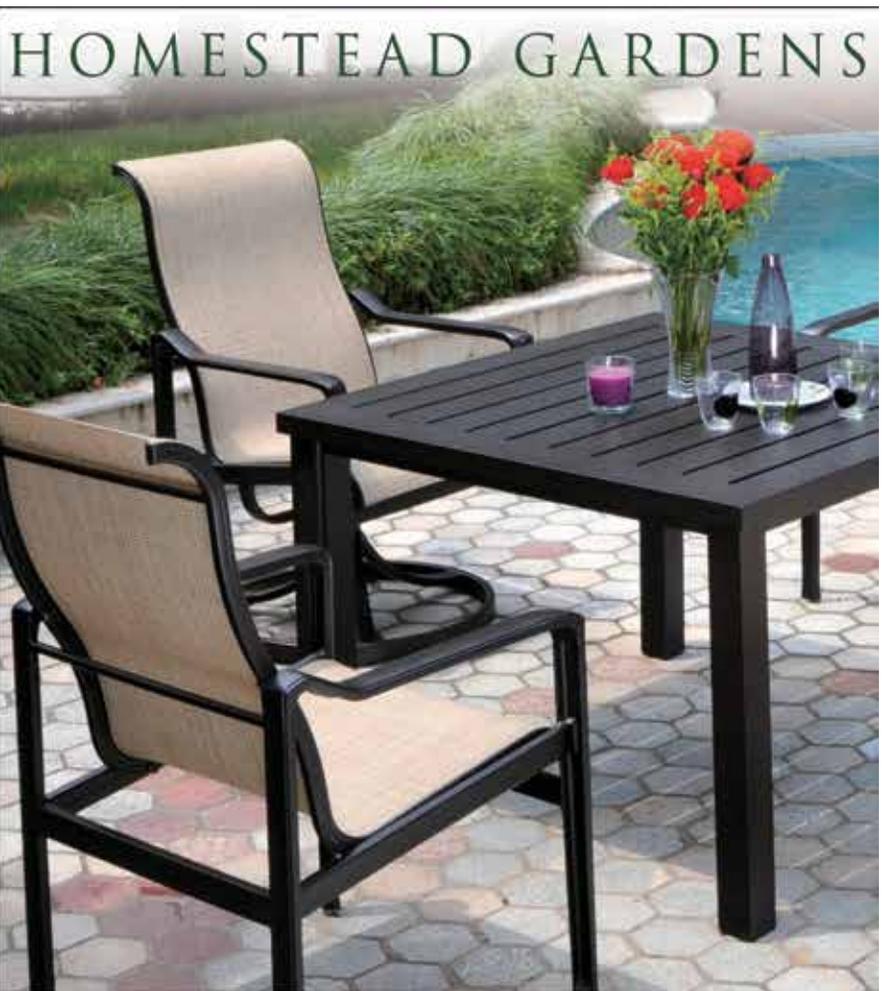
Carry on the natural theme in your garden by devising a "wattle" fence at some appropriate point or around the veggie beds to keep out hungry wild things. Here too is a chance to use the skills of your young Girl Scout or Boy Scout. Choose sturdy, reasonably thick and straight fence posts, approximately 36 inches long. But the height will depend on your needs and aesthetics. Set the posts into the beds equal distance apart, perhaps two feet. Next, collect supple, fairly thin branches. Forsythia and willow twigs make great weaving material, with the added advantage that you're trimming the shrub, another useful garden task. Weave the long, flexible branches between the two-foot posts, in and out. You'll find it fairly easy to move around the flowerbed's curves and irregular shape. When the wattle, aka willow or forsythia branches, begins to dry, the wattle fence will remain sturdy and amazingly effective for discouraging rabbits, cats, dogs, and other small invaders.



**3** You may find your use of natural elements for staking and fencing adds a softening effect to the veggie beds, particularly as the plants begin to fill-in. Another way to naturally delineate portions of your garden is with hedges. The only caution is that they'll take a long time filling in. You'll need a long-term vision for hedges. Maryland is a perfect climate for boxwood hedges. They're easy to grow and trim. Berry bushes are another subtle fencing approach. They're harder to keep in check, tending to throw out long, spindly, sometimes prickly branches. If you're very brave or have an experienced gardener, espaliered apple and pear trees, trained along a wall or fence, create an elegant, striking border. Espalier is the training of fruit trees to grow in only two dimensions, usually supported by a trellis or against a wall.

These complex growing projects bring me an easy solution to one of our vegetable garden's awkward elements. What do we do when we start to harvest that tasty lettuce, carrots, and cabbages? Our vegetable gardens begin to look rather tired. Those unsightly vacant spaces where plants have been harvested can be dealt with. Pick up a few pretty flowers or use some of your herb's pots. As you harvest vegetables, fill the empty spots with pots of bright petunias or daisies, or move some of your now-flourishing herbs from the patio into those bare spots.

Like its sister the flower garden, the vegetable or kitchen garden can be attractive as well as a useful element of our landscaping.



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HOME REAL ESTATE

# Davidsonville

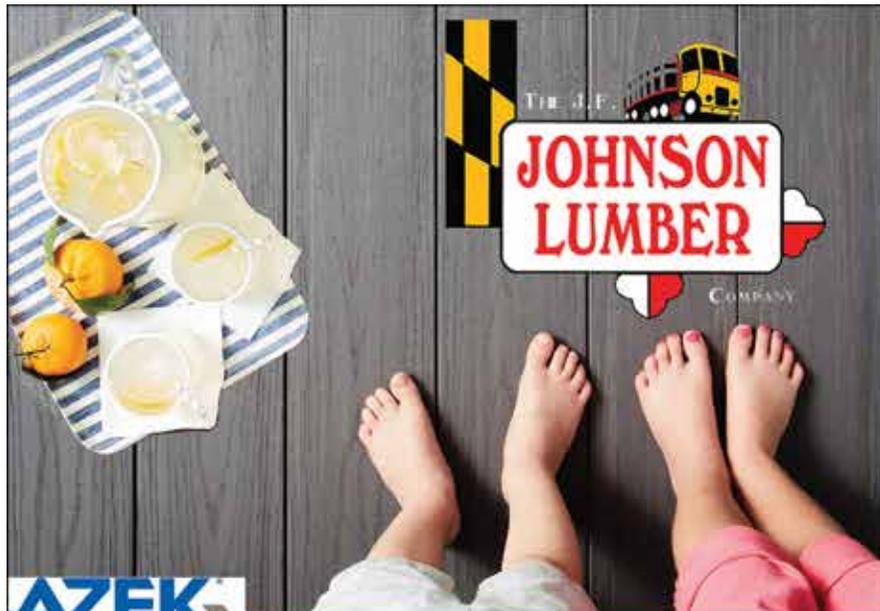
By Diana Love

**T**his exclusive retreat in the Governor's Bridge Estates is accessible via a long driveway that is covered by a canopy of leafy hardwood trees. Situated on almost 14 acres and relatively far away from neighboring houses, the home is afforded complete privacy and a true sense of sanctuary from busy St. George Barber Road. Conveniently located just off Riva Road and Governor's Bridge Road in Davidsonville, the home sold after two months on the market.

From the gated entry into the home's hillside setting to the gorgeous fountain in the center of the circular front driveway and the brick façade, ornate front door, and massive arched window over the foyer, this home was designed with a seemingly endless array of architectural and decorative touches that render it unique from others in its class.

Outside, the long driveway, a large parking pad, and a three-car garage make accommodating family and visitors easy and convenient. Another two-car garage is detached from the main house. A curved stamped concrete pathway leads to the rear of the property, where a horseshoe-shaped pool with extensive hardscape defines much of the back yard. Water pours over a tall wall of stones, streaming into the pool. Alongside this wa-





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terfall, a curving slide promises hours of fun. Circular fire bowls light up the space at night, rendering any evening event in this area both exciting and exotic. A long pergola offers shade, and a poolside patio features every appliance necessary for dining al fresco: a built-in firepit, large grill, drink cooler, refrigerator, and sink, all set into the same red brick as the exterior of the home. A pool house and hot tub offer other spaces for relaxation.

Inside, massive round columns featuring faux marbling separate major living spaces, as does custom trim inlaid into the

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**Buyer's Agent:** DeeDee McCracken, Coldwell Banker Residential Mortgage, Office: 410-224-2200, Direct: 410-849-9181

A curved staircase with wooden balustrade leads from the foyer and main level to the upstairs, where each of the bedrooms features an ensuite bath and plenty of closet space. The master suite is exceptional. The room itself is defined by floor-to-ceiling windows that overlook the woods and pool. Besides the bedroom itself, the suite features a living room, double walk-in closets, and a massive bath. The living room/seating area is wide enough for a full-length couch, and has the added luxury of solid wood built in bookcases and cabinets, as well as a big screen TV set over a brick fireplace.

The basement level has been fully customized. A theater room with a soundproofed ceiling offers tiered, reclining seating for six. A gym is designed for space, functionality, and room to move. The custom bar adds to the ambiance and offers enough space for four seated guests. Opposite the bar, a long set of curved bookshelves and cabinets are set on each side of yet another brick fireplace. Additional space includes plenty of square footage for a pool table, seating, or dining.

From convenient touches like a main level laundry room with a plethora of storage options, to luxuries like the pool, home theater, and basement entertaining space, this home offered many one-of-a-kind design/build amenities, all contributing to what listing agent Sandy Sargeant calls "a perfect 10."




---

**List Price:** \$1,450,000  
**Closing Price:** \$1,375,000  
**Built:** 1998  
**Bedrooms:** 5  
**Bathrooms:** 5 full, 1 half  
**Living Area:** 4,592 Square Feet  
**Lot Size:** 13.77 acres

---

hardwood floors. The kitchen overlooks the pool with views to the woods beyond. Here, a single porcelain farmhouse sink, double ovens, and electric cooktop make any time spent in the kitchen a true pleasure. Dark wood cabinets match the Tuscan feel of the kitchen area, which is

tiled with 12-inch terra cotta. Several overhead cabinets feature glass fronts. The kitchen has a pass-through window to a living room beyond. Here, custom full-length draperies and a brick fireplace with solid wood mantel render the space cozy and familiar.



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# Eastport

By Diana Love

It's highly unusual to find a home that passes inspection with not a single issue to be addressed. But that's exactly the case for this home in Eastport. When Beth Levitt was asked to list this house, she was confident that the spotless condition of the entire property—from landscaping to architecture and design—would make it highly competitive. She was right. The home sold in just a couple of days.

When Brian Jacobs, the buyer's realtor, sits down with his clients to better understand what they are looking for in a property, he frequently hears things like access to the waterfront, proximity to restaurants and shopping in downtown Annapolis, walkability, and manageability. This house met each of these benchmarks and more. The new owner would be working at the Naval Academy and needed convenient walking and driving access to downtown Annapolis and the Yard.

A sidewalk lined with small square pavers leads to a short flight of six steps and a wide covered porch that stretches to each side of the house. Accessories like solid 12-inch pillars and stainless steel lantern door lights are a nod to the home's Craftsman and transitional design. These elements are conveyed inside the house via simple, clean lines including plantation shutters, window and door trim, and the use of board-and-batten style wainscoting.

Recently renovated to include modern amenities such as solar panels and Hardy Plank cement siding, this home features high ceilings, beautiful hardwood floors, wide hallways, and custom finishes. The kitchen stands out with white Shaker-style cabinetry,



marble countertops, and stainless steel appliances. A bar with seating space for three connects the kitchen through a pass-through window to the living room. Here, a fireplace anchors the opposite side of the room, and there is plenty of space for multiple seating options.

Upstairs there are three bedrooms, including an en suite master. Each room features large closets, high ceilings, and





**Sold For:** \$810,000 (2018)  
**List Price:** \$825,000  
**Last Sold/Price:** \$ 672,500 (2014)  
**Bedrooms:** 3  
**Bathrooms:** 2 full, 1 half  
**Basement:** Yes, unfinished  
**Living Space:** 1,807 Sq. Ft.  
**Lot Size:** .12 acre

the same hardwood floors as the downstairs level. "The most outstanding feature of this house was how convenient it is to downtown and how beautifully it was designed and maintained," listing agent Beth Levitt says. "There wasn't anything in this home that wasn't done beautifully and tastefully."

**Listing Agent:** Beth Levitt, Grace Ryan Real Estate, Email: Beth@GraceRyanHomes.com, Direct: 443-271-7450

**Buyer's Agent:** Brian Jacobs, Coldwell Banker Church Circle, Email: Brian.Jacobs@cbmove.com, Direct: 301-461-7987

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Crownsville, MD 21032  
**\$600,000**

This beautiful, spacious 3 story custom built home located in Herald Harbor has been upgraded throughout including a newly remodeled kitchen with SS appliances and plenty of counter space.



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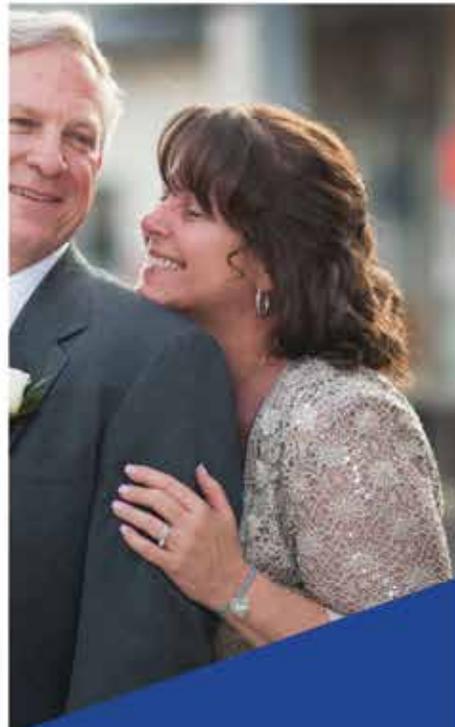
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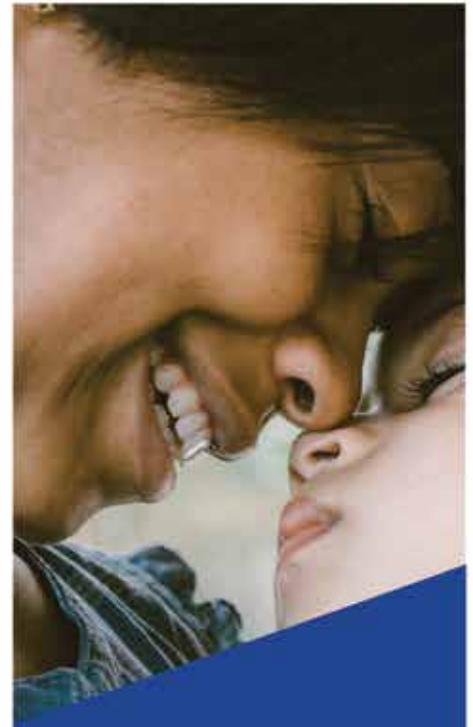
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# Health & Beauty

**122** THE HOPE & HYPE OF CBD | **126** BUSTED: SEASONAL ALLERGY MYTHS

**128** FRESH TAKE | **130** PRODUCTS WE LOVE *plus more!*



# The Hope & Hype of CBD

THIS CANNABIS COMPOUND KNOWN AS CBD WON'T GET YOU HIGH, BUT WILL IT CURE YOUR ILLNESSES?

By Kelsey Casselbury

In the blink of an eye, CBD products appeared everywhere. No longer considered just “marijuana-lite,” cannabidiol—a chemical in the cannabis plant that, unlike THC, doesn’t get you high—is now both legal (more or less), regulated by the USDA, and prolific. Of course, though, there are still some folks that raise their eyebrows in skepticism, wondering if the use of CBD oil can truly help the myriad afflictions that people claim it can, or is it mostly just hype?

## WHAT IS CBD?

Marijuana, more officially known as *Cannabis sativa*, is most famous for tetrahydrocannabinol (THC), but there’s actually 104 chemical compounds in the plant, including CBD. This particular chemical doesn’t get you stoned, but it *does* affect your mind and body. Research even agrees that there’s an effect, though the studies are ongoing. The biggest ailment that CBD is supposed to assist with is anxiety, the prevalence of which seems to be growing nearly as quickly as the market for CBD-infused products.

## WHAT DOES THE RESEARCH SAY?

Where to begin? CBD might have the potential to treat a wide range of conditions, but the most-studied so far is epilepsy. In a game-changing decision, the U.S. Food and Drug Administration in mid-2018 approved a CBD-based drug, Epidiolex, that treats epileptic seizures. It’s the first time that the FDA has ever given the thumbs up to a prescription drug derived from marijuana. There’s also research supporting the use of CBD for:



### Anxiety

THC ups the feelings of anxiety and paranoid, but CBD could reduce them in people with PTSD, social anxiety disorder, OCD, or general anxiety disorder. *(Neurotherapeutics, 2015)*

### Pain relief

CBD reduced chronic pain and inflammation in rodents. *(Journal of Experimental Medicine, 2012)*

### Drug withdrawal

CBD could reduce cravings in people addicted to opioids. *(Neurotherapeutics, 2015)*

### Cancer

There’s evidence that CBD inhibits the growth and spread of cancer cells. *(British Journal of Clinical Pharmacology, 2012)*

↑ However, a 2017 panel from the National Academies of Sciences, Engineering, and Medicine reviewed more than 10,000 studies on cannabis and proclaimed that CBD has limited effect on anxiety.

Research also shows the potential for treating nausea, Alzheimer's disease, acne, type 1 diabetes, and schizophrenia. Of course, there's always a concern about the potential for addiction. Luckily, in a late 2017 report, the World Health Organization (WHO) wrote, "In humans, CBD exhibits no effects indicative of any abuse or dependence potential."

### WHAT CBD PRODUCTS ARE AVAILABLE?

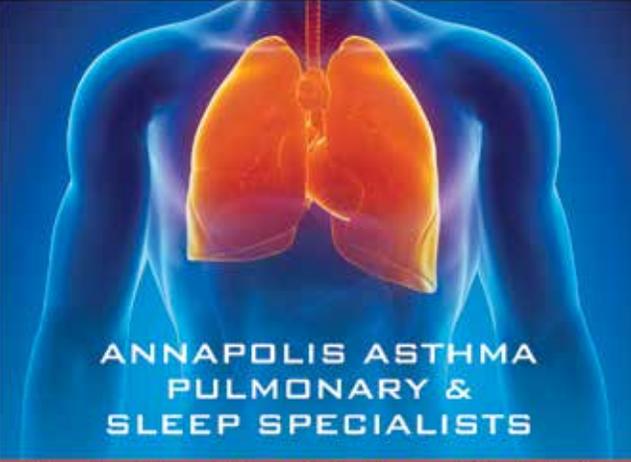
Here's the real question: These days, what CBD-infused products *aren't* available? For starters, you can take pills, chocolates, and gumdrops and apply creams, oils, and rubs. But the market is strong—predicted to reach \$22 billion by 2022—and new, unexpected options are popping up every day. For example, there's now CBD-infused sparkling water, Recess, that comes in three flavors: Blackberry Chai, Peach Ginger, and Pom Hibiscus. There's coffee—multiple brands, including Flower Power Coffee Co. and Strava—as well as drops to add to your own coffee. There are bath bombs (yes, bath bombs) mixed with CBD, as well as face cream and shampoo. There are CBD tinctures for cats and dogs.

As of December 2018, hemp-derived CBD is regulated by the USDA, but before that, consumers ran the risk that the products they bought may or may not have the amount of CBD that the packaging claims. In 2017, researchers published in *JAMA* reviewed 84 CBD oils, liquids, and tinctures and found that just 26 of the products contained the amount of CBD that it claimed. Eighteen of the products also contained THC, the compound in cannabis that intoxicates and impairs.

### WHAT ABOUT THE HYPE?

For all the research, there's still a lot unknown about CBD, including exactly how it works with the brain. Last December, *The New York Times* ran an editorial from Richard A. Friedman, a professor of clinical psychiatry and director of the psychopharmacology clinic at the Weill Cornell Medical College, in which he referred to CBD as an "expensive placebo" rather than a "panacea."

Additionally, the amount of CBD in commercial products might not really be enough to have any real effect. For example, if CBD coffee contains just 5 milligrams of THC, it probably won't do much for your anxiety, as you need to get closer to 300 milligrams for that to occur. However, placebos have power—perhaps the idea of CBD is all you might need to reap those calming effects that the compound might provide.



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# Busted

## SEASONAL ALLERGY MYTHS

By Kelsey Casselbury

In the spring months, Maryland's air fills with pollen, ragweed, and other seasonal allergens that leave the state's residents wheezing, sneezing, and suffering. Of course, the Old Line State doesn't have a monopoly on seasonal allergies—some 50 million people across the entire country struggle with the affliction and, according to Johns Hopkins Medicine, allergies are the sixth-leading chronic illness in the U.S. Whenever a condition affects that many people, myths are bound to propagate. Whether it's the idea that eating local honey can cure seasonal allergies or that over-the-counter nasal sprays are addictive, the health industry just can't seem to shake a few of these fictional claims.



**THE MYTH:** Local honey will help cure allergies. **THE TRUTH:** The pollen that causes allergies isn't the same as the pollen that bees carry from flower to flower. The idea that eating local honey can desensitize you to pollen seems logical—which is probably why this is one of the most common myths surrounding seasonal allergies—but it's pollen from trees and grasses, not flowers, that cause seasonal allergies. No scientific evidence even suggests that honey, local or not, can have an effect on sniffing.



**THE MYTH:** You can move to the Southwest (or any other location in the U.S.) to escape seasonal allergies. **THE TRUTH:** There are allergens everywhere, even Arizona, which is often touted as a mecca for allergy-free living. While the Southwest states might not have the same types of pollen as Maryland, you could be allergic to cactus flowers, sagebrush, or mold, all prevalent on the other side of the country. And indoor allergens, such as pet dander, can occur anywhere. In other words, don't call your realtor quite yet.



**THE MYTH:** If you didn't have allergies as a kid, you wouldn't have them as an adult. **THE TRUTH:** Allergies can show up at any time in your life. Too many adults suffer from seasonal allergies, claiming that it "must be a bad cold" because they never had allergies previously. However, you can develop hay fever in your 20s, 30s, or beyond. A quick way to differentiate: Colds, which typically end in about two weeks, won't cause your nose, eyes, or roof of your mouth to itch.



**THE MYTH:** Nasal sprays are addictive. **THE TRUTH:** The sprays aren't addictive, but they do stop working as well after a few days of continuous use. Plus, you're not crazy—your congestion does get worse when you stop using the sprays. It's called a "rebound effect," though, and it's not an addiction. You can decrease the effect by only using nasal sprays for five days or less (three days is ideal), as well as rotating through classes of sprays, including steroid sprays, antihistamine sprays, or saline sprays.



**THE MYTH:** The newly opened flower blossoms make allergies worse. **THE TRUTH:** As previously mentioned, it's tree pollen, not flowers, that cause seasonal allergies. Of course, the brightest culprits always get blamed, but it's actually the least inspiring of trees that cause the worst allergies—oak, birch, and maple, all of which have pollen that can travel miles by the wind. While some flowers, such as hydrangeas and roses, could be irritating for people who get up close and personal with the blossoms, they pollinate by insects, not the wind.

# What You Need to Know About Emsculpt

FIRST-OF-ITS-KIND TECHNOLOGY  
MAY ALLOW YOU TO CONTRACT  
AWAY MUSCLE FAT

By Kelsey Casselbury

**D**o you hate doing crunches? Trick question—*everyone* hates doing crunches. They're hard on your back, create unhealthy tension in your hip muscles, and, truthfully, are pretty boring. Therefore, the idea that there's a way you can skip those crunches while still building abdominal muscle sounds incredible—but is it too good to be true?

Not according to research from Emsculpt, a company that manufactures a body-contouring device that was released in the fall of 2018. The device promises to use high-intensity electromagnetic energy to contract your muscles up to 20,000 times per 30-minute session to burn fat and build muscle. These are called “supramaximal contractions,” which you can't create on your own through doing any type of exercise. The device, designed by BTL Aesthetics, is typically used on the abdominal muscles, but it's also been used to target the tush and thigh muscles.

**19%** reduction in subcutaneous and abdominal muscle fat

**16%** increase in muscle mass

**4.4 cm** average in waist reduction

BTL Aesthetics Research Results

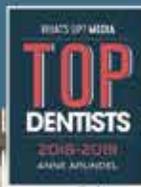


“The device was tested in seven unique clinical studies addressing both the abdomen and buttocks, and utilizing all four established methods of evaluation,” such as MRIs and CTs, before being released to the public, notes the company. “BTL Emsculpt delivered consistent results in muscle gain and fat loss.” BTL Aesthetics points out that the research results found an average 19 percent reduction in subcutaneous and abdominal muscle fat, a 16 percent increase in muscle mass, and an average waist reduction of 4.4 centimeters.

Of course, there's no magic way to wipe away fat. Those who try out Emsculpt—which should be done for at least three months to see results—should do so in conjunction with a healthier lifestyle, which includes a nutritious diet and regular exercise. While Emsculpt can be a boon for people who suffer from milk diastasis recti, which is a condition that often occurs after pregnancy in which abdominal muscles separate, it's not ideal for everyone. Don't use the device if you have a history of cardiac issues or seizures, if you're pregnant or have a hernia, or if you have implanted devices, like a pacemaker, near the part of your body where you want to use Emsculpt.

**\* The good news:** Emsculpt has been cleared by the Food and Drug Administration (FDA) to improve abs and glute muscle tone. It also takes just 30 minutes to try out a session—consider how much time you might save yourself from doing those dreaded crunches.

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HEALTH & BEAUTY HEALTH



# Tips for Care-givers



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Caregivers and family members are a vital part of the health care team for an aging loved one. Caregivers help advocate for their loved one, assist them with doctor visits, ensure they are following their care plans, and support them during health emergencies. Having the right information about your loved one or parents' health could save their lives.



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**Use the following list to make sure you have the necessary information should an emergency arise:**

**1. Contact information for all health-care providers including primary care:**

Keep the names and phone numbers of doctors and specialists on hand.

**2. Current medications with allergy list:**

Having a list of current medications helps doctors address issues related to multiple medications and risks associated with drug-drug interactions.

**3. Medical histories including personal lifestyle:**

Keep a list of medical conditions, past surgeries and major medical procedures. Doctors use this information to make decisions about medical procedures and treatment options.

**4. Access to medical records information:**

Find out whether your parents have signed a form that allows their doctors and insurance companies to release their medical information to you. If not, ask them to sign privacy agreements to allow you access in emergencies.

**5. Contact information for neighbors:**

Ask mom and dad for the name and number of a trusted neighbor who can be called to check in on them, and alert you if there is a problem.

**6. Details of advanced directives and goals of care:**

Get the details of your parents' living wills and who's authorized to make healthcare decisions on their behalf. Have this conversation now, rather than in the midst of a medical emergency. During your "dinner table" conversations, initiate discussions with your loved ones regarding their end of life wishes.

*Dr. Anuj Bhatnagar is a geriatrician with the University of Maryland Baltimore Washington Medical Center. He can be reached at 410-553-8092.*

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# Fresh Take

## MICROGREENS

By Kelsey Casselbury

They're not sprouts, they're not baby greens—what then, exactly, are microgreens? They're also known as micro herbs or vegetable confetti. They aren't just one type of plant but rather are the general name for a variety of tiny plants (about 1 to 3 inches tall) that pack a nutritional punch and can be used in salads, as a garnish, or blended into juices or smoothies.

The mini-plants can come from a variety of seeds, such as those from the *Brassicaceae* family, which includes broccoli, watercress, and arugula, and the *Asteraceae* family, which includes lettuce, endive, and radicchio. Because they come from a variety of plant families, the flavor of microgreens can range from neutral to spicy to slightly bitter.

Here's the great thing, though: despite their tiny footprint, microgreens are incredibly healthy. In fact, research shows that the nutrient content in microgreens can be up to nine times higher than in mature greens, like spinach and chard. The antioxidant content alone may help reduce the risk of Alzheimer's disease, heart disease, and certain cancers.



### GROW YOUR OWN

Microgreens, given how trendy they are, can be expensive. However, it's easy to grow them at home in container gardens. Here's how:

**1** Fill a shallow tray with about an inch of potting soil.

**2** Scatter your chosen seeds over the soil evenly. You can pack them in—because you harvest them once they're a couple inches tall, the plants don't need as much space.

**3** Add another inch of soil. Position the tray under a window that gets plenty of sunlight.

**4** Mist the tray with water a couple times a day. The microgreens should be ready to harvest in two to four weeks.

**5** To use, cut the microgreens with scissors above the soil level.

### Grilled Avocado Toast with Fried Egg and Microgreens →

Serves 4

- 4 slices **sourdough bread**, thickly sliced
- 2 **avocados**, peeled and seeded
- 3 tablespoons **extra-virgin olive oil**, divided
- 4 **eggs**
- 1/4 cup **microgreens**
- Sea salt** and freshly cracked **black pepper**, to taste

**Directions:** Heat a grill or grill pan to medium heat. Brush each slice of bread with a 1/2 tablespoon of extra-virgin olive oil. Place the bread slices on the grill or grill pan. Grill for about 3 minutes per side, or until they have nice grill marks but aren't burned. In a medium-sized bowl, lightly smash the avocado. Leave a few chunky bits. Add salt and pepper to taste. Heat the remaining olive oil in a large nonstick skillet. Fry the eggs until the whites are set and the yolks are still runny. Divide the avocado and microgreens evenly on top of the toasts. Sprinkle with sea salt and pepper.





HEALTH & BEAUTY BEAUTY

# When a Selfie Obsession Goes Too Far

PLASTIC SURGEONS REPORT PATIENTS INCREASINGLY REQUESTING COSMETIC MODIFICATIONS THAT MIMIC SMARTPHONE APP FILTERS

By Kelsey Casselbury

It's the age of selfies, much to the dismay of some medical professionals. The photography technology on smartphones has become so incredible that people are looking to mimic the effect that filters on photography apps, like slimmer cheeks or bigger eyes, have on the face—permanently. “**Snapchat dysmorphia**,” as it's been named, refers to the recent trend of patients bringing in pictures of themselves that have been heavily edited by a filter that adds freckles, lengthens eyelashes, and clears up the skin, among other effects. It's so widespread that researchers from Boston University School of Medicine's Department of Dermatology published an opinion piece about it in the journal *JAMA Facial Plastic Surgery*. In 2017, a survey from the American Academy of Facial Plastic and Reconstructive Surgery found that 55 percent of surgeons reported seeing patients who wanted surgery to look better in selfies, an increase of 13 percent over the 2016 survey. Frankly, the trend is concerning to many physicians. Body dysmorphic disorder (BDD), which falls on the obsessive-compulsive spectrum, refers to a condition in which people fixate on negative thoughts about their real or perceived physical flaws. “Snapchat dysmorphia” can trigger full-fledged BDD, researchers say, a serious mental health condition. Additionally, the idea of wiping away flaws instantly, as an app filter does, simply isn't realistic—and that leads to a number of exasperated doctors trying to manage expectations to disappointed patients.



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"I think that this serum is the real deal. It feels tight on the skin and you really feel it working its magic. Many women in my age group are looking for simple and quick tightening fixes, and this serum does the trick!" —Beauty Buzz Member Lara Mish, 46, Annapolis



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"This concealer is ideal if you want a full coverage liquid concealer to cover dark circles, redness, blemishes, and imperfections. It's moist, goes on smooth, and does not dry my sensitive skin. Love this concealer!" —Beauty Buzz Member Cathy Belcher, 66, Edgewater



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"I started using this as a traditional bar of soap. After being very satisfied, I even went so far to use it as a shave soap, which I found to be less irritating than my traditional shave foam. This is now my go-to for my shower routine. I feel fresh and revitalized after using this product." —Beauty Buzz Member Conor Reynolds, 25, Baltimore

# Products We Love

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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!)

2

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4

## TEA TREE UTILITY BAR BY BEARDBRAND

\$15/5 oz., beardbrand.com

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# Dining

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1

DINING TASTE

# Owner Treats Customers ‘Like Family’

By Tom Worgo

Photography by Steve Buchanan

It's easy to jet right past Sin Fronteras Cafe on Forest Drive. The restaurant and its sign are modest. On top of that, it's within a strip center, and the parking lot could use some love.

The out-of-the-way location doesn't stop customers from returning again and again.

“Once you try our cuisine, I will bet you will come back many times,” says enthusiastic owner Walter Vasquez, who also owns three barber shops and a small construction company in the county.

Besides preparing excellent food, Vasquez goes out of his way to make sure his customers feel welcome. He greets them at the door when they arrive, and once they are seated, he tries hard to ensure they have a pleasant experience. “If I don't go to a table and chat with them for two or three minutes, then I have failed for the week,” Vasquez explains.

The 50-year-old Vasquez brings a wealth of cultural and industry experience with his El Salvador roots. He worked for 20 years in Miami restaurants before opening Sin Fronteras in 2010.

We recently talked to Vasquez about what makes his Latin American and Mexican food so special, being honored by the Anne Arundel County Chamber of Commerce in 2017 as its Business Advocate of the Year for helping out other restaurant owners, and his journey from El Salvador to Miami to New York to Annapolis.



2

- 1. Chile en Nogada
- 2. Pork Chop a la Mamajuana
- 3. Chimichanga
- 4. Margarita Salmon

## What is the difference between Central American and Mexican cuisine?

Typically, it's not the same. With Central American food, we tend to use a reduction of vegetables. We are using more tomatoes, garlic, and onions and less spicy food. It's a combination of a lot of seasonings. It's just one of the main differences we have.

## What distinguishes your food from other restaurants?

What people love about this restaurant is that everything is made fresh daily. We don't use microwaves. We stay away from canned food. We use 13 different peppers as well as beer, tequila, and wine reduction sauces. What people also like about this place is that we combine the areas of Central and South America, South and Central Mexico, Cuba, Peru, and parts of Columbia. We do everything

in-house. We make the chips, salsa, and the dressings. We do everything here.

## Did you have to work your way up in the industry?

I used to work in a small deli and make deliveries while I was in school to learn English. Later, I worked in two of the best three-star restaurants in Miami Beach as a waiter, captain (someone who oversees a group of tables), and general manager.

## What makes the guests experience special?

It's like having guests in your house and you treat them like family. You have to be polite and sincere and give them the best you have. If you ask people about this restaurant, they tell you I make people feel at home. I make sure people are treated properly. That's what people love about us.



**What is your most popular dish?**

Ropa Vieja. It's a Cuban dish. What we do is make it out of brisket. We marinate that in orange juice, rum, garlic, and oregano overnight. The next morning, we take it out. Once it is cooked, we pull it into pieces, and we add garlic, tomatoes, onions, peppers, rice and beans and sweet plantains in this area.

**What other items appeal to customers?**

Chile en Nogada. It's a tradition from Central Mexico. We put the pepper in the oven, cut it up and add tomatoes, onions, and ground beef. It is made here with a little fruit and raisins and we stuff it. Then we make

a sauce that is made with tequila reduction to give it flavor. A little cheese and pomegranate, and a little bit of cinnamon. It's served cold as the main course.

**Tell me how you decided to have an extended happy hour that runs every day. Does any place in Annapolis have a similar one?**

No. We start at 11:30 a.m. and go to 6 p.m. every day of the week. The only place I see long happy hours is in Miami Beach. It's a party town. It's a cosmopolitan city. Not everybody works Monday through Friday like other cities. The happy hour most places is five to seven Monday through Friday.

**What do you want people to know about your Chile en Nogada recipe?**

No one has this in the area. It's a traditional dish from a town in Central Mexico, where, believe it or not, a lot of people from Europe go to try the dish. They have a festival there where all they make is Chile en Nogada. You have all these flavors in one dish. It's sweet, a little bit spicy, smoky, and salty.

**Why did you come to the United States from El Salvador?**

There are some political issues and a civil war. I have family in Miami, so I came there and started working in the restaurant business at 22. The industry is huge, and I loved it.

**How did you end up in Annapolis?**

After the September 11th terrorist attacks, Miami Beach took a major hit in tourism, as no one was traveling. I went



Owner Walter Vasquez

# Sin Fronteras Cafe

2129 Forest Dr, Annapolis  
410-266-0013  
sinfronterascfe.com

from working five days a week to three, two, or one day a week. So, I took a job in New York City working for Merrill Lynch as a union delegate handling all the grievances. Then the housing fiasco came along, and my wife and I bought a house in Annapolis. We love this area, and that's how we started.

**Can you explain why you go out of your way to help other new restaurant owners?**

If someone is starting a business—especially in the Latin community—they come to see me because the language, culture, and systems are different. They ask me, “How do I start a restaurant or a landscaping business?” If someone needs some help, I will make sure they have the right guidance, so they don't make the same mistakes I made throughout my career.

To view the Chile en Nogada Recipe, visit [whatsupmag.com](http://whatsupmag.com)



3



4

# Dining Guide

## Advertisers Listed in Red

Average entrée price  
\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

☎ Reservations

🍷 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2018 Winner

## Downtown Annapolis

### Annapolis Ice Cream Company

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

### Armadillo's Bar & Grill

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

### The Big Cheese & Sammy's Deli

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

### Buddy's Crabs & Ribs

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

### Café Normandie

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

**Castlebay Irish Pub 1**  
93 Main Street, Annapolis; 410-626-0165; Irish; lunch, dinner, late-night \$\$ 🍷 🎵 🐾

**Chick & Ruth's Deli**  
165 Main Street, Annapolis; 410-269-6737; Chickandruths.com; American diner; breakfast, lunch, dinner, late-night \$ 🍷 🎵

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

**Dock Street Bar & Grill**  
136 Dock Street, Annapolis; 410-268-7278; Dockstreetbar.net; American; lunch, dinner, late-night \$\$ 🍷 🎵 🌊 🐾

**Dry 85**  
193 B Main Street, Annapolis; 443-214-5171; DRY85.com; American; lunch, dinner, Sunday brunch \$\$ 🍷 🎵 🌊 🐾

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

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

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

### Galway Bay Irish Restaurant & Pub

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

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

**Harvest Wood Grill & Tap Room**  
26 Market Space, Annapolis; 410-280-8686; Harvestwoodgrill.com \$\$ ☎

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

**Joss Café & Sushi**  
195 Main Street, Annapolis; 410-263-4688; Jossushi.com; Japanese, sushi; lunch, dinner \$\$ 🍷 🎵 👑

**Mason's Famous Lobster Rolls**  
188 Main Street, Annapolis; 410-280-2254; Masonslobster.com; Seafood; lunch, dinner \$

**McGarvey's Saloon & Oyster Bar**  
8 Market Space, Annapolis; 410-263-5700; MCGarveysannapolis.com; American; lunch, dinner, late-night, Sunday brunch \$\$ ☎ 🍷 🎵 🐾 👑

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

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

**O'Brien's Oyster Bar & Restaurant**  
113 Main Street, Annapolis; 410-268-6288; Obriensoysterbar.com; Seafood; lunch, dinner, late-night, brunch \$\$ 🍷 🎵 🐾

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

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

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

## CARPACCIO'S

"Love their customer service and their menu." –Ivonne Arena

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

**Reynolds Tavern**  
7 Church Circle, Annapolis; 410-295-9555; Reynoldstavern.org; International; lunch, dinner, afternoon tea \$\$ ☎ 🍷 🎵 🌊 🐾 👑

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

**Sofi's Crepes**  
1 Craig Street, Annapolis; 410-990-0929; Sofiscrepes.com; Sweet and savory crepes \$ 👑

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

## Upper Annapolis

**49 West, Coffeebar, Winebar & Gallery**  
49 West Street, Annapolis; 410-626-9796; 49westcoffeehouse.com; American, coffeehouse; breakfast, lunch, dinner \$\$ ☎ 🍷 🎵 🐾

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

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

**Carpaccio Tuscan Kitchen & Wine Bar**  
1 Park Place, Annapolis; 410-268-6569; Carpaciotuscankitchen.com; Italian; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🎵 🌊 🐾 👑

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

**El Toro Bravo**  
50 West Street, Annapolis; 410-267-5949; Mexican; lunch, dinner \$\$ 🍷 🎵 🌊 🐾 👑

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

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

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

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

### Luna Blu

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

### Metropolitan Kitchen & Lounge

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

### Miss Shirley's Café

1 Park Place, Annapolis; 410-268-5171; MissShirleys.com; Southern American; breakfast, brunch, lunch \$ 🌿 🍷 🐾 🏆

### Rams Head Tavern

33 West Street, Annapolis; 410-268-4545; Ramsheadgroup.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🌿 🍷 🌿 🐾 🏆

### Sailor Oyster Bar

196 West Street, Annapolis; 410-571-5449; Sailoroysterbar.com; American grill, seafood, cocktails; weekend lunch, dinner \$\$ 🌿

### Stan & Joe's Saloon

37 West Street, Annapolis; 410-263-1993; Stanandjoessaloon.com; American; lunch, dinner, late-night, Sunday brunch \$ 🌿 🍷 🌿 🐾 🏆

### Tsunami

51 West Street, Annapolis; 410-990-9868; Tsunamiannapolis.com; Fusion, sushi; lunch, dinner, late-night \$\$ 🌿 🐾 🌿

## Greater Annapolis

### Basmati

2444 Solomons Island Road, Annapolis; 410-266-6355; Basmatiofannapolis.com; Indian; lunch, dinner \$\$ 📞 🌿 🍷 🐾 🏆

### Blue Rooster Café

1372 Cape St. Claire Road, Annapolis; 410-757-5232; GoToRoosters.com; Modern American; breakfast, lunch, dinner \$\$ 🌿 🍷 🏆

### Brio Tuscan Grille

305 Sail Place, Annapolis; 410-571-5660; Brioitalian.com; Italian; lunch, dinner, Sunday brunch \$\$ 📞 🌿 🍷 🌿 🐾

### Broadneck Grill & Cantina

1364 Cape St Claire Road, Annapolis; 410-757-0002; Broadneckgrill.com; Contemporary American and Mexican Cuisine; serve breakfast Saturday and Sunday; lunch, dinner \$\$ 🌿 🍷 🌿 🏆

### Bruster's Real Ice Cream

1409 Forest Drive, Annapolis; 410-295-0025; Brustersannapolis.com; Dessert \$ 🍷 🐾

### Buffalo Wild Wings

2337-A Forest Drive, Annapolis; 410-573-0331; Buffalowildwings.com; American; lunch, dinner \$ 🌿 🍷

### Cantler's Riverside Inn

458 Forest Beach Road, Annapolis; 410-757-1311; Cantlers.com; Crabs, seafood; lunch, dinner \$\$ 🌿 🍷 🌿 🏆

### The Canton Restaurant

11 Ridgely Avenue, Annapolis; 410-280-8658; Cantonannapolis.com; Chinese; lunch, Dinner \$ 🌿 🍷

### Cooper's Hawk

1906 Towne Centre Blvd, Annapolis; 443-837-9989; Chwinery.com; American; lunch, dinner \$\$ 🌿 🍷

### Chevys Fresh Mex

2436 Solomons Island Rd, Annapolis; 410-573-4932; Chevysannapolis.com; Mexican; lunch, dinner, brunch \$\$ 📞 🌿 🍷 🌿

### Chris' Charcoal Pit

1946 West Street, Annapolis; 410-266-5200; Chrischarcoalpit.com; Greek; lunch, dinner \$ 🌿 🍷 🏆

### Chuy's

2339 Forest Drive, Annapolis; 512-473-2783; Chuys.com; Mexican; lunch, dinner \$-\$\$ 🌿 🍷

### Double T Diner

12 Defense Street, Annapolis; 410-571-9070; DoubleTdiner.com; American diner; breakfast, lunch, dinner, late-night \$\$ 🌿 🍷 🏆

### Eggcellence

2625 Housley Road, Annapolis; 410-573-9503; Eggcellence-brunchery.com; American; breakfast, lunch \$ 🍷

### Evelyn's

26 Annapolis St, Annapolis; 410-263-4794; Evelynsannapolis.com; American; breakfast, brunch, lunch, happy hour \$\$ 🌿 🍷 🌿

### Giolitti Delicatessen

2068 Somerville Road, Annapolis; 410-266-8600; Giolittideli.com; Delicatessen; lunch, dinner \$ 🌿 🍷 🌿

### Gordon Biersch

1906 Towne Centre Boulevard, Ste. 155, Annapolis; 410-266-5965; Gordonbiersch.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

**"Most elegant restaurant in Annapolis. The décor is beautiful, and the food and service are outstanding."**

*-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 \$\$ 🍷 🏆



**EAT**

**REVIEW**

**WIN**

Restaurant Name _____	Name _____
_____	_____
Restaurant Location _____	Phone _____
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LA SIERRA

**“Great lunch menu! The food is reasonably price and delicious.”**  
*—Carol Walsh*

**Maggiano's Little Italy**  
 2100 Annapolis Mall Road, Ste. 1200, Annapolis; 410-266-3584; Italian; lunch, dinner, Saturday and Sunday brunch \$\$ ☎ 🍷 🍴

**The Melting Pot**  
 2348 Solomons Island Road, Annapolis; 410-266-8004; Meltingpot.com; Fondue; dinner \$\$ ☎ 🍷 🍴

**Mission BBQ**  
 2101 Somerville Road, Annapolis; 443-569-4700; Mission-bbq.com; Barbecue; lunch, dinner \$\$ 🍷 🍴

**Newk's Eatery**  
 2077 Somerville Rd. Suite 150, Annapolis; 410-934-7000; Newk's.com; Sandwiches, soups, salads, pizza; lunch, dinner \$ 🍷

**Paladar Latin Kitchen & Rum Bar**  
 1905 Towne Centre Boulevard, Ste. 100, Annapolis; 410-897-1022; Paladarlatinkitchen.com; Latin American; lunch, dinner, late-night, Week-end brunch \$\$ ☎ 🍷 🍴 \* 🍷

**Paul's Homewood Café**  
 919 West Street, Annapolis; 410-267-7891; Paulshomewoodcafe.com; Mediterranean; lunch, dinner, brunch \$\$ ☎ 🍷 🍴 \* 🍷

**Pasticcio**  
 150-F Jennifer Road, Annapolis; 443-949-0608; Pasticcioannapolis.com; Italian; lunch, dinner \$\$ 🍷

**Ports of Call**  
 210 Holiday Court, Annapolis; 410-573-1350; Doubletreeannapolis.com; Modern American; breakfast, lunch, dinner \$\$ 🍷

**Rams Head Roadhouse**  
 1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadgroup.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ 🍷 🍴 🍷

**Red, Hot & Blue**  
 200 Old Mill Bottom Road, Annapolis; 410-626-7427; Redhotandblue.com; Barbecue; lunch, dinner \$ 🍷 🍴

**Riverbay Roadhouse**  
 1374 Cape St Claire Road, Annapolis; 410-757-2919; Riverbay-roadhouse.com; Steak, seafood; breakfast, lunch, dinner \$\$ ☎ 🍷 🍴 🍷

**Royal Karma**  
 302 Harry S. Truman Pkwy, Suite K, Annapolis; 410-266-5006; Indianfoodannapolis.com; Indian; Lunch buffet, dinner \$\$ ☎ 🍷 🍴

**Sakura Japanese Steak & Seafood House**  
 2625 Housley Road, Annapolis; 410-573-0006; Sakurasteakhouse.com; Japanese; lunch, dinner \$\$ ☎ 🍷 🍴

**Sam's on the Waterfront**  
 2020 Chesapeake Harbour Drive East, Annapolis; 410-263-3600; Samsonthewaterfront.com; Modern American; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🍴 🍷

**Sandy Pony Donuts**  
 1901 Towne Centre Blvd., Ste 130, Annapolis; 301-873-3272; Sandyponydonut.com; Breakfast \$ 🍷 🍴

**Seafood Palace Buffet**  
 81 Forest Plaza A, Annapolis; 410-216-2186; Seafoodpalacebuffet.com; American, Japanese, Seafood; lunch, dinner \$ 🍷

**Severn Inn**  
 1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; Severninn.com; Seafood; lunch, dinner, Sunday brunch \$\$ ☎ 🍷 🍴 🍷 \* 🍷

**Sin Fronteras**  
 2129 Forest Drive, Annapolis, 410-266-0013, Sinfronterascfe.com, Mexican; lunch, dinner, Saturday and Sunday breakfast \$\$ 🍷 🍴 \*

**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 \$ 🍷 🍴 🍷

**Carroll'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; Eastportkitchen.com; American; breakfast, lunch, dinner \$\$ 🍷

**Grump's Café**  
 117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$ 🍷 🍴

**Jack's Fortune**  
 960 Bay Ridge Road, Annapolis; 410-267-7731; Jackfortune1.com; Chinese; lunch, dinner \$ 🍷 🍴 🍷

**Lewnes' Steakhouse**  
 401 Fourth Street, Annapolis; 410-263-1617; Lewnessteakhouse.com; Steakhouse, seafood; dinner \$\$\$ ☎ 🍷 🍴 🍷

**Main & Market**  
 914 Bay Ridge Road, Annapolis; 410-626-0388; Mainandmarket.com; Farm-to-table; breakfast, lunch, dinner \$\$ 🍷 🍴 🍷

**O'Leary's Seafood Restaurant**  
 310 Third Street, Annapolis; 410-263-0884; Olearysseafood.com; Seafood; dinner, Sunday brunch \$\$\$ ☎ 🍷 🍴 🍷

**Rocco's Pizzeria**  
 954 Bay Ridge Road, Annapolis; 410-263-9444; Roccospizzashop.com; Pizza; lunch, dinner \$ 🍷 🍴 🍷

**Ruth's Chris**  
 301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris-Annapolis.com; Steakhouse; dinner \$\$\$ ☎ 🍷 🍴 🍷 \* 🍷

**Sammy's Pizza Kitchen**  
 1007 Bay Ridge Ave, Annapolis; 410-990-9800; Sammyspizzakitchen.com; Italian; lunch, dinner \$-\$\$ 🍷

**Vin 909 WineCafe**  
 909 Bay Ridge Avenue, Annapolis; 410-990-1846; Vin909.com; Farm-to-table; lunch, dinner \$\$ 🍷 \* 🍷 🍴

**Edgewater / South County**

**Adam's Taphouse and 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; Theal-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-italteofitaly.com; Italian; lunch, dinner \$ 🍷

**Broadneck Grill & Cantina**  
 74 Central Avenue West, Edgewater; 410-956-3366; Broadneckgrill.com; American and Mexican Cuisine; lunch, dinner \$ 🍷 🍴 🍷

**The Bistro at South River**  
 3451 Solomons Island Road, Edgewater; 410-798-5865; Golfclubsr.com; Modern American; breakfast, lunch, dinner \$\$ 🍷 🍴 \*

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Y 🍴 \* 🐾

**Pier Oyster Bar**

48 South River Road, Edgewater; 443-837-6057; Coconutjoesusa.com; Caribbean; lunch, dinner, late-night \$\$ Y 🍴 🍷 \*

**Edgewater Restaurant**

148 Mayo Road, Edgewater; 410-956-3202; Edgewaterrestaurant.com; American, seafood; lunch, dinner, Sunday brunch \$\$ Y 🍴 🍷

**Fuji Steakhouse**

169 Mitchells Chance Road, Edgewater; 410-956-8898; Fujisteakhousemd.com; Japanese; lunch, dinner \$\$ 🍴 Y 🍴

**Glory Days Grill**

3 Lee Airpark Drive, Edgewater; 443-808-8880; Glorydaysgrill.com; American, sports bar; lunch, dinner \$ Y \* 🍴

**The Greene Turtle**

3213 Solomons Island Road, Ste. A, Edgewater; 410-956-1144; Greenturtle.com; American Lunch, dinner, late-night \$ Y 🍴 🍷 🍺

**Happy Harbor**

533 Deale Road, Deale; 410-867-0949; Happyharbordeale.com; American; lunch, dinner \$ Y 🍷 🍺

**Harvest Thyme Modern Kitchen & Tavern**

1251 West Central Ave, Davidsonville; 443-203-6846; Harvestthymetavern.com; American; lunch, happy hour, dinner \$ Y 🍷

**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 \$\$ 🍴 Y 🍴 \* 🍺

**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 \$\$ 🍴 Y 🍴 🍷 \* 🍺

**Nova Sushi Bar and Asian Fusion**

3257 Solomons Island Road, Edgewater; 410-956-5326; Novasushi.com; Sushi, lunch, dinner \$-\$

**Old Stein Inn**

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ Y 🍴 \* 🍺 🍷

**Petie Greens Bar and Grill**

6103 Drum Point Road, Deale; 410-867-1488; Petiegreens.com \$\$ 🍴 Y 🍴 🍷 \* 🍺

**Pirate's Cove**

4817 Riverside Drive, Galesville; 410-867-2300; Piratescovemd.com; Seafood; breakfast, lunch, dinner, Sunday brunch \$\$ 🍴 Y 🍴 🍷 \* 🍺

**Plazuelas**

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

**Rod N Reel Restaurant**

4165 Mears Avenue, Chesapeake Beach; 410-257-2735; Chesapeakebeachresortspa.com; Seafood; breakfast, lunch, dinner \$\$ 🍴 Y 🍴 🍷 \* 🍺

**Saigon Palace**

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

**Skipper's Pier**

**Restaurant & Dock Bar**  
6158 Drum Point Road, Deale; 410-867-7110; Skipperspier.com; Seafood; dinner \$\$ 🍷 \*

**South County Café**

5690 Deale Churchton Road, Deale; 410-867-6450; American; breakfast, lunch, dinner \$\$ 🍴

**Stan & Joe's Saloon South**

173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ Y 🍴 \* 🍺 🍷 🍻

**Thursday's Steak & Crabhouse**

4851 Riverside Drive, Galesville; 410-867-7200; Seafood; lunch, dinner \$\$ Y 🍴 🍷 \* 🍺

**Yellowfin Steak & Fish House**

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

**Arnold / Severna Park / Pasadena & Beyond**

**Adam's Ribs**

589 Baltimore Annapolis Boulevard, Severna Park; 410-647-5757; Adamsribs.com; Barbecue; lunch, dinner \$\$ Y 🍴

**Bella Italia**

1460 Ritchie Highway, Arnold; 410-757-3373; Bellaitaliaarnold.com; Italian; lunch, dinner \$ Y 🍴

**Brian Boru Restaurant & Pub**

489 Ritchie Highway, Severna Park; 410-975-2678; Brianborupub.com; Irish; lunch, dinner, Sunday brunch \$\$ 🍴 Y 🍴 \*

**Café Bretton**

849 Baltimore Annapolis; Boulevard, Severna Park; 410-647-8222; Cafe-bretton.com; French; dinner \$\$

**Café Mezzanotte**

760 Ritchie Highway, Severna Park; 410-647-1100; Cafemezz.com; Italian; lunch, dinner \$\$ 🍴 Y 🍴 \* 🍺

**Capiche Street Food Italiano**

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

**Donnelly's Dockside**

1050 Deep Creek Avenue, Arnold; 410-757-4045; Donnellysdockside.com; Seafood; lunch, dinner \$\$ Y 🍴 🍷

**Founders Tavern & Grille**

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

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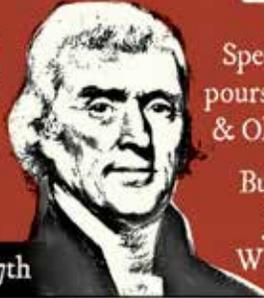
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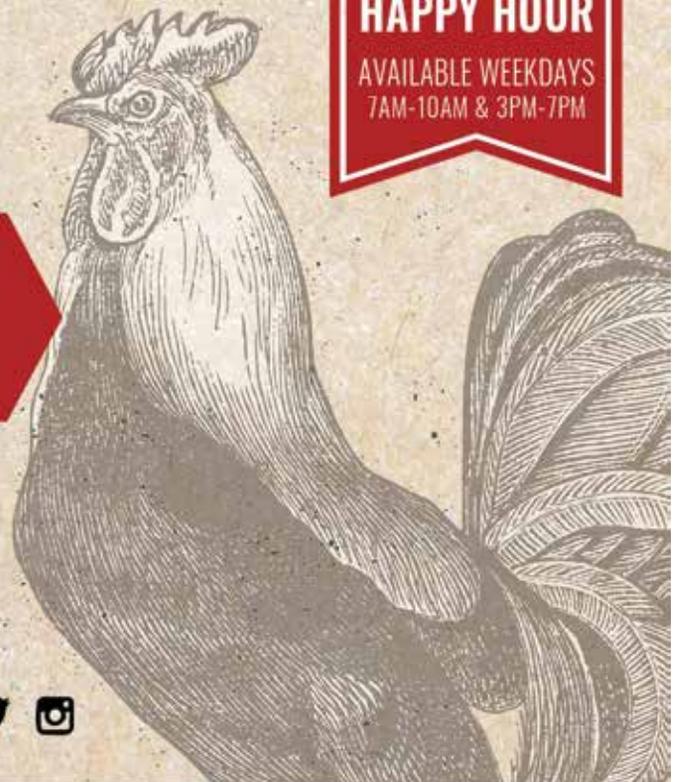
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601 S Talbot Street, St. Michaels; 410-745-6400; Facebook.com/ginascfestmikes; Southwestern, Vegetarian; lunch, dinner \$\$

**La Posta Pizzeria**

513 Baltimore Annapolis Blvd., Severna Park; 443-906-2840; Lapos-tapizzeria.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 \$

**Mamma Angela's**

2225-A Defense Highway, Crofton; 443-584-4038; Mammaas.com; Italian; lunch, dinner \$-\$\$

**Mi Pueblo II**

554-A Ritchie Highway, Severna Park; 410-544-4101; Mipueblo2.com; Mexican; lunch, dinner \$

**Mother's Peninsula Grill**

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

**O'Loughlin's Restaurant**

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

**Park Tavern**

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

**Pascal's Chophouse**

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

**The Point Crab**

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 \$

**Sin Fronteras**

7700 Ritchie Highway, Glenn Burnie, 410-424-2022, Sinfronterascfe.com, Mexican; lunch, dinner, Saturday and Sunday breakfast \$

**Twains Tavern**

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

**Vida Taco Bar**

541 Baltimore Annapolis Blvd, Severna Park; 410-544-2300; Vidatacobar.com; Tex-Mex; lunch, dinner \$\$

**The Island Hideaway**

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

**Knoxie's 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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# April Calendar

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

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

Monday

1

**SPECIAL EVENTS**

**Open Portrait Studio** at Academy Arts Museum Of Easton, Easton. 1 p.m. 410-822-2787. [Academyartmuseum.org](http://Academyartmuseum.org)

**An Evening with Billy Idol & Steve Stevens** at Lincoln Theatre, D.C. 6:30-7:30 p.m. 202-888-0050. [Theincoln-dc.com](http://Theincoln-dc.com)

**Rafael Lozano-Hemmer: Pulse** at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. daily. Now through April 28th, 2019. 202-633-1000. [Hirshhorn.si.edu](http://Hirshhorn.si.edu)

**Disrupting Craft: Renwick Invitational 2018** at Smithsonian American Art Museum Renwick Gallery, Washington D.C. 11:30 a.m.-7 p.m. Now through May 5th, 2019. 202-633-7970. [Americanart.si.edu](http://Americanart.si.edu)

**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.) through April 14th, 2019. 202-783-5000. [Nmwa.org](http://Nmwa.org)

**Portraits of the World: Korea** at Smithsonian National Portrait Gallery, Washington. 11:30 a.m.-7 p.m. daily. Now through November 17th, 2019. 202-633-8300. [Npg.si.edu](http://Npg.si.edu)

**Section 14: The Other Palm Springs** at The National Museum of the American Indian, Washington. 10 a.m.-5:30 p.m. daily. Now through January 2020. 202-633-1000. [Americanindian.si.edu](http://Americanindian.si.edu)

**How We Live with Nature: The Student Art Show** at Ward Museum of Wildfowl Art, Salisbury. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through April 14th, 2019. 410-742-4988. [Wardmuseum.org](http://Wardmuseum.org)

**Votes for Women: A Portrait of Persistence** at Smithsonian National Portrait Gallery, Washington. 11:30 a.m.-7 p.m. daily. Now through January 5th, 2020. 202-633-8300. [Npg.si.edu](http://Npg.si.edu)

**Matthew Moore: Post-Socialist Landscapes** at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through April 7th, 2019. 410-822-2787. [Academyart-museum.org](http://Academyart-museum.org)

**Recent Acquisitions** at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through April 7th, 2019. 410-822-2787. [Academyart-museum.org](http://Academyart-museum.org)

**Rise Up: Stonewall and the LGBTQ Rights Movement** at Newseum, Washington. 9 a.m.-5 p.m. (Mon.-Sat.), 10 a.m.-5 p.m. (Sun.). Now through January 5th, 2020. 202-292-6100. [Newseum.org](http://Newseum.org)

**Drawing in Tintoretto's Venice** at National Gallery of Art, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Now through May 26th, 2019. [Nga.gov](http://Nga.gov)

**Artists Respond: American Art and the Vietnam War, 1965-1975** at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. daily. Now through August 18th, 2019. 202-633-7970. [Americanart.si.edu](http://Americanart.si.edu)

**Tiffany Chung: Vietnam, Past is Prologue** at Smithsonian American Art Museum, Washington. 11:30 a.m.-7 p.m. daily. Now through September 2nd, 2019. 202-633-7970. [Americanart.si.edu](http://Americanart.si.edu)

**Ursula von Rydingsvard: The Contour of Feeling** at National Museum of Women in the Arts, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through July 28th, 2019. 202-783-5000. [Nmwa.org](http://Nmwa.org)

**BIG INK** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through April 26th, 2019. 410-263-5544. [Maryland-hall.org](http://Maryland-hall.org)



Join the Junior League of Annapolis, Inc. (JLA) for its 12th Annual Jennifer Summers Barrett Memorial Volunteers on the Run 5K on Sunday, April 14th, 9:30 a.m. at Quiet Waters Park. The proceeds from the event will benefit the many community programs of JLA, including the establishment of a Community of Hope in Brooklyn Park, the Coaching for Life Partnership with Serenity Sistas, and the Anne Arundel County Partnership for Children, Youth, and Families. For more information, visit [Jlannapolis.org](http://Jlannapolis.org).

**Making Our Mark: Washington Print Club** at St. John's College Mitchell Gallery, Annapolis. 12-5 p.m. (Tues.-Sun.). Now through April 21st, 2019. 410-626-2556. [Sjc.edu](http://Sjc.edu)

**Light - Water + Stone** at the Carla Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through May 5th, 2019. 410-778-7330. [Massoniart.com](http://Massoniart.com)

**Artwork by Joanne S. Scott: 60 Year Retrospective** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through April 26th, 2019. 410-263-5544. [Marylandhall.org](http://Marylandhall.org)

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

**Annual Spring Group Show** at Troika Gallery, Easton. 10 a.m.-5:30 p.m. (Mon.-Sat.). Now through June 4th, 2019. 410-770-9190. [Troikagallery.com](http://Troikagallery.com)

**MUSIC**

**Let's Eat Grandma** at 9:30 Club, D.C. 7-8 p.m. 202-265-0930. [930.com](http://930.com)

**Brooklyn Youth Chorus: "Silent Voices": Lovestate** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. [Kennedy-center.org](http://Kennedy-center.org)

**Jon Anderson** at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. 410-263-5544. [Marylandhall.org](http://Marylandhall.org)

Tuesday

2

**SPECIAL EVENTS**

**ALL Course: Enlightened Philanthropy** at Chesapeake Bay Maritime Museum, St. Michaels. 10-11:30 a.m. 410-745-2916. [Cbmm.org](http://Cbmm.org)

**Half Pint Kids Club: Veggie Wraps** at Whole Foods Market Annapolis, Annapolis. 11 a.m. 410-573-1800. Wholefoods.com/annapolis (F)

**(FULL) ALL Course: A Sense of Place** at Chesapeake Bay Maritime Museum, St. Michaels. 1:30 p.m.-3 p.m. 410-745-2916. Cbmm.org

**WWE Smackdown Live** at Royal Farms Arena, Baltimore. 7:45 p.m. 410-347-2020. Royalfarmsarena.com

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

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

**DIS | A Good Crisis** at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through November 19th, 2019. 443-573-1700. Artbma.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. 410-547-9000. Thewalters.org

**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. 443-573-1700. Artbma.org

**MUSIC**

**Mason Bates's KC Jukebox: Chanticleer's "Sirens"** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Muse** at Capital One Arena, D.C. 7:30-8:30 p.m. 202-628-3200. Capitalonearena.com

**New York City Ballet** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**The Allman Betts Band** at Rams Head On Stage, Annapolis. 8 p.m.-9 p.m. 410-268-4545. Rams-headonstage.com

**Getter** at 9:30 Club, D.C. 8 p.m.-9 p.m. 202-265-0930. 930.com

**PERFORMING ARTS**

**The Book of Mormon** at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. France-merrickpac.com

**SPORTS**

**Phillies at Nationals** at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Wednesday

3

**SPECIAL EVENTS**

**ALL Course: Don Quijote de la Mancha Part II** at Chesapeake Bay Maritime Museum, St. Michaels. 9:30 a.m. 410-745-2916. Cbmm.org

**ALL Book Discussion: The Woman Who Smashed Codes** at Chesapeake Bay Maritime Museum, St. Michaels. 10-11:30 a.m. 410-745-2916. Cbmm.org

**Boater's Safety Course** at Chesapeake Bay Maritime Museum, St. Michaels. 5-9 p.m. 410-745-2916. Cbmm.org

**Open Boatshop** at Chesapeake Bay Maritime Museum, St. Michaels. 5:30-8:30 p.m. 410-745-2916. Cbmm.org

**Karaoke Live!** at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

**Creative Odyssey** at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through May 19th, 2019. 410-222-1777. Fawp.org

**The Art of Stewardship** 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 April 23rd, 2019. 410-778-6300. Chestertownriverarts.net

**MUSIC**

**Patty Griffin** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**The Allman Betts Band** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**The Kennedy Center Gala with Idina Menzel** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Burna Boy** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

**PERFORMING ARTS**

**New York City Ballet** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**The Book of Mormon** at The Hippodrome Theatre, Baltimore. (See 4/2).

**SPORTS**

**Phillies at Nationals** at Nationals Park, D.C. 1:05 p.m. 202-675-6287. Nationals.com (F)

**Wizards vs. Bulls** at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com (F)

Thursday

4

**SPECIAL EVENTS**

**ALL Course: How the Mild Fifties Transformed into the Wild Sixties** at Chesapeake Bay Maritime Museum, St. Michaels. 1:30 p.m. 410-745-2916. Cbmm.org

**Frontier Rebels: The Fight for Independence in the American West - A Talk by Dr. Patrick Spero** at Washington College, Chestertown. 5:30 p.m. 410-810-7156. Washcoll.edu

**Fashion for Friends** at Great Gatherings, Annapolis. 6-9 p.m. 443-569-4209. Friendsilhs.org (C)

**Horiculture Lecture Series** at Galilee Lutheran Church, Chester. 7 p.m.-9 p.m. Qac.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

**MUSIC**

**Brian Culbertson** at Rams Head On Stage, Annapolis. 6:30 p.m. 410-268-4545. Rams-headonstage.com

**Annapolis Symphony Orchestra: Symphony Study** at Maryland Hall for the Creative Arts, Annapolis. 7 p.m.-7 p.m. 410-263-0907. Annapolis-symphony.org

**Emily King** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Mimi Stillman, flute, and members of the Annapolis Chamber Orchestra** at Washington College, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

**Jamey Johnson with Kelsey Waldon** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilver-spring.com

**Renée Fleming VOICES: The Bleckmann** at The John F. Kennedy Center for the Performing Arts, D.C. 9 p.m. 202-467-4600. Kennedy-center.org

**Moon Medicin** at The John F. Kennedy Center for the Performing Arts, D.C. 9 p.m. 202-467-4600. Kennedy-center.org

**Brian Culbertson** at Rams Head On Stage, Annapolis. 9:30 p.m. 410-268-4545. Rams-headonstage.com

**PERFORMING ARTS**

**New York City Ballet** at The John F. Kennedy Center for the Performing Arts, D.C. (See 4/3).

**P.Y.G. or The Mis-Edumacation of Dorian Belle** at Studio Theatre, D.C. 7:30 p.m. 202-332-3300. Studiotheatre.org

**Phantom Limb Company: Falling Out** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Rosenkrantz and Guilderstern are Dead** at Fells Point Corner Theatre, Baltimore. 8 p.m. 410-276-7837. Fpct.org

**The Book of Mormon** at The Hippodrome Theatre, Baltimore. (See 4/2).

**SPORTS**

**Yankees at Orioles** at Oriole Park at Camden Yards, Baltimore. 3:05 p.m. 888-848-2473. Orioles.com (F)

**Capitals vs. Canadiens** at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com (F)

Friday

5

**SPECIAL EVENTS**

**First Friday in Chestertown** at Downtown Chestertown, Chestertown. 5 p.m. 443-282-0246. Kentcounty.com (F)

**WELead; The Woman Empowered Experience** at The Lightbox Studio, Annapolis. 8:30 a.m.-5:30 p.m. 443-852-5274.

**Kent School Golf Tournament** at Chester River Yacht & Country Club, Chestertown. 9 a.m.-4 p.m. 410-778-4100. Kentschool.org

**(FULL) ALL Course: The Wines of Spain and Italy** at Chesapeake Bay Maritime Museum, St. Michaels. 2 p.m. 410-745-2916. Cbmm.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

**Friday Night Karaoke** at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideaway-odenton.com

**Jon Mort - Hold These Truths** at the Carla Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through May 5th, 2019. 410-778-7330. Massonart.com

**WELead: The Woman Empowered Experience at The Lightbox Studio, Annapolis. 8:30 a.m.-5:30 p.m. Whatsuptix.com (TIX)**

**MUSIC**

**Pat Metheny** at Rams Head On Stage, Annapolis. 6:30 p.m. 410-268-4545. Rams-headonstage.com

**Jess Glynn** at Lincoln Theatre, D.C. 6:30 p.m. 202-888-0050. TheLincolndc.com

**The Infamous Stringdusters** at 9:30 Club, D.C. 7 p.m.-8 p.m. 202-265-0930. 930.com

**Sara Jones: Jazz in Bloom** at Oxford Community Center, Oxford. 7:30 p.m. 410-226-5904. Oxfordcc.org

**iHeartRadio's Blossom Bash feat. Meghan Trainor** at The Anthem, D.C. 8:30 p.m. 202-888-0020. Theanthemdc.com

**Henry Threadgill: Double Up Plays Double Up Plus** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**DABABY** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilver-spring.com

**NSO Pops: Legendary Women's Voices: An Evening With Cynthia Erivo** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Caroline Shaw and Friends** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Pat Metheny** at Rams Head On Stage, Annapolis. 9:30 p.m. 410-268-4545. Rams-headonstage.com

**PERFORMING ARTS**

**Funny As Ish Comedy Tour** at Royal Farms Arena, Baltimore. 8 p.m. 410-347-2020. Royalfarmsarena.com

**Cirque Goes Hollywood** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

**A Flea In Her Ear** at Church Hill Theatre, Church Hill. 8 p.m. 410-556-6003. Churchhill-theatre.org

**Junk** at Arena Stage, D.C. 8 p.m. 202-554-9066. Arenastage.org

**New York City Ballet** at The John F. Kennedy Center for the Performing Arts, D.C. (See 4/3).

**P.Y.G. or The Mis-Edumacation of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**Phantom Limb Company: Falling Out** at The John F. Kennedy Center for the Performing Arts, D.C. (See 4/4).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. 8 p.m. 410-415-3513. Annapolis-shakespeare.org

**Rosenkrantz and Guilderstern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/4).

**The Annapolis High Drama Co. Presents - The Little Mermaid!** at Annapolis High School, Annapolis. 7 p.m. 410-266-5240. Ahsdramaco.com

**The Book of Mormon** at The Hippodrome Theatre, Baltimore. (See 4/2).

**The Last Five Years** at Wor-Wic Community College - Guerrieri Hall, Salisbury. 8 p.m. Communityplayersof-salisbury.org

**SPORTS**

**Wizards vs. Spurs** at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com (F)

Saturday

6

**SPECIAL EVENTS**

**Wellness Weekend** at Chesapeake Bay Beach Club, Stevensville. 9 a.m. Baybeachclub.com

**Adkins Arboretum Arbor Day 5k** at Adkins Arboretum, Ridgely. 8 a.m. 410-634-2847. Adkinsarboretum.org (F) (C)

# RAMS HEAD *On Stage*

APRIL HIGHLIGHTS

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**THE ALLMAN BETTS BAND**  
W. SPECIAL GUEST SCOTT SHARRARD



APR 4  
**BRIAN CULBERTSON**  
CONTEMPORARY JAZZ



APR 6  
**SPECIAL EFX ALL STARS**  
FEAT. CHIELI MINUCCI



APR 7  
**HALEY REINHART**  
OF AMERICAN IDOL



APR 11  
**AVERAGE WHITE BAND**



APR 13  
**ARIELLE**  
ALL AGES MATINEE



APR 13  
**LOS LONELY BOYS**  
W. GARY DOUGLAS BAND



APR 14  
**BIG SAM'S FUNKY NATION**  
MATINEE SHOW



APR 14  
**STEVE TYRELL**  
JAZZ VOCALIST



APR 15  
**THE DIMMER TWINS**  
FEAT. PATTERSON HOOD



APR 17  
**THE CHURCH**  
STARFISH 30TH ANNIVERSARY TOUR



APR 18  
**ROB SCHNEIDER**  
COMEDIAN



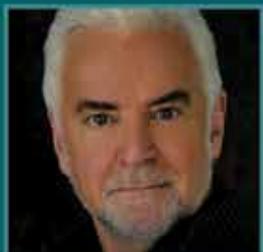
APR 19  
**GLENN HUGHES** PERFORMS  
CLASSIC DEEP PURPLE LIVE



APR 20  
**TOMMY CASTRO & THE PAINKILLERS**



APR 21  
**SECRET SOCIETY**  
DANCE FLOOR!



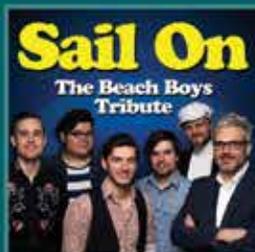
APR 25  
**JOHN O'HURLEY**  
A MAN WITH STANDARDS



APR 26  
**HEY 19**  
A TRIBUTE TO STEELY DAN



APR 27  
**LISA LOEB**  
90S HIT SONG "STAY"



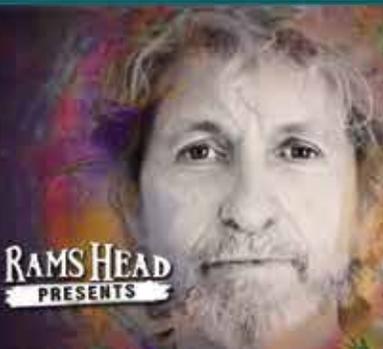
APR 28  
**SAIL ON**  
BEACH BOYS TRIBUTE

## DID YOU KNOW:

Rams Head's Brewery, Fordham & Dominion holds an annual beer and music fest! On April 27th J Roddy Walston will be headlining the 7th Annual R2Hop2 Fest!

[WWW.R2HOP2.COM](http://WWW.R2HOP2.COM)

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TICKETS AVAILABLE AT [RAMSHEADONSTAGE.COM](http://RAMSHEADONSTAGE.COM)  
AND [MARYLANDHALL.ORG](http://MARYLANDHALL.ORG)



**Eastern Shore Sea Glass and Coastal Arts Festival** at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. 410-745-2916. Cbmm.org

**Annapolis Book Festival** at The Key School, Annapolis. 10 a.m. 410-263-9231. Key-school.org (F)

**EXHIBITION OPENING: Beach Finds of the Chesapeake** at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. 410-745-2916. Cbmm.org

**Maryland Chicken Wing Festival** at Anne Arundel County Fairgrounds, Crownsville. 11 a.m. Abceventsinc.com (F)

**Sip and Carve with Anita Hagan** at Maryland Hall for the Creative Arts, Annapolis. 1 p.m. 410-263-5544. Marylandhall.org

**Kent School 50th Anniversary Gala** at Brittland Manor, Chestertown. 5-10 p.m. 410-778-4100. Kentschool.org

**Eleventh Annual Splendor** at Tilghman Volunteer Fire Co., Tilghman. 5 p.m. 410-886-2677. Tilghmanvfc.com

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 5 p.m. & 7 p.m. 410-222-1919. Historiclondon-town.org

**Night to Fight FA at Navy-Marine Corps Memorial Stadium** Akerson Tower, Annapolis. 6 p.m. Burrows-hill.org (C) (TIX)

**Spring Fling** at Dorchester Center for the Arts, Cambridge. 6 p.m. Cambridge-mainstreet.com

**Shogun Fights XXI** at Royal Farms Arena, Baltimore. 6:30 p.m. 410-347-2020. Royal-farmsarena.com

**Arts Council Gala 2019: Magic of the Arts at Live! Hotel and Casino, Hanover.** 6:30 p.m. 410-222-2949. Whatsuptix.com (TIX) (C)

**Beach Finds on the Chesapeake** at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through June 29th, 2019. 410-745-2916. Cbmm.org

**MUSIC**

**Beats Antique** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Vijay Iyer Sextet** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Buckethead** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

**NSO Pops: Legendary Women's Voices: An Evening With Cynthia Erivo** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Chicago** at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com

**Caroline Shaw and Friends** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Light and Spring! Season Finale** at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. 410-263-5544. Marylandhall.org

**Triptych (Eyes of One on Another)** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Special EFX All Stars featuring Chielmi Minucci** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**Banda Magda** at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrock-hall.org

**Vijay Iyer Sextet** at The John F. Kennedy Center for the Performing Arts, D.C. 9 p.m. 202-467-4600. Kennedy-center.org

**Du Yun with OK Miss** at The John F. Kennedy Center for the Performing Arts, D.C. 9 p.m. 202-467-4600. Kennedy-center.org

**BENT: The New LGBTQ Dance Party Returns** at 9:30 Club, D.C. 11:30 p.m. 202-265-0930. 930.com

**PERFORMING ARTS**

**Cirque Goes Hollywood** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bso-music.org

**A Flea In Her Ear** at Church Hill Theatre, Church Hill. (See 4/5)

**Junk** at Arena Stage, D.C. (See 4/5).

**New York City Ballet** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. & 7:30 p.m. 202-467-4600. Kennedy-center.org

**P.Y.G. or The Mis-Edumacation of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. 2 p.m. & 8 p.m. 410-415-3513. Annapolisshakespeare.org

**Rosencrantz and Guildenstern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/4).

**The Book of Mormon** at The Hippodrome Theatre, Baltimore. 2 p.m. & 8 p.m. 410-837-7400. France-merickpcc.com

**The Last Five Years** at Wor-Wic Community College - Guerrieri Hall, Salisbury. 2 p.m. & 8 p.m. Community-playersofsalisbury.org

**SPORTS**

**D.C. United vs. Los Angeles Football Club** at Audi Field, D.C. 3 p.m. 202-655-2842. Dcunited.com (F)

**Capitals vs. Islanders** at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitallonearena.com (F)

**Yankees at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

**MUSIC**

**NSO Family Concert: Symphonic Storytelling: The Travels of Babar** at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. & 4 p.m. 202-467-4600. Kennedy-center.org

**SWMRS** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Brooklyn Rider and Magos Herrera** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**DMX** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilver-spring.com

**Rhett & Link** at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com

**Chris Botti** at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. 410-263-5544. Marylandhall.org

**Haley Reinhart** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**PERFORMING ARTS**

**Cirque Goes Hollywood** at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. 410-783-8000. Bso-music.org

**Cirque Goes Hollywood** at Strathmore, North Bethesda. 3 p.m. 410-783-8000. Bso-music.org

**A Flea In Her Ear** at Church Hill Theatre, Church Hill. 2 p.m. 410-556-6003. Churchhill-theatre.org

**Junk** at Arena Stage, D.C. 2 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org

**New York City Ballet** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. 202-467-4600. Kennedy-center.org

**P.Y.G. or The Mis-Edumacation of Dorian Belle** at Studio Theatre, D.C. 2:30 p.m. & 7:30 p.m. 202-332-3300. Studiotheatre.org

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. Annapolis-shakespeare.org

**Rosencrantz and Guildenstern are Dead** at Fells Point Corner Theatre, Baltimore. 2 p.m. 410-276-7837. fpct.org

**The Book of Mormon** at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. 410-837-7400. France-merickpcc.com

**SPORTS**

**Yankees at Orioles** at Oriole Park at Camden Yards, Baltimore. 1:05 p.m. 888-848-2473. Orioles.com (F)

Monday

8

**SPECIAL EVENTS**

**B2C Mastermind** at Anne Arundel Chamber of Commerce, Annapolis. 9 a.m. 703-439-7804. Annapolis-mcb2c.eventbrite.com

**ALL Course: Brighten the Garden with Summer and Fall Bulbs** at Chesapeake Bay Maritime Museum, St. Michaels. 1 p.m. 410-745-2916. Cbmm.org

**MUSIC**

**Charlotte Gainsbourg** at 9:30 Club, D.C. 7 p.m.-8 p.m. 202-265-0930. 930.com

**Maddie Morton, Soprano** at Gibson Center for the Arts, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

**Tobe Nwigwe** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

**SPORTS**

**Athletics at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Tuesday

9

**SPECIAL EVENTS**

**Premier Planning Group Seminar** at Carroll's Creek, Annapolis. 6:30 p.m. 443-837-2520. Premierplanning-group.com

**Half Pint Kids Club: Mini English Muffin Pizzas** at Whole Foods Market Annapolis, Annapolis. 11 a.m. 410-573-1800. Wholefoods.com/annapolis (F)

**MUSIC**

**Young Concert Artists Presents Zlatomir Fung, cello** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Scary Pockets** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

**TYT**

Truxtun Youth Triathlon, Sunday, June 16

SWIM in the Truxtun Park Pool  
BIKE in City parks and adjoining roads  
RUN through Truxtun's trails.

Ages 7-17

annapolis recreation & parks

Register online at Active.com

## PERFORMING ARTS

**Mariinsky Ballet: Le Corsaire** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Junk** at Arena Stage, D.C. 7:30 p.m. 202-554-9066. Arenastage.org

## SPORTS

**D.C. United vs. Montreal Impact** at Audi Field, D.C. 8 p.m. 202-655-2842. Dcunited.com (F)

**Wizards vs. Celtics** at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com (F)

**Athletics at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

# Wednesday 10

## SPECIAL EVENTS

**Premier Planning Group Seminar** at Carroll's Creek, Annapolis. 6:30 p.m. 443-837-2520. Premierplanninggroup.com

**Bronze Casting Workshop** at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-4 p.m. 410-745-2916. Cbmm.org

**Friendlier Fables and Thoughtful Tales** at Chesapeake Arts Center, Brooklyn Park. 10 a.m. 410-636-6597. Chesapeakearts.showare.com

**Homeschool: Art in the Garden** at Historic London Town and Gardens, Edgewater. 10 a.m.-12 p.m. 410-222-1919. Historiclondontown.org (F)

**ALL Course: To See Ourselves as Others See Us** at Chesapeake Bay Maritime Museum, St. Michaels. 1:30-3 p.m. 410-745-2916. Cbmm.org

**Karaoke Live!** at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

## MUSIC

**Jeff Tweedy** at Lincoln Theatre, D.C. 6 p.m. 202-888-0050. Thelincoldc.com

**Deafheaven & Baroness** at The Fillmore Silver Spring, Silver Spring. 7:30 p.m. 301-960-9999. Fillmoresilver-spring.com

**Tab Benoit** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Jai Wolf** at 9:30 Club, D.C. 8 p.m. 202-265-0930. 930.com

## PERFORMING ARTS

**Mariinsky Ballet: Le Corsaire** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Junk** at Arena Stage, D.C. (See 4/9).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. 8 p.m. 301-924-3400. Olneytheatre.org

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

## SPORTS

**Athletics at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

# Thursday 11

## SPECIAL EVENTS

**Chesapeake Treasures Smocking Guild** at Crofton Community Library, Crofton. 6:30 p.m. 410-721-4112. Chesapeake-treasures.org

**Literary House & Sophie Kerr Series: Living Writers - A Reading by Rion Amilcar Scott** at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768. Washcoll.edu

**Gallery Talk - Art of Stewardship** at Chestertown RiverArts, Chestertown. 5:30 p.m. 410-778-6300. Chestertownriverarts.net

**Archaeology Lab Night: Projectile Point Identification Workshop** at Historic London Town and Gardens, Edgewater. 6 p.m. 410-222-1919. Historiclondontown.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

## MUSIC

**Dance Gavin Dance** at The Fillmore Silver Spring, Silver Spring. 6:30 p.m. 301-960-9999. Fillmoresilver-spring.com

**Kelsea Ballerini** at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4911. Wicomicociviccenter.org

**National Symphony Orchestra: Debussy's La mer & Ravel's Shéhérazade** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Annapolis Symphony Orchestra: Symphony Study** at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-263-0907. Annapolis-symphony.org

**Ella Vos** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Vocal Arts DC presents Lawrence Brownlee, tenor, in Recital** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Average White Band** at Rams Head On Stage, Annapolis. 8 p.m.-9 p.m. 410-268-4545. Ramsheadonstage.com

**Porgy and Bess** at Strathmore, North Bethesda. 8 p.m. 410-783-8000. Bsmusic.org

## PERFORMING ARTS

**Mariinsky Ballet: Le Corsaire** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

## SPORTS

**Athletics at Orioles** at Oriole Park at Camden Yards, Baltimore. 12:35 p.m. 888-848-2473. Orioles.com (F)

**Baysox vs. Senators** at Prince George's Stadium, Bowie. 6:35 p.m. 301-805-6000. Baysox.com (F)

**Shorebirds vs. BlueClaws** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

# Friday 12

## SPECIAL EVENTS

**Arts in the Armed Forces** at Club Meade at Fort George G. Meade, Fort Meade. 9 a.m. Aita.org

**MLM Mastermind** at Capital Financial Partners, Annapolis. 3 p.m. 703-439-7804. Annapolismlmmlm.eventbrite.com

**Bay Bridge Boat Show** at Bay Bridge Marina, Stevensville. 10 a.m.-5 p.m. Annapolisboat-shows.com

**MEMBER PREVIEW: Deconstructing Decoys: The Culture of Collecting** at Chesapeake Bay Maritime Museum, St. Michaels. 5-7 p.m. 410-745-2916. Cbmm.org

**Cellars & Seedlings: Colonial Cocktails at the Gresham Estate** at Historic London Town and Gardens, Edgewater. 6-8 p.m. 410-222-1919. Historiclondontown.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

**Flashlight Easter Egg Hunt** at Greensboro Elementary School, Greensboro. 8 p.m. 410-479-8120. Apm.active-communities.com

**Friday Night Karaoke** at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideaway-odenton.com

## MUSIC

**Boney James** at Rams Head On Stage, Annapolis. 6:30 & 9:30 p.m. 410-268-4545. Ramsheadonstage.com

**Chesapeake College Storybook Series** at Avalon Theatre, Easton. 7 p.m. 410-822-7299. Avalonfoundation.org

**Discovery Artist in the KC Jazz Club: Michael Mayo** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Porgy and Bess** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsmusic.org

**Brooks Williams** at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalonfoundation.org

**National Symphony Orchestra: Debussy's La mer & Ravel's Shéhérazade** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Epik High** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silver-spring.com

**Laser Spectacular Featuring the Music of Pink Floyd** at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. 410-263-5544. Marylandhall.org

**Turkuaz** at 9:30 Club, D.C. 9 p.m. 202-265-0930. 930.com

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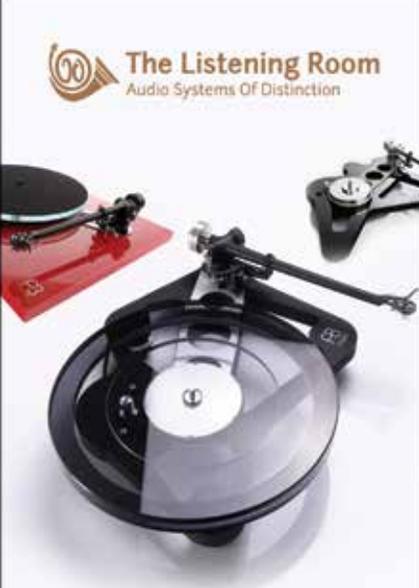


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WELCOME WEDNESDAYS  
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April 3 & May 8  
[indiancreekschool.org](http://indiancreekschool.org)



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# On Stage

## Annapolis

### Pride and Prejudice

**Annapolis Shakespeare Company; Now through April 21st, 2019; Prices vary; Annapolisshakespeare.org; 410-415-3513**  
Annapolis Shakespeare Company's adaptation of the beloved Jane Austen classic romantic comedy will delight everyone with its sharp and clever dialog, and the enduring theme of how perceptions and misperceptions shape romance.

### A New Brain

**Colonial Players of Annapolis; April 12th through May 5th, 2019; \$23; Colonialplayers.org; 410-268-7373**  
A New Brain is an autobiographical musical by William Finn, of Falsettos and Spelling Bee fame, concerning his bout with an arteriovenous malformation in his brain and the healing power of art through the character of songwriter Gordon Schwinn.

## Red

**Compass Rose Theatre; April 19th through May 19th, 2019; \$25-41; Compassrosetheater.org; 410-980-6662**  
This is the story of Mark Rothko, an artist, and his assistant, Ken, who questions Mark's work and his theories on art and becomes the teacher as all students eventually do!

## Baltimore

### The Diary of Anne Frank

**Chesapeake Shakespeare Company; April 26th through May 26th, 2019; Prices vary; Chesapeake-shakespeare.com; 410-244-8570;**  
This vital story asks us to remember a dark moment in world history through the eyes of a young girl: Poignant and powerful, Anne Frank's hopes and dreams shine in her words penned while hiding during the Nazi invasion of the Netherlands.

### Rosencrantz and Guildenstern are Dead

**Fells Point Corner Theatre; April 4th through May 5th, 2019; Prices vary; Fpct.org**  
Rosencrantz and Guildenstern are dead... I'm so sorry you had to find out this way. The ever absurd and existential comedy by Tom Stoppard features virtually every character that died in Hamlet. From the imagination of one of the most celebrated playwrights of modern times comes the ever energetic and nimble play on word, pun, and Shakespeare.

**The Doobie Brothers** at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. 410-900-1150. Modell-lyric.com

**Discovery Artist in the KC Jazz Club: Michael Mayo** at The John F. Kennedy Center for the Performing Arts, D.C. 9 p.m. 202-467-4600. Kennedy-center.org

**The Legwarmers: Ultimate 80's Experience** at Rams Head Live!, Baltimore. 9 p.m. 410-244-1131. Ramsheadlive.com

## PERFORMING ARTS

**Mariinsky Ballet: Le Corsaire** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Tyler Perry's Madea's Farewell Tour** at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com

**A Flea In Her Ear** at Church Hill Theatre, Church Hill. (See 4/5).

**A New Brain** at The Colonial Players, Inc., Annapolis. 8 p.m. 410-268-7373. Thecolonialplayers.org

**Junk** at Arena Stage, D.C. (See 4/5).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**P.Y.G. or The Mis-Edumacation of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 4/5).

**Rosencrantz and Guildenstern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/4).

**The Last Five Years** at Wor-Wic Community College - Guerrieri Hall, Salisbury. (See 4/5).

## SPORTS

**Shorebirds vs. BlueClaws** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

**Pirates at Nationals** at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

**Baysox vs. Senators** at Prince George's Stadium, Bowie. 7:05 p.m. 301-805-6000. Baysox.com (F)

## Saturday

# 13

## SPECIAL EVENTS

**Second Saturday Art Night Out** at Town of St. Michaels. 5 p.m. Tourtalbot.org (F)

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

**Flea Market** at Anne Arundel County Fairgrounds, Crownsville. 8 a.m.-2 p.m. Aacountyfair.org

**Seventh Annual Talbot Special Riders Spring Classic** at Talbot Special Riders, Inc., Easton. 8 a.m. 410-770-5413. TsrSpringclassic.home-stead.com (C)

**National Cherry Blossom Festival Parade** at Washington D.C., Washington, D.C. 10 a.m.-12 p.m. Nationalcherryblossomfestival (F)

**EXHIBITION OPENING: Deconstructing Decoys: The Culture of Collecting** at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. 410-745-2916. Cbmm.org

**Eco Adventures Earth Day Celebration** at Eco Adventures, Millersville. 11 a.m.-2 p.m. 410-987-1300. Ecoadventures.org (F)

**Talk: Maryland Women's Suffrage Movement** at Dorchester Center for the Arts, Cambridge. 12:30-1:30 p.m. Dorchesterarts.org

**Family Day** at Chesapeake Bay Maritime Museum, St. Michaels. 1-4 p.m. 410-745-2916. Cbmm.org (F)

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 5 p.m. & 7 p.m. 410-222-1919. Historiclondon-town.org

**Humane Society Fundraiser** at Kent County Community Center, Worton. 6 p.m. 410-778-3648. Kenthumane.org (C)

**CTA's Comedy Night Fundraiser** at Children's Theatre of Annapolis, Annapolis. 6:30 p.m.-6:30 p.m. Childrenstheatreofannapolis.com (C)

**Deconstructing Decoys: The Culture of Collecting** at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through November 1st, 2019. 410-745-2916. Cbmm.org

## MUSIC

**Annapolis Opera: 31st Annual Vocal Competition** at Maryland Hall for the Creative Arts, Annapolis. 10 a.m. Annapolisopera.org

**Arielle** at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Ramsheadonstage.com

**The Me I Want to Sing** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. & 4 p.m. 202-467-4600. Kennedy-center.org

**Washington Performing Arts presents Dénes Várjon, piano** at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. 202-467-4600. Kennedy-center.org

**Annual 8 Chord Bash & St. Jude Benefit w/ Tucker Beathard** Headlining at Union Jack's, Annapolis. 4 p.m. 410-266-5681

**Adam Conover** at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

**The Time Machine Roast** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. & 8 p.m. 202-467-4600. Kennedy-center.org

**African American Legacy & Heritage in Jazz, Blues, and Gospel** at Sumner Hall, Chestertown. 7 p.m. 443-282-0023. Garpost25.org

**Porgy and Bess** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

**Los Lonely Boys** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**National Symphony Orchestra: Debussy's La Mer & Ravel's Shéhérazade** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Lifehouse** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

**Kenny Loggins** at Maryland Live! Casino, Hanover. 8 p.m. Livecasinohotel.com

**Soja** at Rams Head Live!, Baltimore. 9 p.m. 410-244-1131. Ramsheadlive.com

**Droeloe** at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

## PERFORMING ARTS

**Aladdin on Ice!** at Gardens Ice House, Laurel. 1-5 p.m. 301-922-4958. Gardensfsc.org

**Mariinsky Ballet: Le Corsaire** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. 202-467-4600. Kennedy-center.org

**Tyler Perry's Madea's Farewell Tour** at MGM National Harbor, Oxon Hill. 3 p.m. & 8 p.m. 800-346-4664. Mgmnationalharbor.com

**Mariinsky Ballet: Le Corsaire** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Trevor Noah** at Royal Farms Arena, Baltimore. 8 p.m.-8 p.m. 410-347-2020. Royal-farmsarena.com

**Jim Jefferies** at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. France-merrickpac.com

**A Flea In Her Ear** at Church Hill Theatre, Church Hill. (See 4/5).

**A New Brain** at The Colonial Players, Inc., Annapolis. (See 4/12).

**Junk** at Arena Stage, D.C. 2 p.m. & 8 p.m. 202-554-9066. Arenastage.org

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 4/6).

**Rosencrantz and Guildenstern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/4).

**The Last Five Years** at Wor-Wic Community College - Guerrieri Hall, Salisbury. (See 4/5).

## SPORTS

**Baysox vs. Senators** at Prince George's Stadium, Bowie. 1:35 p.m. 301-805-6000. Baysox.com (F)

**Naval Academy vs. Army (M LAX)** at Navy-Marine Corps Memorial Stadium, Annapolis. 3:30 p.m. Navysports.com (F)

**Pirates at Nationals** at Nationals Park, D.C. 4:05 p.m. 202-675-6287. Nationals.com (F)

**Shorebirds vs. BlueClaws** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

## Sunday

# 14

## SPECIAL EVENTS

**Walk MS 2019** at Navy-Marine Corp Memorial Stadium, Annapolis. 10 a.m. Secure.nationalmssociety.org (C)

**Volunteers on the Run RK** at Quiet Waters Park, Annapolis. 9:30 a.m. 410-224-8984. Jannapolis.org (C)

**Spring Boat Sale** at Chesapeake Bay Maritime Museum, St. Michaels. 10 a.m.-4 p.m. 410-745-2916. Cbmm.org

**Relay for Life** at Washington College, Chestertown. 1 p.m. 443-603-8814. Wacrelay.org (C)

**An Officer and Gentlewoman, LLC presents Miss DC for America & Mrs. DC America Pageant 2019** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Oliver Lee Jackson: Recent Paintings** at National Gallery of Art, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Now through September 15th, 2019. Nga.gov

**The American Pre-Raphaelites: Radical Realists** at National Gallery of Art, Washington. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Now through July 21st, 2019. Nga.gov

**MUSIC**

**Big Sam's Funky Nation** at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Ramsheadonstage.com

**The Kennedy Center Chamber Players: Works of Loeffler, Shostakovich & Brahms** at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. 202-467-4600. Kennedy-center.org

**Porgy and Bess** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

**The Hedgelawn Series presents soprano Taylor Hillary Boykins** at The Mainstay, Rock Hall. 4 p.m. 410-639-9133. Mainstayrockhall.org

**Steve Tyrell** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Queen Latifah** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Jason Moran and Alicia Hall Moran - Two Wings: The Music of Black America in Migration** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**PERFORMING ARTS**

**Mariinsky Ballet: Le Corsaire** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. 202-467-4600. Kennedy-center.org

**Tyler Perry's Madaa's Farewell Tour** at MGM National Harbor, Oxon Hill. 3 p.m. & 7:30 p.m. 800-346-4664. Mgmnationalharbor.com

**A Flea In Her Ear** at Church Hill Theatre, Church Hill. (See 4/7).

**A New Brain** at The Colonial Players, Inc., Annapolis. 2 p.m. 410-268-7373. Thecolonialplayers.org

**Junk** at Arena Stage, D.C. (See 4/7).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. 2 p.m. 301-924-3400. Olneytheatre.org

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 4/7).

**Rosencrantz and Guildenstern are Dead** at Fell's Point Corner Theatre, Baltimore. (See 4/7).

**SPORTS**

**Pirates at Nationals** at Nationals Park, D.C. 1:35 p.m. 202-675-6287. Nationals.com (F)

**Baysox vs. Senators** at Prince George's Stadium, Bowie. 1:35 p.m. 301-805-6000. Baysox.com (F)

**Shorebirds vs. BlueClaws** at Arthur W. Perdue Stadium, Salisbury. 2:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Monday  
**15**

**MUSIC**

**Bad Suns** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Mainstay Monday featuring Joe Holt and guest Sue Matthews Boykins** at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

**2019 NEA Jazz Masters Tribute Concert** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**The Dimmer Twins** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**SPORTS**

**Baysox vs. SeaWolves** at Prince George's Stadium, Bowie. 6:35 p.m. 301-805-6000. Baysox.com (F)

**Shorebirds vs. Intimidators** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Tuesday  
**16**

**SPECIAL EVENTS**

**Homeschool Day** at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m.-4:30 p.m. 410-745-2916. Cbmm.org (F)

**Half Pint Kids Club: Bunny Faces** at Whole Foods Market Annapolis, Annapolis. 11 a.m. 410-573-1800. Wholefoods.com/annapolis (F)

**Richard Diebenkorn: Beginnings, 1942-1955** at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through July 14th, 2019. 410-822-2787. Academyart-museum.org

**Enrico David: Gradations of Slow Release** at Hirshhorn Museum, Washington. 10 a.m.-5:30 p.m. daily. Now through September 2nd, 2019. 202-633-1000. Hirshhorn.si.edu

**MUSIC**

**Spiritualized** at Lincoln Theatre, D.C. 6:30 p.m. 202-888-0050. Theincolndc.com

**Foals** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**PERFORMING ARTS**

**Derek Hough Live!** at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

**Junk** at Arena Stage, D.C. 12 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**SPORTS**

**Baysox vs. SeaWolves** at Prince George's Stadium, Bowie. 6:35 p.m. 301-805-6000. Baysox.com (F)

**Shorebirds vs. Intimidators** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

**Giants at Nationals** at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Wednesday  
**17**

**SPECIAL EVENTS**

**Sophie Kerr Lecture Series: A Talk by Gene Demby** at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768. Washcoll.edu

**Ninth Annual Empty Bowls** at Christ United Methodist Church, Chestertown. 5 p.m. 410-778-6300. Chestertown-riverarts.net (C)

**Karaoke Live!** at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

**MUSIC**

**World Music Concert** at Washington College, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

**Citizen Cope** at Lincoln Theatre, D.C. 6:30 p.m. 202-888-0050. Theincolndc.com

**The Claypool Lennon Delirium** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**The Church** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**DMV Springfest** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilverpring.com

**PERFORMING ARTS**

**Falun Dafa Association of D.C. presents: Shen Yun** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Junk** at Arena Stage, D.C. (See 4/9).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. 2 p.m. & 8 p.m. 301-924-3400. Olneytheatre.org

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**SPORTS**

**Shorebirds vs. Intimidators** at Arthur W. Perdue Stadium, Salisbury. 10:35 a.m. 410-219-3112. Milb.com/shorebirds (F)

**Baysox vs. SeaWolves** at Prince George's Stadium, Bowie. 6:35 p.m. 301-805-6000. Baysox.com (F)

**Giants at Nationals** at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Thursday  
**18**

**SPECIAL EVENTS**

**Congestion Ahead: Rerouting** at Chesapeake Bay Beach Club, Stevensville. 9 a.m.-4 p.m. 410-690-4603. Esic.org

**ALL Course: Genealogy 101** at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m.-12 p.m. 410-745-2916. Cbmm.org

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

**MUSIC**

**National Symphony Orchestra: Beethoven's Fifth Symphony** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Foals** at 9:30 Club, D.C. 7 p.m.-8 p.m. 202-265-0930. 930.com

**Reanna Sherman, Soprano** at Gibson Center for the Arts, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

**PERFORMING ARTS**

**Falun Dafa Association of D.C. presents: Shen Yun** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Rob Schneider** at Rams Head On Stage, Annapolis. 6 p.m. & 9 p.m. 410-268-4545. Ramsheadonstage.com

**Junk** at Arena Stage, D.C. (See 4/5).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**SPORTS**

**Giants at Nationals** at Nationals Park, D.C. 1:05 p.m. 202-675-6287. Nationals.com (F)

Friday  
**19**

**SPECIAL EVENTS**

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 7 p.m. 410-222-1919. Historiclondontown.org

**Friday Night Karaoke** at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

**MUSIC**

**LÉON** at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

**Kenny Chesney** at The Anthem, D.C. 7 p.m.-8 p.m. 202-888-0020. Theanthemdc.com

**The Dirty Grass Players** at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalon-foundation.org

**National Symphony Orchestra: Beethoven's Fifth Symphony** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**The O'Jays** at Maryland Live! Casino, Hanover. 8 p.m. Livecasinohotel.com

**Billy Currington** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilverpring.com

**Glenn Hughes** at Rams Head On Stage, Annapolis. 8:30 p.m. 410-268-4545. Ramsheadonstage.com

**Mitski** at Rams Head Live!, Baltimore. 9 p.m. 410-244-1131. Ramsheadlive.com

**Lotus** at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

**PERFORMING ARTS**

**Falun Dafa Association of D.C. presents: Shen Yun** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**Derek Hough** at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com

**A New Brain** at The Colonial Players, Inc., Annapolis. (See 4/12).

**Junk** at Arena Stage, D.C. (See 4/5).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 4/5).

**Red** at Compass Rose Theatre, Annapolis. 8 p.m. 410-980-6662. Compass-rose.org

# Exhibitions

## Annapolis

### 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.

### BIG INK

**Maryland Hall for the Creative Arts; Now through April 26th, 2019; Opening reception: March 14th, 5:30-7 p.m.; Free; Marylandhall.org; 410-263-5544** BIG INK is assembling a giant portable printing press at Maryland Hall for the sole purpose of helping artists print these woodblocks, some of which can reach nearly 4 x 8 feet in dimension. An exhibition of archived BIG INK prints, as well as those printed at Maryland Hall in March will be on display.

### St. John's College Community Art Exhibition 2019

**Mitchell Gallery, St. Johns College; April 28th through May 12th, 2019; Opening reception: April 28th, 3-5 p.m.; Free; Sjc.edu; 410-626-2556** This annual exhibition is a diverse collection of ceramics, paintings, drawings, prints, sculpture, textiles, and photographs that elegantly represent the artistic talent of the St. John's College Community.

### Artwork by Joanne S. Scott: 60 Year Retrospective

**Maryland Hall for the Creative Arts; Now through April 26th, 2019; Opening reception: March 16th, 5:30-7 p.m.; Free; Marylandhall.org; 410-263-5544** Joanne S. Scott was one of the cofounders of Maryland Hall for the Creative Arts in 1978. Her career as an artist and poet spans 60 years and includes mediums from acrylic and watercolor to lithography, etching, and other printmaking techniques. This retrospective reflects Scott's love of the outdoors. Her poetry, which will be showcased in the exhibition, was inspired by her time spent in Annapolis raising her family and sailing its waters. The book was illustrated by her late husband David.

### Making Our Mark: Washington Print Club

**Mitchell Gallery, St. Johns College; Now through April 21st, 2019; Free; Sjc.edu; 410-626-2556** The artists, eight regionally prominent printmaking artists, became friends and colleagues in the 1990s and early 2000s, as members of the Washington Printmakers Gallery. They have been active in the D.C. area for many years, producing hand-pulled prints in traditional and state-of-the-art techniques, from woodcut and etching to solar plate and paper lithography. The show, consequently, features several varieties of printmaking, although each artist has contributed pieces in other media.



Bobbie Burnett, "Iris," Stained Glass, "Creative Odyssey," Quiet Waters Park

### Creative Odyssey

**The Galleries at Quiet Waters Park; April 3rd through May 19th, 2019; Opening reception: April 7th, 1:30-3:30 p.m.; \$6; Fqwp.org; 410-222-1777; Creative Odyssey** will feature three local artists from the Caring Collection, Inc. Carroll Dudley, Kris Morgan, and Bobbie Burnett will show their wood turnings, photography, and stained glass art.

**Rosenkrantz and Guldens-tern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/4).

### SPORTS

**Twins at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

## Saturday 20

### SPECIAL EVENTS

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

**Spring Plant Sale** at Historic London Town and Gardens, Edgewater. 9 a.m. Historiclondon-towndontown.org

**Earth Day at Spocott Windmill & Village** at Spocott Windmill, Cambridge. 10 a.m.-3 p.m.

**Spring Equine Festival** at Caroline County 4-H Park, Denton. 10 a.m.-3 p.m. Courageousheartshorsemanship.com

**Bug Hotel** at Chesapeake Arts Center, Brooklyn Park. 11 a.m.-11 a.m. 410-636-6597. Chesapeakearts.org

**Bluegrass Block Party** at Main Street - Chestertown, MD, Chestertown. 12 p.m. 410-778-2991. Mainstreetchestertown.org

**Tuckahoe's Annual Easter Egg Hunt** at Tuckahoe State Park, Queen Anne. 1 p.m. (F)

### MUSIC

**Tom Odell** at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

**Jesse Garron's Tribute to Elvis Dinner Theatre** at Wicomico Youth & Civic Center, Salisbury. 6:45 p.m. 410-548-4911. Wicomicocivic-center.org

**Frank Solivan & Dirty Kitchen** at Avalon Theatre, Easton. 7 p.m. 410-822-7299. Avalonfoundation.org

**Yang Hi Moon, Piano** at Gibson Center for the Arts, Chestertown. 7:30 p.m. 410-778-7839. Washcoll.edu

**The Return of Pressing Strings** at Cult Classic Brewing Company, Annapolis. 7:30 p.m. 410-980-8097. Cultclassicbrewing.com

**National Symphony Orchestra: Beethoven's Fifth Symphony** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Jenn Grinels** at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalonfoundation.org

**Zack Lambert Quartet (Mainstay Scholarship Winner)** at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstay-rockhall.org

**Broods** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilver-spring.com

**Lotus** at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

**Tommy Castro & The Painkillers** at Rams Head On Stage, Annapolis. 8:30 p.m. 410-268-4545. Ramsheadonstage.com

### PERFORMING ARTS

**Falun Dafa Association of D.C. presents: Shen Yun** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 & 7:30 p.m. 202-467-4600. Kennedy-center.org

**Ladies Night Out** at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com

**A New Brain** at The Colonial Players, Inc., Annapolis. (See 4/12).

**Junk** at Arena Stage, D.C. (See 4/13).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/17).

**P.Y.G. or The Mis-Edumacation of Dorian Belle** at Studio Theatre, D.C. (See 4/7).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 4/6).

**Red** at Compass Rose Theatre, Annapolis. 2 p.m. & 8 p.m. 410-980-6662. Compassrose.org

**Rosenkrantz and Guldens-tern are Dead** at Fells Point Corner Theatre, Baltimore. 2 p.m. & 8 p.m. 410-276-7837. fpcot.org

### SPORTS

**Naval Academy vs. Syracuse (M LAX)** at Navy-Marine Corps Memorial Stadium, Annapolis. 5 p.m. Navysports.com (F)

**Twins at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

## Sunday 21

**SPECIAL EVENTS**

**Escape London Town: Ferguson Tavern** at Historic London Town and Gardens, Edgewater. 5 p.m. & 7 p.m. 410-222-1919. [Historiclondon-town.org](http://Historiclondon-town.org)

**MUSIC**

**Ryan Bingham** at 9:30 Club, D.C. 7 p.m. 202-265-0930. [930.com](http://930.com)

**Secret Society** at Rams Head On Stage, Annapolis. 7:30 p.m. 410-268-4545. [Ramsheadonstage.com](http://Ramsheadonstage.com)

**World Projects Corporation presents Washington, D.C. International Music Festival 2019** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. [Kennedy-center.org](http://Kennedy-center.org)

**PERFORMING ARTS**

**Opera Lafayette presents Alessandro Stradella's La Susanna** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. [Kennedy-center.org](http://Kennedy-center.org)

**Falun Dafa Association of D.C. presents: Shen Yun** at The John F. Kennedy Center for the Performing Arts, D.C. 1 p.m. & 6 p.m. 202-467-4600. [Kennedy-center.org](http://Kennedy-center.org)

**A New Brain** at The Colonial Players, Inc., Annapolis. (See 4/14).

**Junk** at Arena Stage, D.C. 6 p.m. 202-554-9066. [Arenastage.org](http://Arenastage.org)

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/14).

**Pride and Prejudice** at Annapolis Shakespeare Company, Annapolis. (See 4/7).

**Red** at Compass Rose Theatre, Annapolis. 2 p.m. 410-980-6662. [Compass-rose.org](http://Compass-rose.org)

**Rosencrantz and Guildenstern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/7).

**SPORTS**

**D.C. United vs. New York City FC** at Audi Field, D.C. 4 p.m. 202-655-2842. [Dcunited.com](http://Dcunited.com) (F)

**Twins at Orioles** at Oriole Park at Camden Yards, Baltimore. 1:05 p.m. 888-848-2473. [Orioles.com](http://Orioles.com) (F)

Monday  
**22**

**SPECIAL EVENTS**

**ALL Course: Classic Motor Museum of St. Michaels** at Chesapeake Bay Maritime Museum, St. Michaels. 9:30 a.m. 410-745-2916. [Cbmm.org](http://Cbmm.org)

**(FULL) ALL Course: Italian Cheese Tasting** at Chesapeake Bay Maritime Museum, St. Michaels. 1:30 p.m. 410-745-2916. [Cbmm.org](http://Cbmm.org)

**MUSIC**

**Rival Sons** at 9:30 Club, D.C. 7 p.m. 202-265-0930. [930.com](http://930.com)

**Kris Kristofferson** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. [Rams-headonstage.com](http://Rams-headonstage.com)

**Performing Arts**

**Opera Lafayette presents Alessandro Stradella's La Susanna** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. [Kennedy-center.org](http://Kennedy-center.org)

**SPORTS**

**White Sox at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. [Orioles.com](http://Orioles.com) (F)

**Shorebirds vs. Tourists** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. [Milb.com/shorebirds](http://Milb.com/shorebirds) (F)

Tuesday  
**23**

**SPECIAL EVENTS**

**2019 Talbot County Garden Symposium** at The Milestone, Easton. 9 a.m. 410-822-0100. [Themilestoneeventcenter.com](http://Themilestoneeventcenter.com)

**Half Pint Kids Club: Ducks in a Boat** at Whole Foods Market Annapolis, Annapolis. 11 a.m. 410-573-1800. [Wholefoods.com/annapolis](http://Wholefoods.com/annapolis) (F)

**MUSIC**

**PJ Masks Live!** at Wicomico Youth & Civic Center, Salisbury. 6 p.m. 410-548-4911. [Wicomociviccenter.org](http://Wicomociviccenter.org)

**50 Years Of Jethro Tull** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. [Ramsheadonstage.com](http://Ramsheadonstage.com)

**Jack & Jack** at The Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. [Fillmore-silverspring.com](http://Fillmore-silverspring.com)

**Washington Performing Arts presents Yevgeny Kutik, violin: Music from the Suitecase** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. [Kennedy-center.org](http://Kennedy-center.org)

**PERFORMING ARTS**

**Alvin Ailey American Dance Theater** at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. [Modell-lyric.com](http://Modell-lyric.com)

**Come From Away** at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. [France-merrickpac.com](http://France-merrickpac.com)

**Junk** at Arena Stage, D.C. (See 4/9).

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**SPORTS**

**Shorebirds vs. Tourists** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. [Milb.com/shorebirds](http://Milb.com/shorebirds)

**White Sox at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. [Orioles.com](http://Orioles.com)

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Wednesday  
**24**

**SPECIAL EVENTS**

**Karaoke Live!** at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

**MUSIC**

**Midweek Concert: Young Person's Guide to the Orchestra** at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. 410-783-8000. Bsomusic.org

**Jon Hopkins** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**Kris Kristofferson** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Kodak Black** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**PERFORMING ARTS**

**Broadway Center Stage: The Who's Tommy** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Alvin Ailey American Dance Theater** at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

**Come From Away** at The Hippodrome Theatre, Baltimore. (See 4/23).

**Junk** at Arena Stage, D.C. (See 4/17).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**SPORTS**

**Shorebirds vs. Tourists** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

**White Sox at Orioles** at Oriole Park at Camden Yards, Baltimore. 7:05 p.m. 888-848-2473. Orioles.com (F)

Thursday  
**25**

**SPECIAL EVENTS**

**RiverArts Paint the Town** at Downtown Chestertown, Chestertown. 9 a.m. Chester-townriverarts.net

**Archaeology Lab Night: Projectile Point Identification Workshop** at Historic London Town and Gardens, Edgewater. 6 p.m. 410-222-1919. Historiclondontown.org

**Homerun for Recovery** at Power Plant Live!, Baltimore. 6 p.m. Baltimorestation.org

**MUSIC**

**Midweek Concert: Young Person's Guide to the Orchestra** at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. 410-783-8000. Bsomusic.org

**National Symphony Orchestra: Seong-Jin Cho Plays Ravel's Piano Concerto** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

**Blue October** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**PERFORMING ARTS**

**Broadway Center Stage: The Who's Tommy** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**A New Brain** at The Colonial Players, Inc., Annapolis. (See 4/12).

**Come From Away** at The Hippodrome Theatre, Baltimore. (See 4/23).

**Junk** at Arena Stage, D.C. (See 4/5).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**Red** at Compass Rose Theatre, Annapolis. 7 p.m. 410-980-6662. Compass-rose.org

**SPORTS**

**Shorebirds vs. GreenJackets** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

**Baysox vs. RubberDucks** at Prince George's Stadium, Bowie. 6:35 p.m. 301-805-6000. Baysox.com (F)

Friday  
**26**

**SPECIAL EVENTS**

**Charm City Bluegrass Festival** at Druid Hill Park, Baltimore. 10 a.m.

**Adkins Arboretum Spring Open House and Plant Sale** at Adkins Arboretum, Ridgely. 10 a.m. 410-634-2847. Adkinsarboretum.org

**Annapolis Spring Sailboat Show** at Annapolis City Dock, Annapolis. 10 a.m.-6 p.m. 410-268-7601. Annapolis-boatshows.com

**ALL Course: Understanding Our Strange Universe** at Chesapeake Bay Maritime Museum, St. Michaels. 10:30 a.m. 410-745-2916. Cbmm.org

**Friday Night Karaoke** at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

**MUSIC**

**National Symphony Orchestra: Seong-Jin Cho Plays Ravel's Piano Concerto** at The John F. Kennedy Center for the Performing Arts, D.C. 11:30 a.m. 202-467-4600. Kennedy-center.org

**Hey 19: A Tribute to Steely Dan** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Count Basie Orchestra** at Avalon Theatre, Easton. 8 p.m. 410-822-7299. Avalonfoundation.org

**Leslie Odum, Jr. with the BSO** at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

**Snow Patrol** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Colors Presents: R&B Only** at Rams Head Live!, Baltimore. 9:30 p.m. 410-244-1131. Rams-headlive.com

**PERFORMING ARTS**

**Broadway Center Stage: The Who's Tommy** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Jay Leno** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**A New Brain** at The Colonial Players, Inc., Annapolis. (See 4/12).

**Ballet Theatre of Maryland: Innovations 2019** at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-224-5644. Balletmaryland.org

**Come From Away** at The Hippodrome Theatre, Baltimore. (See 4/23).

**Junk** at Arena Stage, D.C. (See 4/5).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/3).

**Red** at Compass Rose Theatre, Annapolis. (See 4/19).

**Rosencrantz and Guildenstern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/4).

**The Diary of Anne Frank** at Chesapeake Shakespeare Company, Baltimore. 8 p.m. 410-244-8570. Chesapeake-shakespeare.com

**Where the Wild Things Are** at Garfield Center for the Arts, Chestertown. 8 p.m. 410-810-2060. Garfieldcenter.org (F)

**SPORTS**

**Naval Academy vs. Boston University (M LAX)** at Navy-Marine Corps Memorial Stadium, Annapolis. 4 p.m. Navysports.com (F)

**Shorebirds vs. GreenJackets** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

**Baysox vs. RubberDucks** at Prince George's Stadium, Bowie. 7:05 p.m. 301-805-6000. Baysox.com (F)

**Padres at Nationals** at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Saturday  
**27**

**SPECIAL EVENTS**

**Easton Farmers Market** at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

**Bring Your Own Motor (BYOM)** at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m. 410-745-2916. Cbmm.org

**Fifth Annual Riva 5K Run and Walk at Reichardt Park, Riva. 9 a.m. Whatsuptix.com (F) (TIX)**

**Chicone Village Day** at Hand-sell National Register Historic Site, Vienna. 10 a.m. 410-228-7458. Restorehandsell.org

**Annapolis Spring Sailboat Show** at Annapolis City Dock, Annapolis. 10 a.m.-6 p.m. 410-268-7601. Annapolis-boatshows.com

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

**Winefest at St. Michaels** at St. Michaels. 12 p.m. Winefeststmichaels.com

**Annapolis Cup Croquet Match** at St. John's College, Annapolis. 1 p.m. Sjc.edu/croquet

**Denim & Diamonds** at Anne Arundel Medical Center, Annapolis. 6 p.m. Aamceni-mandiamonds.org(C)

**25th Annual Oxford Day** at Town of Oxford, Oxford. 6 p.m. Oxfordday.org (F)

**Pawject Runway** at Royal Farms Arena, Baltimore. 7 p.m. 410-347-2020. Royal-farmsarena.com (C)

**MUSIC**

**Queen Anne's Choral Singing Concert** at Todd Performing Arts Center, Wye Mills. 7 p.m. 410-827-5867. Qachorale.org

**Young Person's Guide to the Orchestra** at Joseph Meyerhoff Symphony Hall, Baltimore. 11 a.m. 410-783-8000. Bsomusic.org

**NSO Music for Young Audiences: Break it Down!** at The John F. Kennedy Center for the Performing Arts, D.C. 11:30 a.m. & 1:30 p.m. 202-467-4600. Kennedy-center.org

**Javier Starks** at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. & 9 p.m. 202-467-4600. Kennedy-center.org

**Renée Fleming VOICES: Patina Miller** at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

**National Symphony Orchestra: Seong-Jin Cho Plays Ravel's Piano Concerto** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**Lisa Loeb** at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

**Lula Wiles** at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrockhall.org

**Hot In Herre: 2000s Dance Party** at 9:30 Club, D.C. 9 p.m. 202-265-0930. 930.com

**PERFORMING ARTS**

**Broadway Center Stage: The Who's Tommy** at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. & 8 p.m. 202-467-4600. Kennedy-center.org

**Ballet Theatre of Maryland: Innovations 2019** at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-224-5644. Balletmaryland.org

**A New Brain** at The Colonial Players, Inc., Annapolis. (See 4/12).

**Come From Away** at The Hippodrome Theatre, Baltimore. 2 p.m. & 8 p.m. 410-837-7400. France-merrickpac.com

**Junk** at Arena Stage, D.C. (See 4/13).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/17).

**Love, Loss and What I Wore** at University of Maryland Eastern Shore, Princess Anne. 2 p.m. 410-621-2355. Communityplayersofsalisbury.org

**Red** at Compass Rose Theatre, Annapolis. (See 4/20).

**Rosencrantz and Guildenstern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/4).

**The Diary of Anne Frank** at Chesapeake Shakespeare Company, Baltimore. 8 p.m.-8 p.m. 410-244-8570. Chesapeake-shakespeare.com

**Where the Wild Things Are** at Garfield Center for the Arts, Chestertown. (See 4/26). (F)

**SPORTS**

**Padres at Nationals** at Nationals Park, D.C. 4:05 p.m. 202-675-6287. Nationals.com (F)

**Baysox vs. RubberDucks** at Prince George's Stadium, Bowie. 6:35 p.m. 301-805-6000. Baysox.com (F)

**Shorebirds vs. GreenJackets** at Arthur W. Perdue Stadium, Salisbury. 7:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/7). (F)



# Mark your calendar!

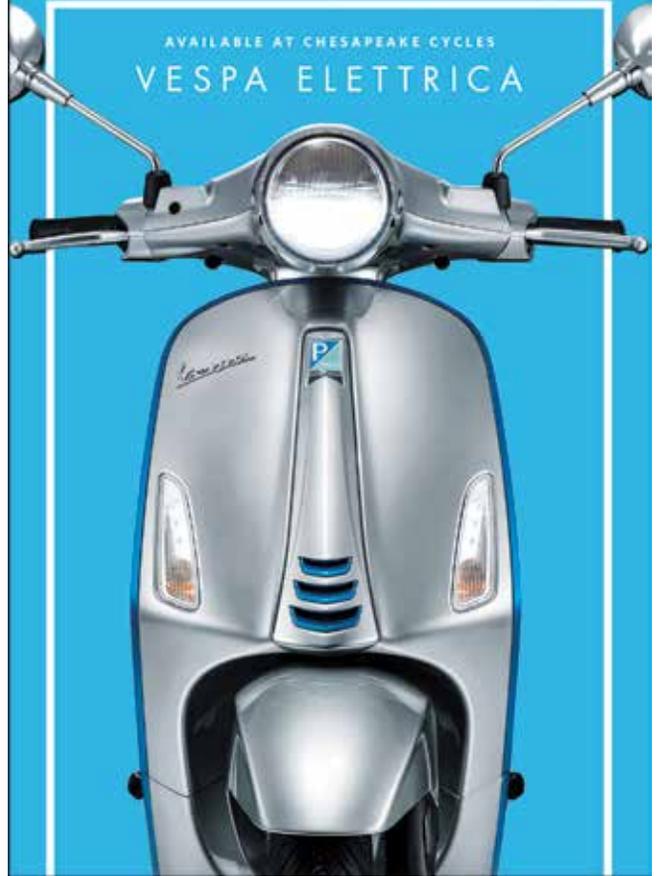
2019 Festivals & Special Events at CBMM

- APR** Eastern Shore Sea Glass and Coastal Arts Festival  
Saturday and Sunday, April 6 and 7
- MAY** Community Day & Maritime Model Expo  
Sunday, May 19
- JUN** Antique & Classic Boat Festival and Arts at Navy Point  
Friday and Saturday, June 14 and 15
- JUL** Big Band Night  
Saturday, July 6 (Rain Date: Sunday, July 7)
- AUG** Watermen's Appreciation Day  
Sunday, August 11  
  
Charity Boat Auction  
Saturday, August 31 (Rain or Shine)
- SEP** Boating Party Fundraising Gala  
Saturday, September 7
- OCT** Mid-Atlantic Small Craft Festival  
Friday and Saturday, October 4 and 5  
  
OysterFest 2019  
Saturday, October 26

For event details, visit [cbmm.org/festivals](http://cbmm.org/festivals).  
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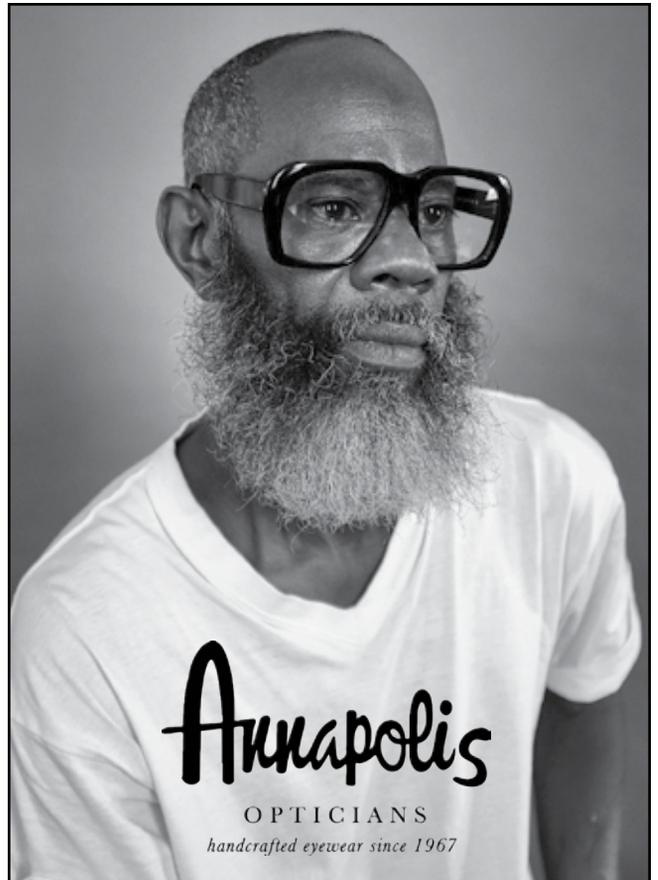
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Sunday  
**28**

**SPECIAL EVENTS**

**Cruise to St. Michaels Winefest** at Cruises on the Bay, Annapolis. 9:30 a.m. to 10 a.m., 10:15 a.m. 410-268-7601. Cruisesonthebay.com

**7th Annual Sporting Clays Classic at the Point at Pintail, Queenstown.** 8:30 a.m. Whatsuptix.com (TIX)

**Annapolis Spring Sailboat Show** at Annapolis City Dock, Annapolis. 10 a.m.-6 p.m. 410-268-7601. Annapolis-boatsshows.com

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

**Community Art Exhibition** at St. John's College Mitchell Gallery, Annapolis. 12-5 p.m. (Tues.-Sun.). Now through May 12th, 2019. 410-626-2556. Sjc.edu

**MUSIC**

**NSO Music for Young Audiences: Break it Down!** at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. & 4 p.m. 202-467-4600. Kennedy-center.org

**Washington Performing Arts presents: Itzhak Perlman, violin, and Evgeny Kissin, piano** at The John F. Kennedy Center for the Performing Arts, D.C. 4 p.m. 202-467-4600. Kennedy-center.org

**Straight No Chaser** at MGM National Harbor, Oxon Hill. 7:30 p.m. 800-346-4664. Mgmnationalharbor.com

**Kali Uchis, Jarja Smith** at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

**Sail On: The Beach Boys Tribute** at Rams Head On Stage, Annapolis. 8 p.m.-9 p.m. 410-268-4645. Rams-headonstage.com

**PERFORMING ARTS**

**Broadway Center Stage: The Who's Tommy** at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. & 8 p.m. 202-467-4600. Kennedy-center.org

**A New Brain** at The Colonial Players, Inc., Annapolis. (See 4/14).

**Come From Away** at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. 410-837-7400. France-mer-rickpac.com

**Junk** at Arena Stage, D.C. (See 4/9).

**Ken Ludwig's Comedy of Tenors** at Olney Theatre, Olney. (See 4/10).

**P.Y.G. or The Mis-Education of Dorian Belle** at Studio Theatre, D.C. (See 4/14).

**Red** at Compass Rose Theatre, Annapolis. (See 4/21).

**Rosencrantz and Guildenstern are Dead** at Fells Point Corner Theatre, Baltimore. (See 4/4).

**Where the Wild Things Are** at Garfield Center for the Arts, Chestertown. 2 p.m. 410-810-2060. Garfieldcenter.org

**SPORTS**

**Padres at Nationals** at Nationals Park, D.C. 1:35 p.m. 202-675-6287. Nationals.com (F)

**Baysox vs. RubberDucks** at Prince George's Stadium, Bowie. 1:35 p.m. 301-805-6000. Baysox.com (F)

**Shorebirds vs. GreenJackets** at Arthur W. Perdue Stadium, Salisbury. 2:05 p.m. 410-219-3112. Milb.com/shorebirds (F)

Tuesday  
**30**

**SPECIAL EVENTS**

**Four Rivers Garden Club Flower Marts** at Annapolis Market House, Annapolis. 8:30 a.m. 410-980-1866.

**Half Pint Kids Club: Banana Sushi** at Whole Foods Market Annapolis, Annapolis. 11 a.m. 410-573-1800. Wholefoods.com/annapolis (F)

**Tyler Henry - The Hollywood Medium** at MGM National Harbor, Oxon Hill. 8 p.m. 800-346-4664. Mgmnationalharbor.com

**MUSIC**

**Washington College Sting Orchestra and Chorus** at Washington College, Chestertown. 12 p.m. 410-778-7839. Washcoll.edu

**Andrea Gibson** at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

**NSO Pops: Iron & Wine** at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

**PERFORMING ARTS**

**Junk** at Arena Stage, D.C. (See 4/9).

**SPORTS**

**Baysox vs. Flying Squirrels** at Prince George's Stadium, Bowie. 11:05 a.m. 301-805-6000. Baysox.com (F)

**Cardinals at Nationals** at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

Monday  
**29**

**SPECIAL EVENTS**

**Lecture: Beach Finds of the Chesapeake** at Chesapeake Bay Maritime Museum, St. Michaels. 5 p.m. 410-745-2916. Cbmm.org

**SPORTS**

**Baysox vs. Flying Squirrels** at Prince George's Stadium, Bowie. 6:35 p.m. 301-805-6000. Baysox.com (F)

**Cardinals at Nationals** at Nationals Park, D.C. 7:05 p.m. 202-675-6287. Nationals.com (F)

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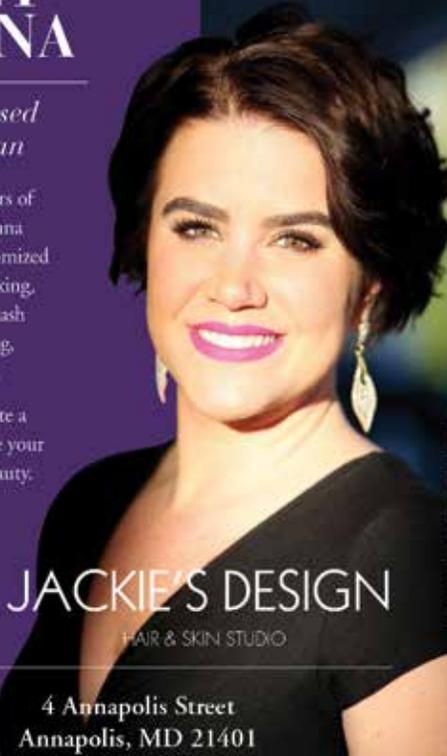
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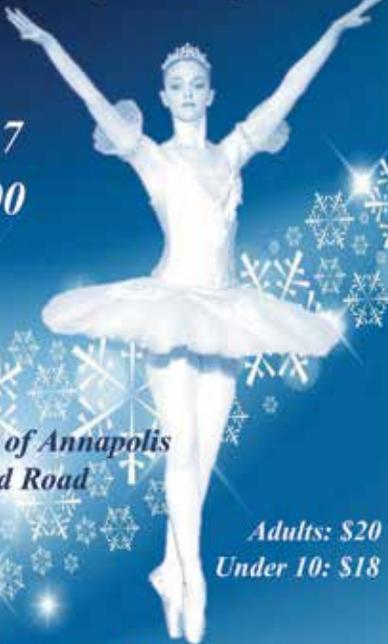
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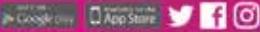
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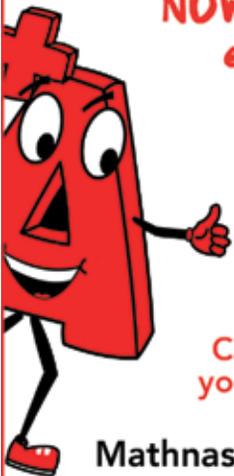
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# Where's Wilma?

**FIND WILMA AND WIN!**

Spring has sprung! Now that the colder weather is fading and the flowers are blooming, we get to spend more time outdoors, so why not take up an outdoor hobby? Follow Wilma as she takes you through "Veggies Get a Makeover: Designing a More Attractive Vegetable Garden," and learn all about creating a vegetable garden. As great as it is to spend time outside, seasonal allergy sufferers may feel differently. Head over to the Health & Beauty section to read up on some seasonal allergy myths, and learn the truth about what to do if you're wheezing and sneezing throughout the spring months. Trade your snow boots in for some rainboots, and let's celebrate our beautiful planet!

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](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to this month's winner: Pauline Koch** of Severna Park, who won a gift certificate to O'Leary's Seafood Restaurant!

**Mail entries to:** Where's Wilma? Annapolis, 201 Defense Hwy., Ste, 203, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions)



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Entries must be received by April 30th, 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.

AAMC Foundation.....	33	Innovative Family Dental Health.....	129
AAMG Medical Group Plastic Surgery.....	9	Iron Rooster.....	141
AAMG Physical Therapy.....	8	Jackie's Design.....	155
Alternative Pet Care.....	103	Jalapenos.....	132
Amanda Raquel Photography.....	155	Johnson Lumber Co.....	111
Anchored Hope Therapy Lic.....	WWLU	Kenwood Kitchens.....	113
Annapolis Area Christian School.....	WWLU	La Sierra.....	139
Annapolis Auto.....	41, 43	Lash Moi.....	131
Annapolis Opticians.....	153	Leah's Dog Salon.....	103
Annapolis Painting Services.....	28	Lewnes' Steakhouse.....	139
Annapolis Plastic Surgery.....	5	Lilac Bijoux.....	131
Annapolis Pulmonary Asthma & Sleep.....	123	Long & Foster Annapolis Fine Homes.....	114, 115
Annapolis Recreation & Parks.....	146	Lundberg Builders.....	119
Archbishop Spalding High School.....	153	MacQuaid Eye Institute.....	WWLU
Baltimore Washington Medical Center.....	BC	Main & Market.....	132
Bay Area Tire & Service Center.....	155	Mangia Italian Grill & Sports Bar.....	156
Baypoint Wealth Management.....	41	Maryland Oral Surgery Associates.....	82
Bayside Pediatrics.....	43	Maryland Paint & Decorating.....	45
Bello's Cleaning LLC.....	155	Maryland Theatre For The Performing Arts.....	23
Berkshire Hathaway Pen Fed Realty.....	118	Maryland Therapeutic Riding.....	119
Bio Fitness.....	157	Massage Rx.....	157
Blo Annapolis.....	156	Mathnasium.....	157
Boatyard Bar & Grill.....	142	May Appraisal Services Jr.....	156
Cabinet Discounters.....	21	Medstar Heart & Vascular Institute.....	6
Cape Drugs.....	154	Mobile Pet Vet.....	103
Carrol's Creek Cafe.....	142	Mosquito Squad.....	48
Center for Eye & Laser Surgery.....	15	Nancy Hammond Editions.....	48
Center For Fine Dentistry.....	IBC	Newk's Eatery.....	141
Cherry Family Dental.....	47	Northrop Realty A Long & Foster Compan.....	90
Chesapeake Ballet Company.....	156	O'Leary's Seafood Restaurant.....	139
Chesapeake Bay Beach Club.....	29	Pasticcio Fresh Italian Kitchen.....	140
Chesapeake Bay Maritime Museum.....	153	Peabody Institute.....	151
Chesapeake Cycles.....	153	Perfect Pet Resort.....	103
Chesapeake Eye Care Management P.C.....	4	Plastic Surgery Specialists.....	19
Coldwell Banker Travis Gray.....	83	ProMD Health.....	120
Coldwell Banker Church Circle.....	30, 31	Rams Head on Stage.....	145
Coldwell Banker Residential Brokerage Neal Simonsen.....	118	RCN & Associates.....	157
Coldwell Banker Residential Brokerage Jennifer Rd.....	108, 109	Sandel Duggal Center For Plastic Surgery.....	3
Coldwell Banker Palmer Properties.....	17, 94, 95	Scarborough Capital/Greg Ostrowski.....	24
CPE Clinic LLC.....	WWLU	Scott Finlay DDS & Associates.....	13
David Orsa.....	10, 11	Servpro.....	154
Diane and Crew of Taylor Properties.....	22	Severn Bank.....	56
Dirty Paws.....	129	Severn School.....	55
Djowdan Center for Implant and Restorative Dentistry.....	1	Simply Stronger.....	158
Dr. Brass & Associates Pediatric Dentistry / Naptown Smiles.....	127	Sin Fronteras Cafe.....	132
Dr. Henrik L. Anderson.....	2	Skin Wellness MD.....	WWLU
Dr. Holly Green / Blue Heron Dental.....	127	St. Mary's Elementary School.....	47
Dr. Lebedeff DPM Diane.....	WWLU	Sullivan Surgery and Spa.....	IFC
Ehmann Kathryn DDS.....	126	Talisman Therapeutic Riding.....	38
Essex Bank.....	7	The Bob Lucido Team.....	92, 93
Fichtner.....	102	The Byzantium Event Center.....	55
Founders Tavern & Grille.....	141	The Listening Room.....	147
Griffith Energy Services.....	106	Timberlake Design Build.....	101
Hague Quality Water.....	117	Tribe Cycle.....	158
Harrison Cart Works.....	117	U.S. Bank.....	151
Harvest Thyme Modern Kitchen & Tavern.....	140	Vintage Vinyl by Yesterday's Fish.....	158
Hoffman Animal Hospital.....	103	Watermark Cruises.....	37
Homestead Gardens.....	107	Wimsey Cove Framing & Fine Art Framing.....	158
Indian Creek School.....	147	YWCA of Annapolis & Anne Arundel County.....	39
		Zachary's Jewelers.....	35

# Right to Know

By Ellen Moyer

**R**achel Carson attacked the chemical and pesticide industry in her 1962 book *Silent Spring*, which stirred up the notion of transparency—to unmask hidden information. Carson’s war on pesticides and the clarity it required for public information was condemned by private industry, just as the battle over tobacco and its relation to increased cancer was beginning. Nevertheless, her action on behalf of the environment resulted in Congressional action in 1970 with the creation of the Environmental Protection Agency and the Occupational Safety and Health Act.

Later, in 1984, a pesticide plant in India released toxic fumes into the environment, killing more than 2,000 people. The plant had been cited for a poor safety record with no emergency plan or damage control information available to the public. With this tragedy, community and workplace “right to know” policies and laws were enhanced around the globe.

A free society thrives on openness, honesty, and accountability. Sharing information on government decision making and corporation largess is how you and I can hold our elected representatives accountable to rules of law, fairness, and freedom from corruption. During the “age for openness in government” in the ‘60s, Ralph Nader was convinced public information is essential to a free society, and he pressed for public access to government documents and open government meetings.

On July 4, 1966, President Johnson signed into law a freedom of information act to give the public access to the documents of most federal agencies. All states followed suit, granting citizens the legal right to access, as well as providing for open meetings, the place where elected leaders and staff converse and make decisions that impact you and me.

These early FOIAs, however, excluded any scrutiny of private business doing business with the government. And therein is the rub. Increasingly, private corporations are providing services that were once in the domain of public service. Privatized trash service, privatized prison management, economic development corporations, and conference and visitor centers receiving beaucoup public dollars are off limits to public scrutiny.

As early as 1951, Denmark and her Scandinavian partners led the way in the field of freedom of information acts. Considered a historic pioneer, Denmark was the first to open the doors to freedom of information requests for private business receiving

public dollars or providing a public service. They were joined by Estonia in 2000.

Over 100 countries have laws or a constitutional guarantee that protect citizen access to information on government actions. Noticeably, Russia, North Korea, and Saudi Arabia are not among this group. In 2003, the United Nations General Assembly passed a resolution in support of citizens’ right to know. In 2015, UNESCO declared September 28th as International Day for the Universal Access of Information.

In today’s world, efforts are being made at state and local government levels to open up visibility for information to curb perceived abuses or failure in the right to know. Maryland’s elected leaders are moving SB719 to open up visibility of The University of Maryland’s governing board of regents. There are efforts to expand the visibility of judges’ decisions. And since October 2018 in New York City, for example, police officers must provide more information to the public they encounter, including offering business cards with name and rank

Transparency is the political in-word of the day. It means “to see through.” In the government context, it means openness and honesty. If we choose to use them, we have all the tools to see our government at work. We can live stream committee meetings, witness floor debates (Maryland’s legislature will begin live streaming in 2020), read proposed legislation on the Internet, attend hearings, and access public documents.



There is little excuse not to know, unless of course we are blocked from knowing by executive or legislation action. Or, by our own attitude.

When times are tough, the tough get going or simply drop out and become unengaged. Indifference, the surrender of interest, and apathy are the greatest threats to our future. It feeds an atmosphere that encourages good citizens to do nothing. Partisan spin fills the vacuum. Sixty years ago, Rachel Carson opened the door to transparency. Knowledge and the judgements we make about maintaining our free society and quality of life are linked. Today, public release of the U.S. Government Mueller Report on the potential collusion with a foreign government to undermine our open political system and western values is on a collision course with the right to know. A free society thrives on openness, honesty, and accountability. What do you think?

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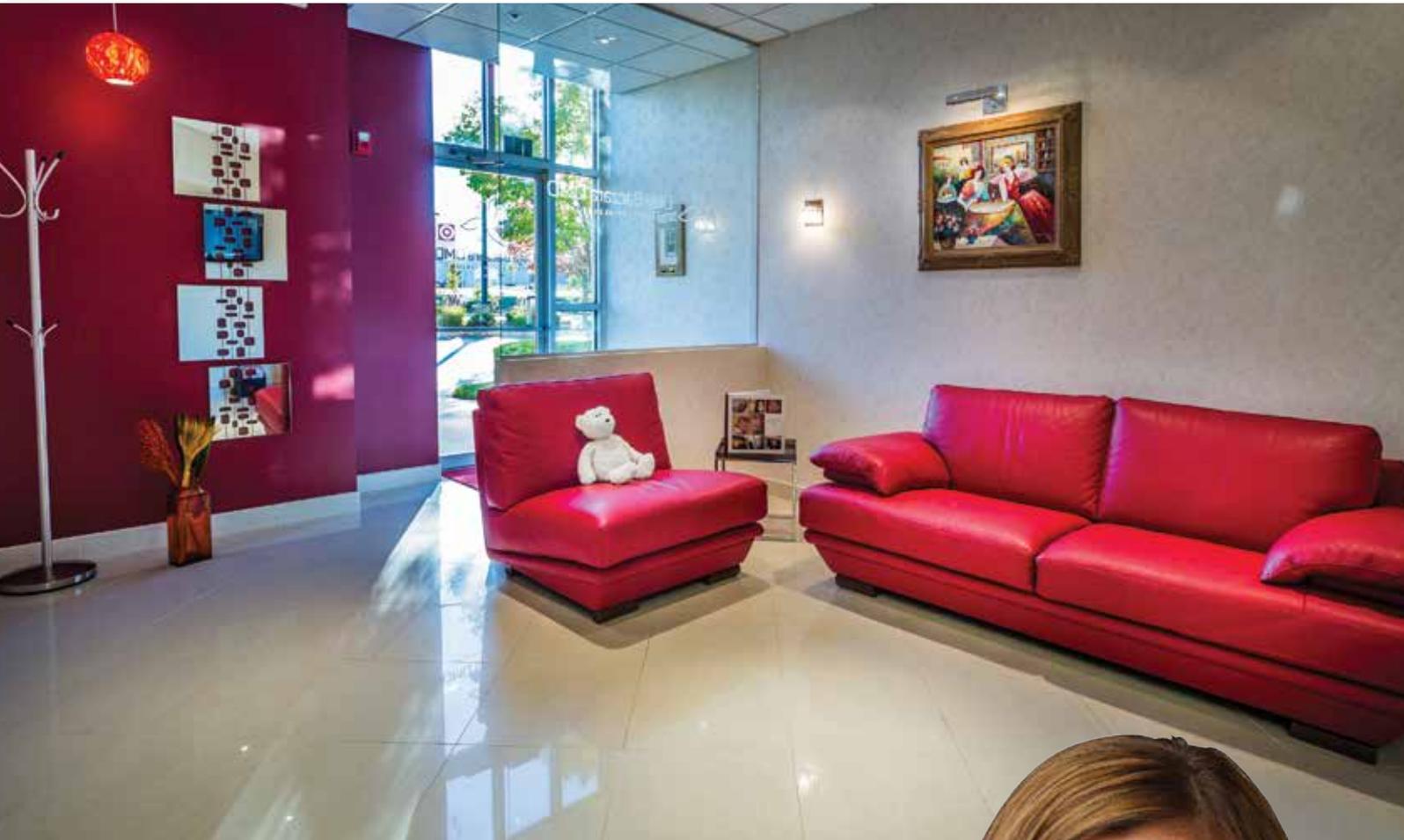
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