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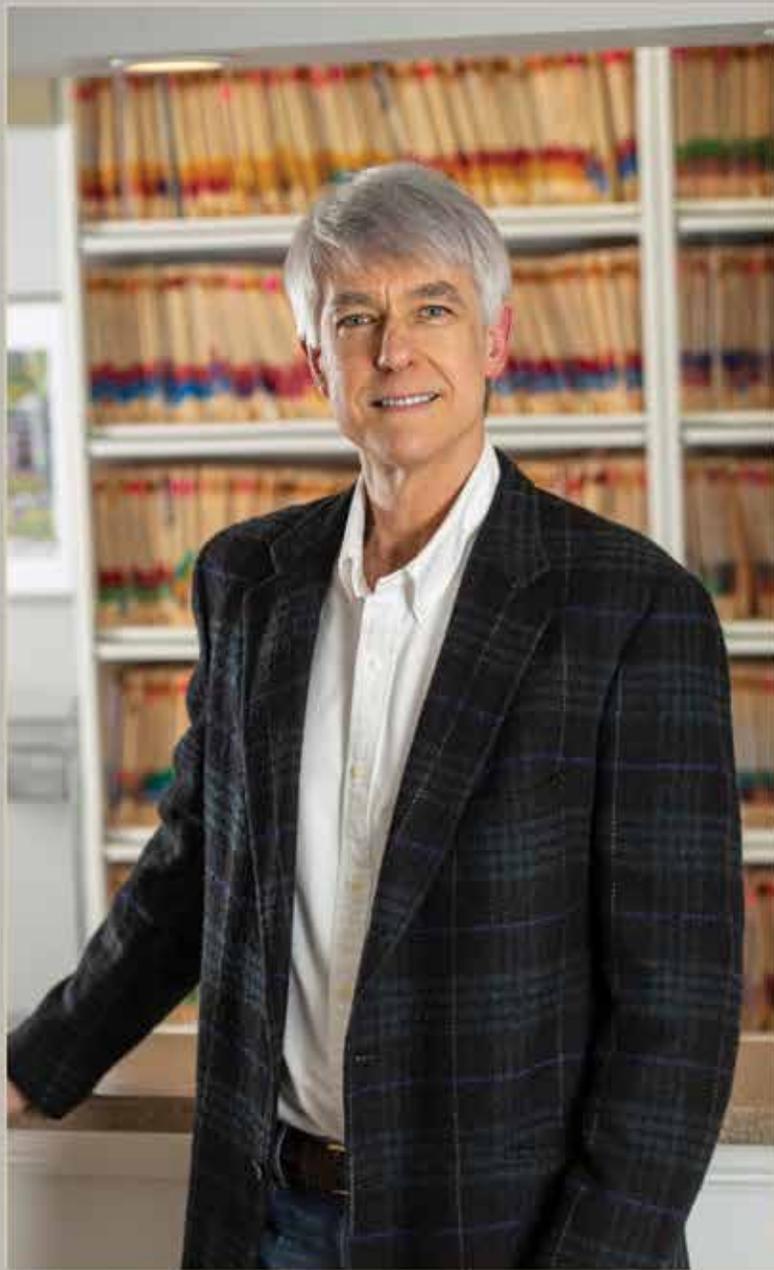
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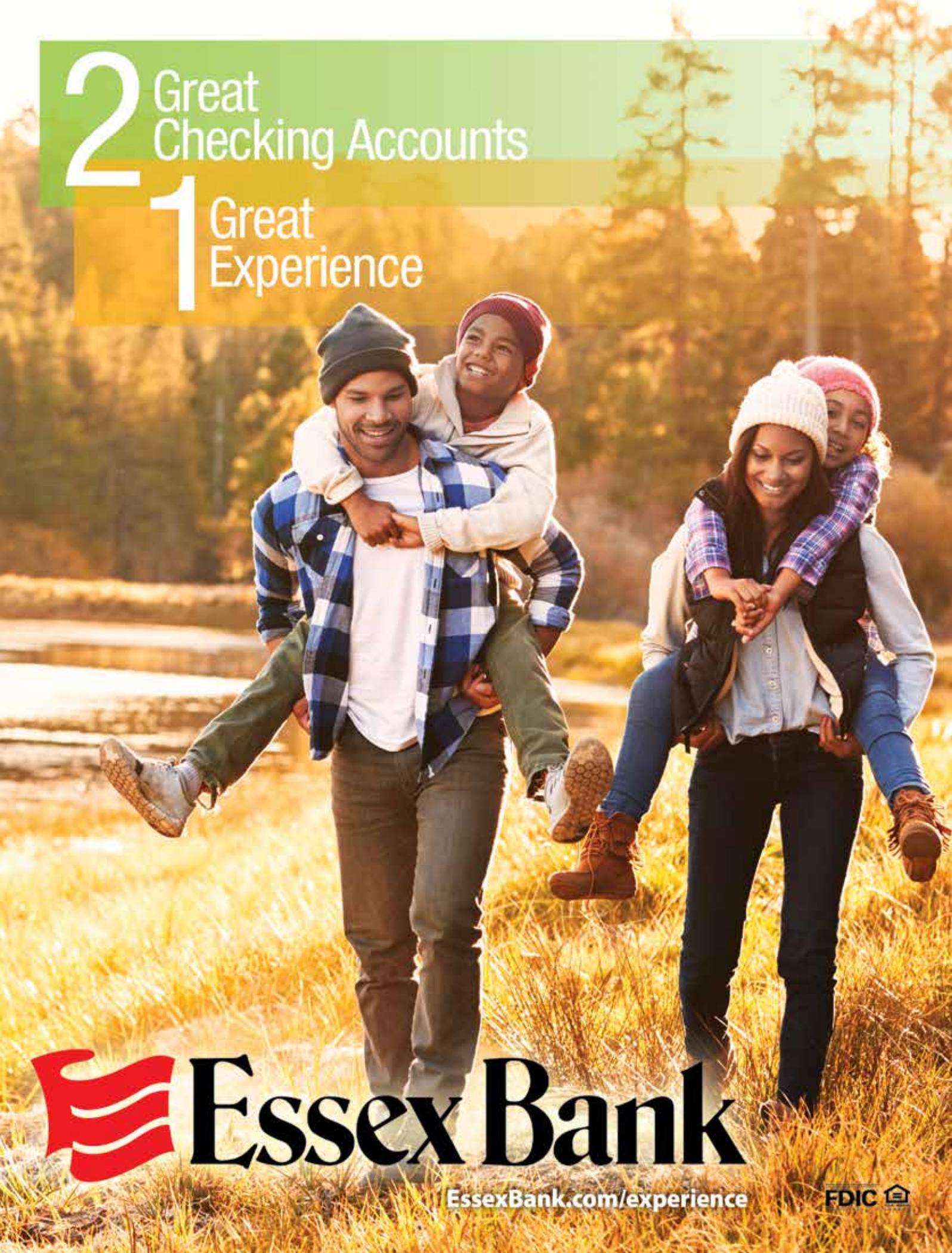
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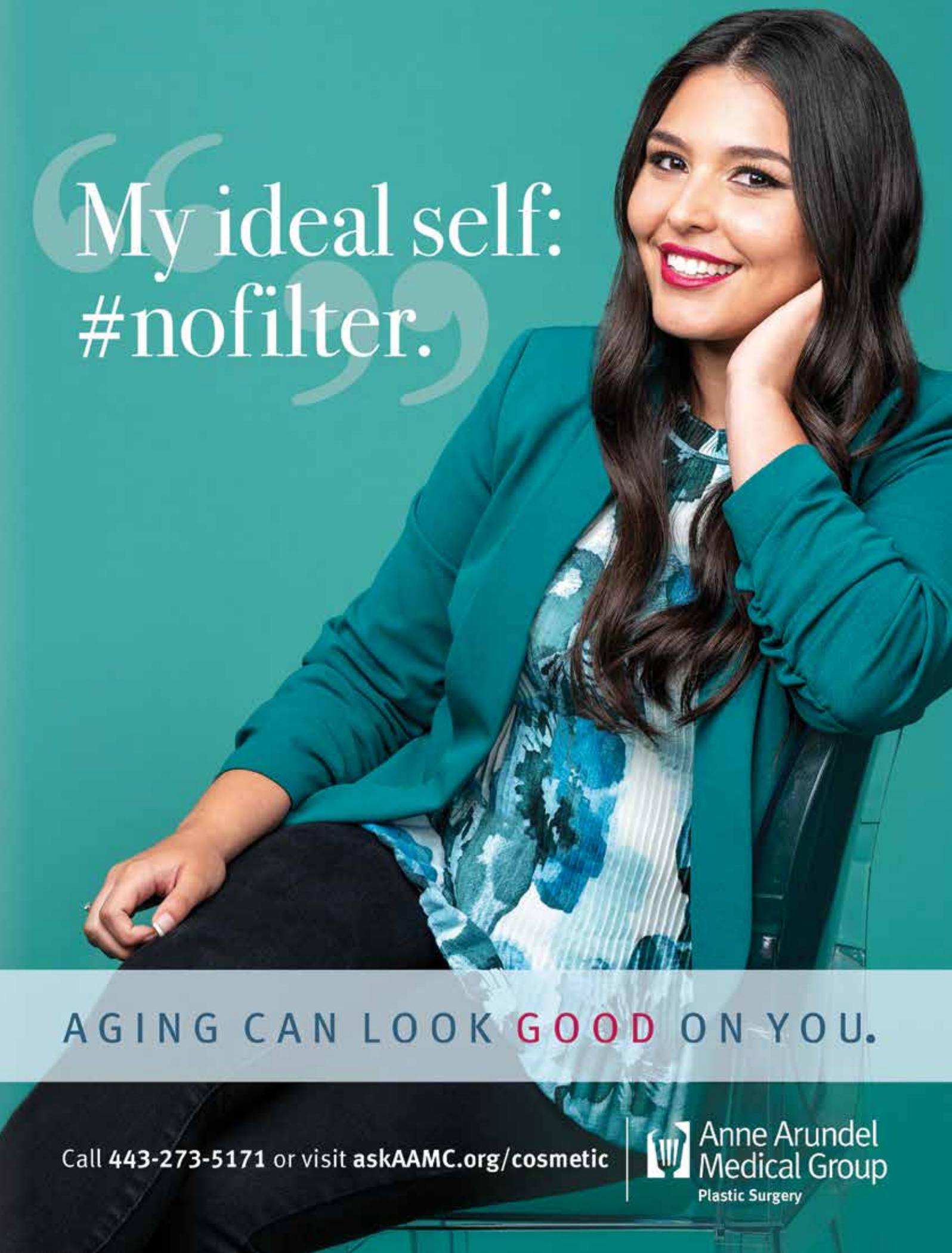
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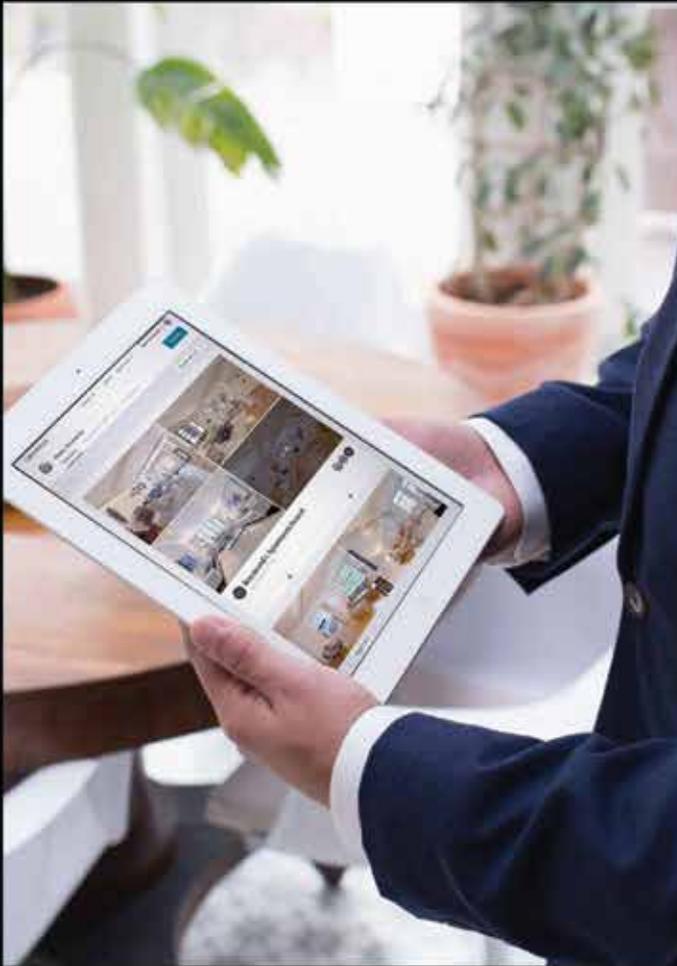
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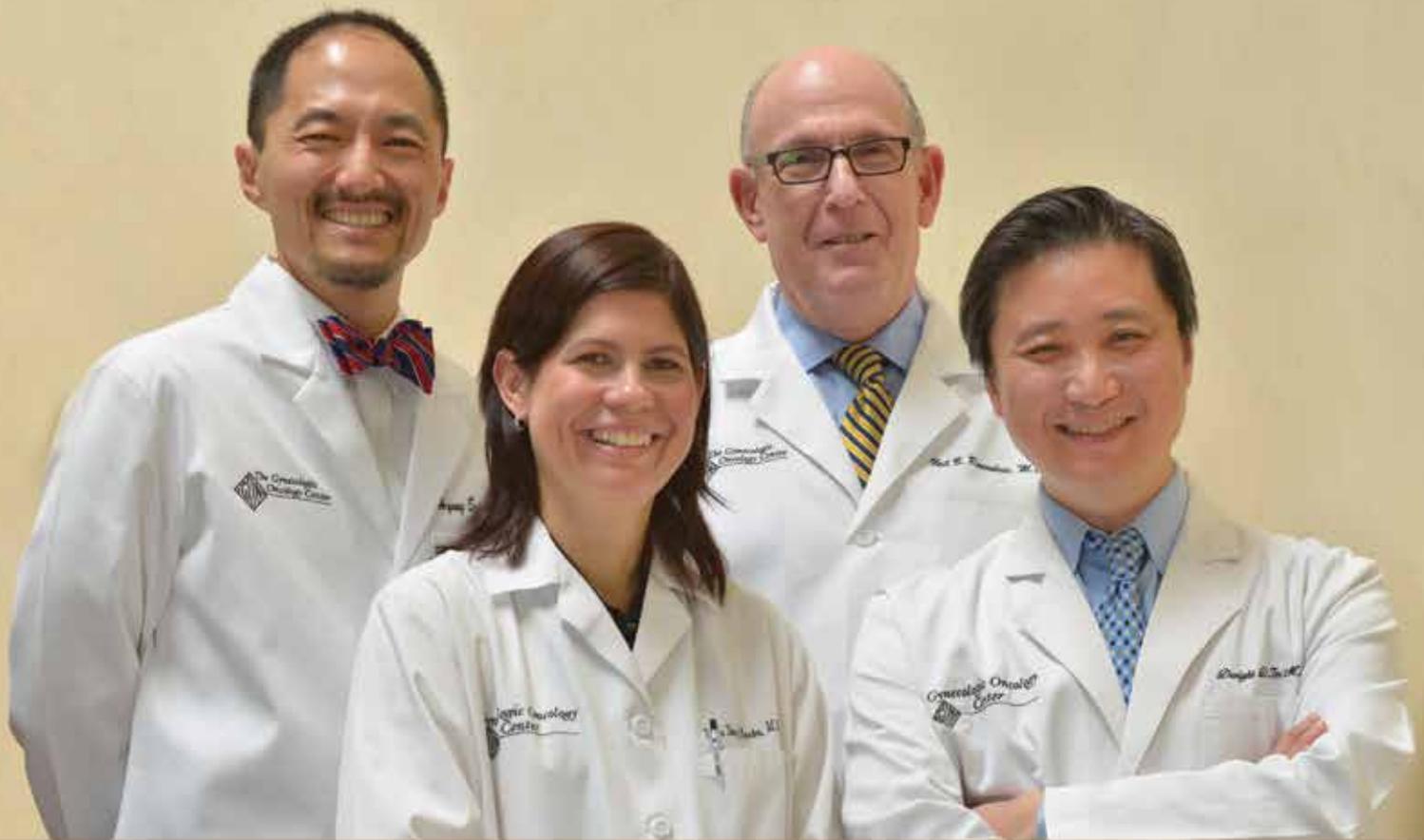
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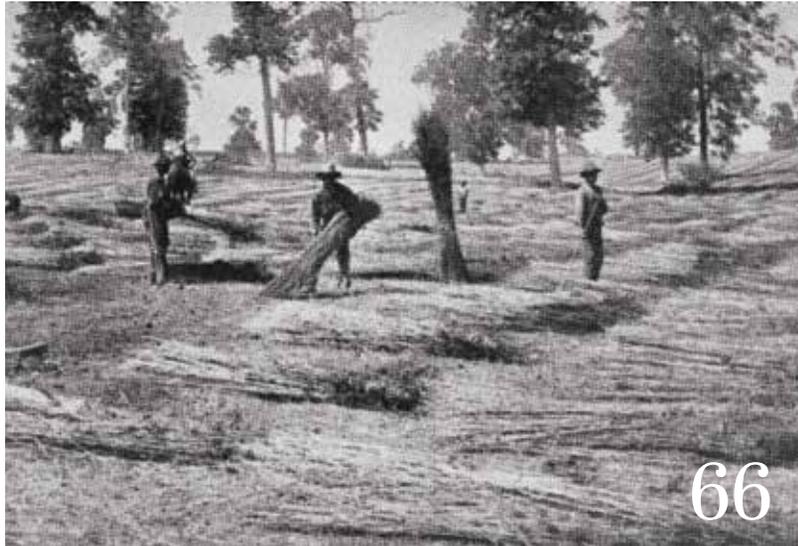
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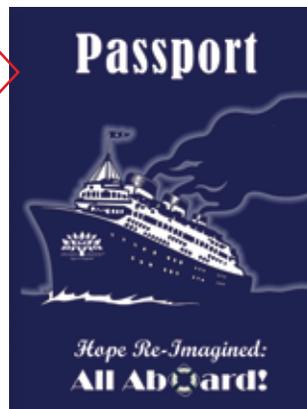
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editor *From the*



Of course, the health of a community begins with the health of its individual citizens. And this October issue, that you hold in your hands, has a few keys to help in this regard. The big project unveiled within is the biennial Top Docs peer-review survey. Local doctors—several thousand of them—were surveyed for their doctor recommendations in more than 40 specialties. The results are a testament to the quality of care that you can access in our region. To that end, you—our readers—also had a voice about which doctors are the best. The annual Best of Medical, Dental, and Veterinary results also appear in this issue. This list differs from Top Docs in that it represents *your* selections. Both lists are go-to resources for care providers at the ready to optimize your health (and your pets’).

Back to that national lens. Another topic that recently made headlines was that of deaths and disease seemingly caused by vaping—perceived to be associated with medical marijuana oil or nicotine cartridges. It’s a topic that hits (no pun intended) close to home as both vaping and medical marijuana are legal in Maryland and have seen an uptick in use and sales. Despite the obvious association of lung disease with smoking of any kind, marijuana is a proven remedy for a variety of ailments, from chronic pain to post traumatic stress disorder. Please read about the economics of this industry, myriad medical benefits, and State Legislature’s future in the article “Power Flower,” before passing judgement. Ditto for trendy CBD oil and America’s new cash crop, hemp, in the article “Hemp Blows the Barn Doors Open.” If you’re feeling the least bit stressed, you’ll read about more than a few forms of relief.

Alas, it’s now October and if there’s ever a time to celebrate community spirit (and spirits), it’s this month. We look forward to fall festivals, football tailgates, long walks in crisp weather, evenings around the fire pit, and all that those northeasterly fall breezes seem to signify. It’s my favorite time of year to enjoy the outdoors, unplug, explore, celebrate, engage community, and remember what makes this region so vibrant.

We’re all in this together...this life, so this season I think I’ll refocus my lens to see the good of the people, for my own health and that of others. There’s a lot of great stories to make and tell, after all.

James Houck,
Editorial Director

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

As I type this letter, the lens through which I’m seeing the national landscape has been focused on difficult and challenging topics that seem to propagate intellectual division among us citizens. There was a national Democratic debate that addressed how best to rehabilitate the American dream in the eyes of the left, the same day that our president visited Baltimore to discuss his version of doing so (supporters and protesters clashed—video circulated of people screaming profanities and spitting at each other). This occurred on the same day that most of the Clean Water Act was repealed by the Environmental Protection Agency (the irony is not lost). Recently, the City of Annapolis unveiled a historic marker in remembrance of several lynchings that occurred in the city and state in the 1800s through, as late as, 1933—a stark reminder that we’re only one lifetime removed from those atrocities. All of this important, but controversial, engaging, but stressful, and, overall, mentally taxing.

Through national and social media filters, it can be difficult to see past the headline making stories....to see the good in the world and the many positive actions and influences of everyday citizens that collectively make our nation and communities such beautiful places to live, work, and play. But those stories do exist. They occur daily and all around us—they’re why we’re in business as a local magazine. I’m also a believer that unplugging and disengaging from our newsfeeds, if only briefly, clears the fog of prejudice, releases us from echo chambers, and heightens our awareness of each other and immediate surroundings. It’s healthy for both body and mind.



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Dr. Mara Holton
Dr. David McDermott Jr.
Dr. David McDermott Sr.
Dr. Steven Rock

VASCULAR SURGERY
Dr. Marshall Benjamin

Out on the **TownE**

27 EVENT PICKS | 36 SOCIAL | 46 SALUTE | 50 SPOTLIGHT | 56 ATHLETE



↑ **United States Sailboat Show**

Sailors from across the globe gather on miles of docks in beautiful downtown Annapolis during the 50th United States Sailboat Show, taking place Thursday, October 10th through Monday, October 14th, 10 a.m. This iconic show is recognized as the world's largest and most prestigious sailboat show. Climb aboard and explore new models from virtually every major sailboat manufacturer, talk to industry experts, and discover the latest in boating products and services. Ticket options for adults range from \$18-48. Tickets are \$5 for children seven and older, and free for children six and under. For more information, visit Annapolisboatshows.com.



Photo by Josh Davidson



↑ More Than Pink Walk

The Race for the Cure is now the More Than Pink Walk! Join Komen Maryland for the 2019 More Than Pink Walk on Sunday, October 13th, 7 a.m. at Columbia Gateway. The Walk will focus on communicating Komen's efforts beyond breast cancer awareness, and energizing the community around the lifesaving work made possible by Komen supporters. Participants can choose between a one- or three-mile route. After the walk, enjoy food, music, and activities. Registration is \$30 for adults and \$15 for ages 18 and under. Proceeds will benefit local breast health programs and research. For more information, visit Komenmd.org.



↓ WINE ON THE WATER

Enjoy unlimited samplings from dozens of area wineries during Wine On The Water on Saturday, October 19th and Sunday, October 20th, 12 p.m.–5 p.m. at Kurtz's Beach. The festival will feature over 100 wine varieties, live entertainment from local musicians, tasty offerings from local vendors, and art and craft vendors selling unique and handmade goods. Proceeds from the event will benefit University of Maryland Baltimore Washington Medical Center's Tate Cancer Center. Ticket prices range from \$20–50 and include on-site parking and a souvenir wine glass. For tickets and more information, visit Wineonthewaterfest.com.

CHESAPEAKE FILM FESTIVAL

Join crowds of film lovers on Maryland's Eastern Shore for a week-long extravaganza of outstanding cinema during the annual Chesapeake Film Festival on Thursday, October 3rd through Thursday, October 10th. This year's festival will feature 62 films. Celebrate storytelling and filmmaking with a variety of workshops, guest speakers, and director Q&As. Mingle with those who create the magic on screen during roundtable discussions and festival celebrations. Screenings will be held in Easton, St. Michaels, and Cambridge venues. For more information, including a complete schedule of events, visit Chesapeakefilmfestival.com.



BOUNTIFUL HARVEST: MASQUERADE FOR A CAUSE

Pick a mask to wear and join Friends of the Light House for its annual Bountiful Harvest on Friday, October 18th, 7 p.m. at the Westin Annapolis. Enjoy live music from Misspent Youth, delicious cuisine from the best local chefs and restaurants, silent and live auctions, and much more. Tickets are \$125 for general admission and \$200 for VIP. Proceeds will help Friends of the Light House continue to provide support for The Light House shelter and its services for those who are homeless or at risk of homelessness. For more information and to purchase tickets, visit Friendslhs.org.

Photo by Steffi Ricketts

MARYLAND RENAISSANCE FESTIVAL

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CELEBRATING THE MAKERS

Academy Art Museum
CRAFT SHOW

October 11-13, 2019
 Friday & Saturday, 10 a.m.-6 p.m.
 Sunday, 10 a.m.-3 p.m.

Preview Event
 Thursday, October 10, 5:30 p.m.

ACADEMYCRAFTSHOW.COM
 106 South Street, Easton, Maryland 21601 410-822-2787



FALL HARVEST FESTIVAL

Join the Friends of Kinder Farm Park for its annual Fall Harvest Festival on Saturday, October 12th, 10 a.m.-4 p.m. Enjoy a day of family-friendly activities including games, hay rides, pony rides, pumpkin painting, scarecrow making, antique sawmill demonstrations, blacksmithing demonstrations, and Kinder Farmhouse tours. The festival will also feature a pumpkin patch, local artisan booths, food and snack vendors, and farm animals. Admission to the event and parking is free. Tickets are needed to participate in the various activities, and can be purchased for \$1 at ticket stands located throughout the venue. For more information, visit Kinderfarmpark.org.



FISHPAWS MARKETPLACE

Oktoberfest

Thursday, October 3 - 5-7pm
 Grand Oktoberfest Beer Tasting
 Come Sample 20 of the best classic Oktoberfest & Fall Beers & Maryland's Linganore Vineyards

Weekly Beer, Wine & Gourmet Cheese Tastings
 Wine & Cheese - Thursdays 5-7pm
 Beer Tastings - Fridays 4-7pm

OCTOBER EVENTS

<p>Friday, October 4, 4-7pm Redemption Whiskey with Whiskey Ambassador</p> <p>Wednesday, October 9, 5-8pm Grand Wine Tasting Sample 46 International Wines</p> <p>Friday, October 11, 4-7pm Barr Hill Distilling from Vermont</p>	<p>October 16, 7-9pm Mezcal 101: Illegal Mezcal Vida Taco, Severna Park, MD</p> <p>Learn all about Mezcal with John Miller Sample through the Illegal portfolio and create a cocktail with Illegal Mezcal Light Appetizers, \$30/person</p> <p>Tickets at whatsuptix.com</p>	<p>Friday, October 18, 4-7pm Misc Distilling & Black Flag Tap Takeover</p> <p>Friday, October 25 Hysteria Tap Takeover & Lyon Distilling</p> <p>Thursday, October 31st 5pm-7pm HalloWINES!</p>
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ANNAPOLIS WEST COUNTY
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2019 Academy Craft Show

Join the Academy Art Museum for the 2019 Academy Craft Show on Friday, October 11th through Sunday, October 13th. Now in its 22nd year, the show will be an indoor, juried craft show featuring approximately 70 artists from across the United States whose work encompasses all craft media. The craft show is one of the major fundraisers for the museum, which provides many community-based programs for all ages. For more information, visit Academycraftshow.com.



Pick the perfect pumpkin, get lost in a corn maze, and enjoy other fall activities with the whole family at one of these Maryland farms:

GREENSTREET GARDENS

391 West Bay Front Road, Lothian; 410-897-9500; Greenstreetgardens.com; 10:30 a.m.-5 p.m. (Sat. & Sun.); Corn maze, hay rides, pumpkin patch, jumping pillow, petting zoo, tire obstacle course

HOMESTEAD GARDENS

743 West Central Avenue, Davidsonville; 410-798-5000; Homesteadgardens.com; 11 a.m.-6 p.m. (Sat.); 11 a.m.-5 p.m. (Sun.); Corn maze, pony rides, jumping pillow, pumpkin patch, hay rides, pipe slide

KNIGHTONGALE FARM

3924 Solomons Island Road, Harwood; 410-510-9784; Knightongalefarm.com; 10 a.m.-5 p.m. (Sat. & Sun.); Pumpkin patch, petting zoo, corn maze, pony rides, hay rides

MARYLAND SUNRISE FARM

100 Dairy Lane, Gambrills; 240-398-6430; Mdcornmaze.com; 6:30-10 p.m. (Fri.); 10 a.m.-7 p.m. (Sat.); 11 a.m.-7 p.m. (Sun.); 10 a.m.-4 p.m. (Wed. 10/9); 10 a.m.-10:30 p.m. (Fri. 10/18); 10 a.m.-4 p.m. (Tues. 10/22); Pumpkin patch, petting zoo, corn maze, pony rides

Y WORRY FARMS

1501 Rossback Road, Davidsonville; 410-451-2855; 1-8 p.m. (Mon.-Fri.); 10 a.m.-8 p.m. (Sat. & Sun.); Pumpkin patch, corn maze

MONTPELIER FARMS

1720 Crain Highway North, Upper Marlboro; 410-320-0464; Montpelierfarms.com; 5-11 p.m. (Fri.); 10 a.m.-11 p.m. (Sat.); 11 a.m.-7 p.m. (Sun.); Pumpkin patch, corn maze, pumpkin chunkin', scarecrow workshop

QUEEN ANNE FARM

18102 Central Avenue, Mitchellville; 301-249-2427; Queenannefarm.com; 10 a.m.-5 p.m. (Mon.-Thurs.); 10 a.m.-6 p.m. (Fri.-Sun.); Pumpkin patch, petting zoo, hay rides



FALL HAS ARRIVED
on the Eastern Shore

Pigs & Pints
SUNDAY, OCTOBER 21

Market Night Out
WEDNESDAY, OCTOBER 23

Brew Fest
EVERY MONDAY IN OCTOBER

Live Music
EVERY THURSDAY IN OCTOBER

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↑ UNITED STATES POWERBOAT SHOW

Spend a weekend exploring over 650 powerboats during the United States Powerboat Show, taking place Thursday, October 3rd through Sunday, October 6th in the historic seaport of Annapolis. Check out the latest powerboats, fishing boats, pontoons, and cruisers from a variety of manufacturers, make side-by-side comparisons, and chat with industry representatives. Plus, enjoy exhibits, shopping, drink tastings, and live entertainment. Ticket options for adults range from \$18-48. Tickets are \$5 for children seven and older, and free for children six and under. For more information, visit Annapolisboatshows.com.

Art @ The Park

Enjoy a weekend celebrating the arts during Art @ the Park on Saturday, October 19th and Sunday, October 20th, 10 a.m.-5 p.m. at Quiet Waters Park. Now in its 29th year, the festival will feature over 60 unique artists who will be displaying and selling their art work. The event will also include live music, art demonstrations, and plenty of food and drinks. Park admission fee is \$6 per vehicle per day. All proceeds will benefit activities and programs at Quiet Waters Park. For more information, visit Fqwp.org.



Photo by Friends of Quiet Waters Park

← LIFELINE100

Join Anne Arundel County Police, Anne Arundel County Recreation & Parks, and Bicycle Advocates for Annapolis & Anne Arundel County on Sunday, October 6th for the sixth annual Anne Arundel County Lifeline100 bicycle event. Held at Kinder Farm Park, this community event offers a unique, organized ride experience for cyclists of all ages and abilities. The 15- and 30-mile routes take place on paved trails, while the 65- and 100-mile routes occur on local, scenic roads. Children ages 4-10 can learn bike safety at the free Bike Rodeo. All proceeds go to local nonprofits including the Crisis Response System, Recreation Deed for Special Needs, and BikeAAA. For more information, visit Lifeline100.com.



Photo by Frank Tewey

CHESAPEAKE BAY MARITIME MUSEUM

OysterFest 2019

SATURDAY, OCTOBER 26

10am-4pm, rain or shine

- Live Music on Two Stages
- Local and Regional Food
- Boat Rides on the Miles River
- Oyster Stew Competition
- Cooking Demonstrations
- Oyster Tonging
- Family Activities
- Retriever Demonstrations

Visit cbmm.org/oysterfest for details!

213 N. Talbot St., St. Michaels, MD
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2019 FALL OPEN HOUSES DATES

Middle School - October 17
Upper School - October 22
Lower School in Annapolis - November 12
Lower School in Severn - November 14

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aacsonline.org/admissions/visit

Homestead Gardens Fall Festival

Homestead Gardens' annual Fall Festival is back! This family-friendly event takes place on the grounds of Homestead Gardens' Davidsonville nursery and showroom. Pick the perfect pumpkin at the pumpkin patch, get lost in the two-acre corn maze, check out the jumping pillow and pipe slide, enjoy hay rides and pony rides, and stop by the barnyard to meet the goats, alpacas, and pigs. Finish your day with delicious food and beverages, including the famous Homestead apple cider doughnut. Admission is \$12 per person, and free for children three and under. The festival is open Saturdays, 11 a.m.-6 p.m. and Sundays, 11 a.m.-5 p.m. through Sunday, October 27th. For more information, visit Homesteadgardens.com.

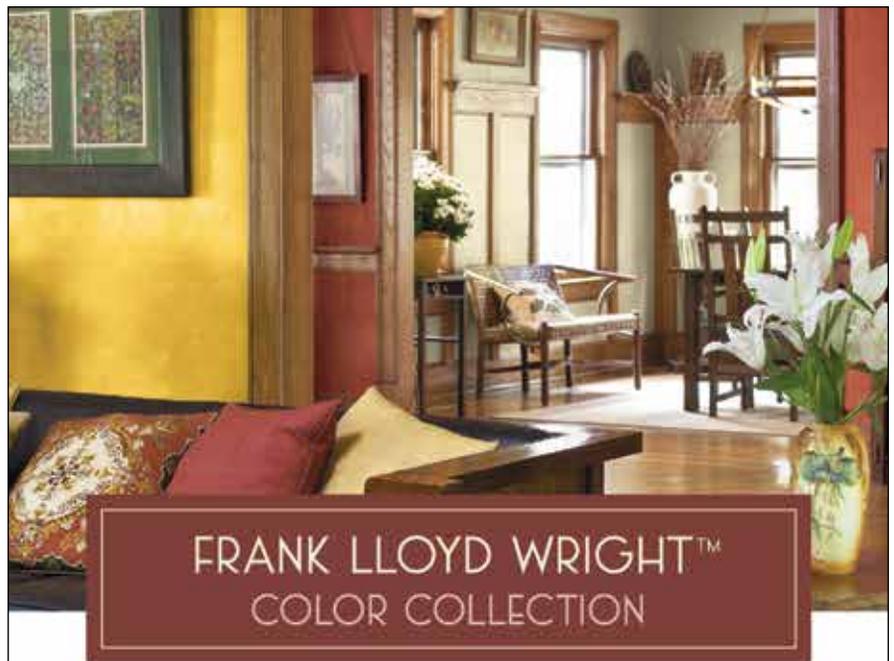


USNA HALLOWEEN CONCERT

The USNA annual Halloween Concert is a spectacular event of music, lights, drama, and dance. This electrifying concert features chapel organist Monte Maxwell and the talented midshipmen in a presentation that has drawn record-breaking crowds into the Naval Academy Chapel. A wide variety of music from multiple genres is performed in this concert, celebrating the triumph of good over evil and All Saints' Day. Performances take place Friday, October 25th, 7 p.m. and 10 p.m. and Saturday, October 26th, 7 p.m. at the Naval Academy Chapel. Tickets are \$36 for general admission and \$8 for children 10 and under. For more information and to purchase tickets, visit Navyperforms.showare.com or call 410-293-TIXS.

FOR MORE EVENTS

VISIT OUR CALENDAR ON pg. 203 OR GO TO WHATSUPMAG.COM



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TOWNE SOCIAL

Governor's 12th Annual Buy Local Cookout

On the evening of July 18th, Governor Larry Hogan and First Lady Yumi Hogan welcomed more than 150 guests to the grounds of the Government House in Annapolis for a special cookout promoting Maryland-grown produce, meats, and craft beverages, and the culinary creations of more than 25 vendors. The event served as the kickoff to the statewide "Buy Local Challenge," which encourages all Marylanders to eat at least one locally grown, harvested, or produced product each day of the Buy Local Challenge Week, which is always the last full week of July.

Photography courtesy Governor's Office 1. The Geckos perform at the cookout 2. Family poses with Governor Hogan, Cal Ripken, Jr., and Laura Ripken 3. Governor Hogan and Maryland Secretary of Agriculture Joseph Bartenfelder deliver remarks to the crowd 4. Mar-Del Watermelon Association President Dawn Collins, 2019 Mar-Del Watermelon Queen Summer Thomas, and Mar-Del Watermelon Queen Coordinator Terra Eby 5. James Houck, Governor Hogan, and Rick Marsalek 6. Governor Hogan with Randall Ainsworth



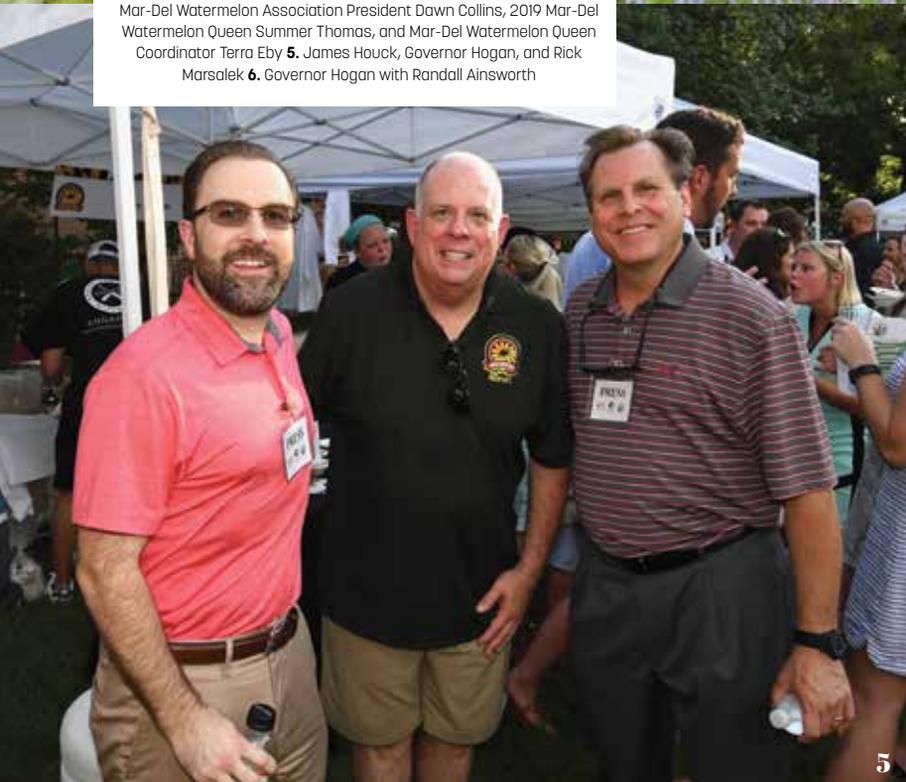
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IOSCA



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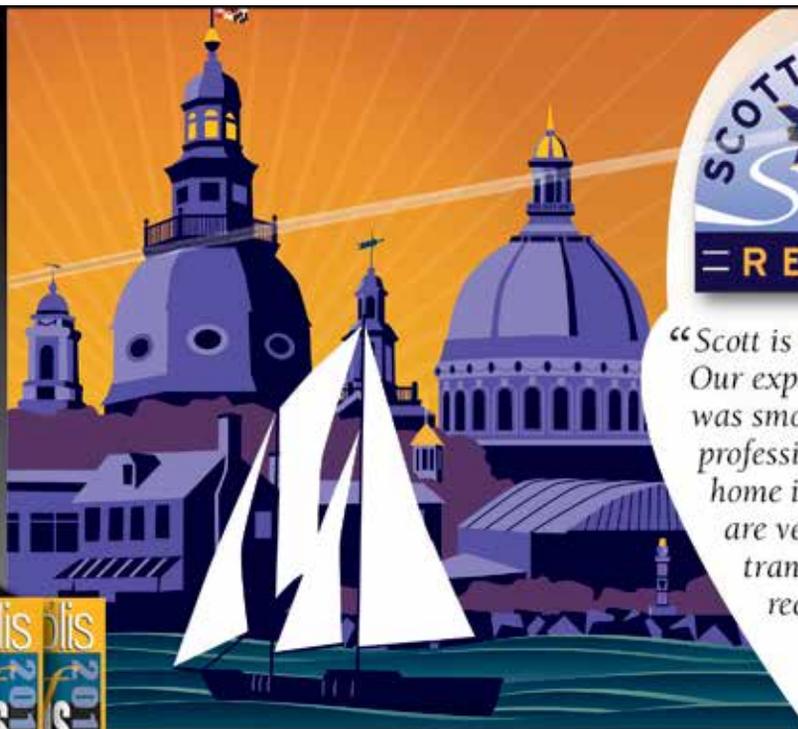


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3

TOWNE SOCIAL

Kegs & Corks

On August 17th, craft beer and wine enthusiasts flocked to Anne Arundel County Fairgrounds in Crownsville for Kegs & Corks, an event celebrating Maryland breweries and wineries. In addition to the beverages from 30 vendors, guests enjoyed live music, dancing, and local food. Proceeds from the event were donated to Special Olympics Maryland.

Photography by Stephen Buchanan 1. Bill and Julie Lenz 2. Monica Jones and Charlane Grayson 3. Richard Kin and Helena Chung 4. Barakat Shakir and Stefany FM 5. Mike Valeika, Ryan Smith, Sam Schenback, and Mike Weaver 6. Ashley Carpenter and Terrance Marshall



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TOWNE SOCIAL

Rock the Dock

Annapolis Rotaract Club, the Rotary-sponsored service club for young men and women ages 18 to 35, held its ninth annual Rock the Dock benefit event at the Annapolis Maritime Museum on June 6th. Benefitting the Live Water Foundation, the event featured food and drinks at the museum's beachfront setting and raised \$16,155.

Photography by Stephen Buchanan 1. Jamile Hill, Jennifer Hunt, Kenna Hathaway and Robin Pippin 2. Maddy Voytek and Bihl Cronin 3. Aaron Jacobson, Jeremiah Batucan, and Matt Miller 4. Amanda Byrd, Ally Kotz, Drew Belmont, and Kevin Thomas 5. Breih Barksdale and Jaime Thompson 6. Kevin Haigis and Brian Meyer



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2019

CASAblanca



Gala

SATURDAY

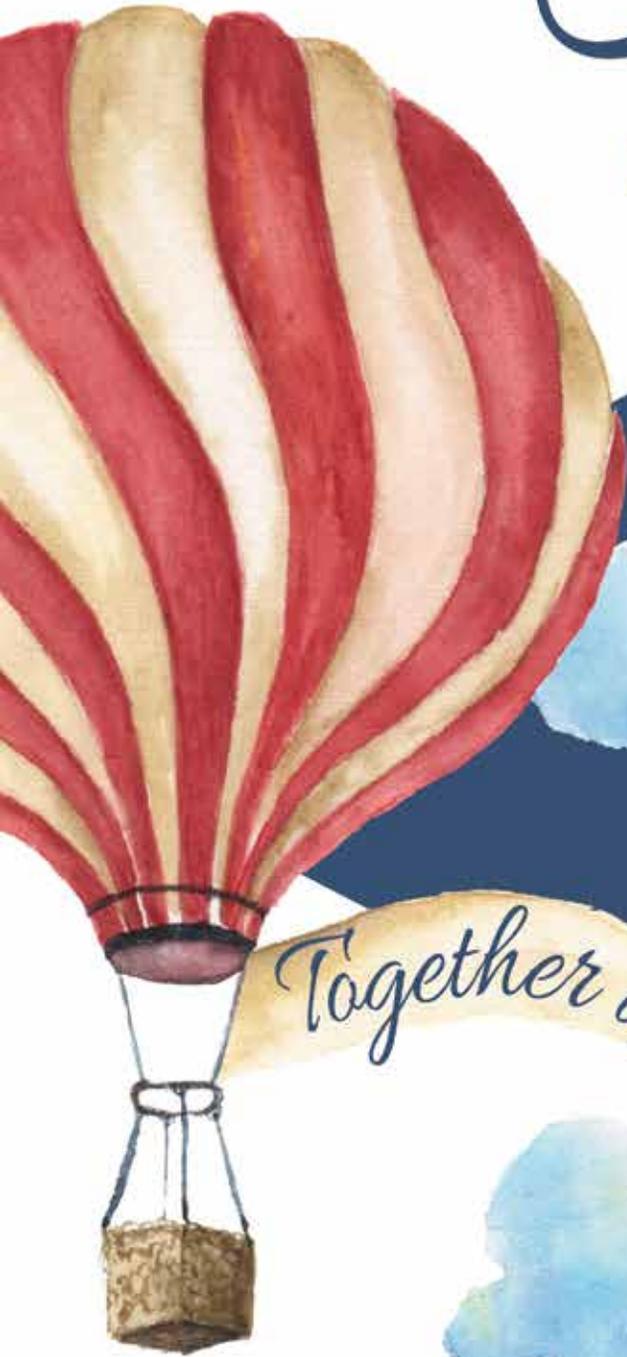
NOVEMBER 2, 2019

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Visit: **AACASA.ORG**



Together we rise!





1 2

TOWNE SOCIAL

74th Annual Crab Feast

On August 2nd, more than 2,500 people flocked to Navy-Marine Corps Memorial Stadium in Annapolis to feast on 350 bushels of crabs, 3,400 ears of corn, 100 gallons of crab soup, 150 pounds of beef barbeque, and hundreds of gallons of soft drinks and beer. The Rotary Club of Annapolis' annual event is not only the world's largest crab feast but also a major fundraiser that benefits local community and cultural organizations.



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Photography by Stephen Buchanan **1.** Jill Reidhaar, Jean Kavaneac, and Jim Kavaneac **2.** Erica Kellems and Tanya Blair **3.** Quinn Cunningham and Alex Carter **4.** Katie Honeycutt and Summer Thomas **5.** Jamie Ramnsay and Lu Ramsay Cotta **6.** Carter Bailey, Kayla Peppia, and Lauren Bailey



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SATURDAY, NOVEMBER 2, 2019



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Spend a day on the Chesapeake Bay with friends competing for biggest fish and most dollars raised.



Celebrate during our F4AC Shore Party at the Annapolis Waterfront Hotel.

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Edgewater, MD | 4 BR/5.5 BA | \$2,225,000

3309 Old Point Road

Well maintained 7,200 sqft South River waterfront estate on 3.29 private acres w/abundant water views. 2 finished levels w/ ample space for many living scenarios such as an au pair or in law suite & home office. Entertainer's dream, multiple patios, docks, heated pool, pier w/3 lifts/water/electric, 4ft miw, & much more.

John Freeman 443-336-8366



Annapolis, MD | 4 BR/4.5 BA | \$1,990,000

211 Duke of Gloucester Street | Historic District

Presenting one of John Pili's finest fully remodeled homes in Annapolis' Historic District w/two off street parking spots. This c.1845 treasure, offers a chef's kitchen, study/den and finished basement w/wine cellar. 4,544 total square feet of living space over three levels. Conveniently walk to yacht clubs, restaurants & shops!

Brian Jacobs 301-461-7987



Annapolis, MD | 7 BR/6.5 BA | \$1,795,000

30 Maryland Avenue | Historic Annapolis

Fine Flemish bond brick 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 - 443-254-5681

Michele Deckman - 410-353-3703



Annapolis, MD | 3 BR/3.5 BA | \$1,635,000

952 Creek Drive | Eastport

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Kelly Sim Joyce 410-570-7115



Edgewater, MD | 3 BR/3 BA | \$830,000

1020 South River Landing

Perched above creekside water views. \$830,000 without the separately deeded boat slip, or \$875,000 incl. 40' slip and 20,000 lb lift. 3,500 total square feet, w/two entry floor bedrooms bookending the kitchen and gorgeous, wide open living area. Garage & abundant upgrades.

Michael Parsons - 301-706-9270



Annapolis, MD | 4 BR/3.5 BA | \$715,000

1000 Gomoljak Lane

Amazing custom built home on 4 rolling acres. Open floor plan that incl. living, dining, porch & huge kitchen great entertaining. Master suite w/attached large sitting room w/ gas fireplace! Tucked away for privacy, huge equipment barn large enough to house six cars. 15 minute drive to downtown Annapolis.

Michele Cordle 410-562-8680

ANNAPOLIS CHURCH CIRCLE

410.263.8686 | annapolischurchcircle.com

4 Church Circle | Annapolis, MD 21401





Shady Side, MD | 4 BR/2.5 BA | \$649,900

4917 Hine Drive | Avalon Shores

Beautiful Shady Side home off of the West River with 90 feet of waterfront. A 100 foot pier with 3 deepwater boat slips! There are 3 decks and a glassed in porch that overlook the water. Natural light fills this home that is perfect for entertaining.

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Annapolis, MD | 4 BR/3 BA | \$675,000

1837 Cove Point Rd. | Lindamoore

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Annapolis, MD | 4 BR/2.5 BA | \$639,000

1636 Trawler Lane | St. Margaret's Landing

Spacious & gracious St. Margarets Landing Colonial showcasing a perfect blend of design and comfort. Beckoning plantation porch spilling into 2-story Foyer. Classic moldings/trim, designer lighting. Family Room w/brick fireplace sharing glow with completely renovated kitchen.

Jaime Watt 410-271-6957



Annapolis, MD | 4 BR/3.5 BA | \$639,900

603 St. Mulberry Ct. | Severn Manor

Brazilian Koa hardwood floors throughout the main and second levels, Master Suite with cuper bath, walk in closets and sitting room, finished walk up basement with third full bathroom, gas fireplace, granite counters, full house generator, and so much more!

Elizabeth Robb 410-980-1825



Crownsville, MD | 3 BR/2 BA | \$624,900

841 Oak Trail

Come home to the tranquility of country living and majesty of unobstructed water views in an open, contemporary custom-designed home on approx. 1-acre. Ample quarters boast vaulted ceilings in main living area with a modern synthetic deck off dining area. House is wired for smart home capability.

Michael Parsons 301-706-9270



Annapolis, MD | 4 BR/3 BA | \$609,000

1501 Gordon Cove Drive

All brick renovated rancher, hardwood flooring, and wood burning fireplace in family room. Updated kitchen and bath and three season porch off family room. Two car garage and walking distance to Thomas Point Park. Water privileged community.

Mary Kay Gordon 410-991-6047



Edgewater, MD | 4 BR/2.5 BA | \$510,000

1545 Wakefield Road | Saunders Point

Best of all worlds! This beautifully maintained, 4 BR home in Saunders Point, offers hardwood floors throughout, upgraded Kitchen w/granite, spacious main-level living w/screened porch & 2-car garage. Community offering playground & park, & community Beach on the Chesapeake Bay just a block away.

Patti Moriarty - 410-507-0060



Stevensville, MD | 3 BR/2 BA | \$460,000

130 Great Neck Road | Warehouse Creek

Escape to your Eastern Shore waterfront getaway! Experience Warehouse Creek tranquility a mere 20 mins. from Annapolis. 50 mins. from Baltimore/D.C., live year-round, steal away for the weekend or generate rental income. Updated Rancher with dining deck spanning rear of home.

Jaime Watt 410-271-6957



Edgewater, MD | 3 BR/3.5 BA | \$359,900

228 Night Haven Court | South River Colony

3 level, 3 BR, 3.5 BA townhome in amazingly rich So River Colony. HDWD's, renovated white Kitchen w/black marble stainless appl. Newer furnace and BGE energy compliant. Finished lower level and large upper deck w/back to woods.

Moe Farley 410-271-4839

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TOWNE SALUTE

Sandy Cannon-Brown

Chesapeake Film Festival

By Caley Breese

Although Sandy Cannon-Brown started her career in print journalism, she found her true calling in filmmaking when she anchored the news in Austin, Texas, for a period of time, saying that anchoring gave her a “taste of video and moving pictures in addition to just words on paper.”

Cannon-Brown is an independent environmental filmmaker with more than three decades of experience. She received her B.A. in communications and M.A. in film and video from American University, where she also taught filmmaking for 10 years. In 1985 she founded VideoTakes, a video production company based out of the D.C. and Arlington, Virginia, area.

Cannon-Brown has been involved with the Chesapeake Film Festival for more than a decade, both as a filmmaker and a volunteer. Last year, she decided she wanted to contribute more to the event and served as vice president of the annual festival. This year, she returns to the board as the development chair. In addition to helping with fundraising and identifying filmmakers for the festival, she was in charge of planning this

year’s Heroes gala. The gala, which was held in August, celebrated the filmmakers and stars of the films.

“Sandy is an integral part of the festival, working with development, communications, programming, filmmaking, and just about everything else,” Chesapeake Film Festival Vice President Nancy Tabor says. “She is an unsung hero and definitely goes above and beyond the normal call of duty.”

We spoke with Cannon-Brown about her filmmaking experience, the festival, and her time spent volunteering.

What sort of content do you focus on in your films?

I’ve been in the Chesapeake Bay watershed for a long time now—about 35 years—and have loved being part of the water recreation. It’s very special to me; it’s my back yard. Because of that, I try to use my talents to do what I can to help keep it healthy and make sure that the rivers and the water around here are usable by people for generations to come.

The last few years, I’ve had the wonderful opportunity to partner with writer Tom Horton and photographer Dave Harp, who have been covering environmental stories about the Chesapeake Bay for about 40 years. Together, we’ve started making films that relate to the bay and to the environmental health of the bay. The first film we did together was called *Beautiful Swimmers Revisited*, which celebrated the book *Beautiful Swimmers* by William W. Warner. It was a Pulitzer Prize-winning book that’s all

about crab and crab management on the bay. We did one on climate change, which we call *High Tide in Dorchester*. And we did [a film] on Smith Island called *An Island Out of Time*, which shows an island that is threatened by erosion. These films have all been shown in the past at the Chesapeake Film Festival.

What do you enjoy most about volunteering with the Chesapeake Film Festival?

As a filmmaker, I know that we don’t make films just to make films. We make them to be shown and to be discussed, and we make them so that they are a tool for making change in this world. It’s very satisfying to help other filmmakers find a forum for their films and to give them a chance to share it with the community. It’s a wonderful place for filmmakers [and] for people who love films because early October is usually a beautiful time on the Eastern Shore. We hope that they will partake in the excitement over here of being out on the water and going to some of our wonderful restaurants and venues that we have. It’s just very exciting to be a part of this.

What can people expect at this year’s festival?

The 2019 festival will have about 62 films that will be shown in three cities [Easton, Cambridge, and Oxford]. The films are coming from all different places. They’re coming through our artistic director, Cid Collins Walker, who went to Sundance [Film Festival] this year. She was able to identify five or six films that we’re bringing to our little

festival on the Eastern Shore. I'm very active in the Environmental Film Festival in Washington, D.C., so I went to that festival in March, where I also had a film that was being screened, and picked out a couple of films that just wowed me to share with people over here. We have films coming from these very prestigious festivals with very well-known, experienced, and exciting filmmakers that come with them to talk to our audience.

It's really an opportunity to give a community that may not get even as far as D.C. or Baltimore to see some of these great films. It has more of a neighborhood feel. You're with your friends, you're having the opportunity to chat with the filmmakers, and to have a real festival experience.

Do you have any advice for people interested in volunteering in their communities?

It's very important if people want to see their community grow and see their community thrive. On the Eastern Shore, we have more than 500 worthy organizations that are doing things to make a difference in people's health and their quality of life and the environment. There's an opportunity for everybody to get off of their chair, get out there, and be part of that; to do something good for your own community, and that's what I'm trying to do. I volunteer for a couple of other organizations, too, and it just makes you feel [like] more of a family [and] a community if you can participate and help secure a good future for that community.

The 2019 Chesapeake Film Festival runs October 3rd-10th. For more information on the Chesapeake Film Festival, visit chesapeakefilmfestival.com.

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



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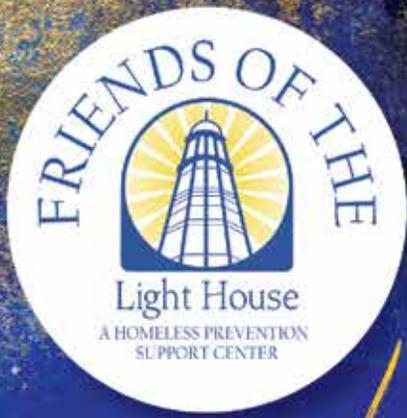


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Corks for a Cause Raises \$10,000 for BWMC Foundation ↓

The second annual Corks for a Cause raised nearly \$10,000 in support of the University of Maryland Baltimore Washington Medical Center Foundation. The event, which was hosted by Homestead Gardens and Fishpaws Marketplace, was held in June at Homestead Gardens' Severna Park location. More than 100 attendees gathered in the outdoor garden center and enjoyed tastings of 30 different wines, donated by Fishpaws, and cuisine provided by area restaurants and caterers.

Photo by Rebekah Lindner

BROTHERS SERVICES RECEIVES TWO AWARDS

Brothers Services, a home improvement contractor headquartered in Hampstead, recently received the 2019 Regional Contractor of the Year award in the Residential Interior Under \$75,000 category. The Contractor of the Year Awards are presented yearly by the National Association of the Remodeling Industry, and recognize excellence in remodeling as demonstrated in 48 different categories. Additionally, *Remodeling* magazine named Brothers Services as the number one most successful full-service remodeler in the region. Brothers ranked eighth in the nation among more than 500 companies that were evaluated. Brothers Services specializes in roofing and interior and exterior remodeling. The company has a showroom at the Annapolis Towne Centre.



Left to right: Annapolis Mayor Gavin Buckley, John Cosby, Jenny Nelson, and Rick Nelson. Photo courtesy of Annapolis Sailing School

↑ Annapolis Sailing School Celebrates 60 Years

Annapolis Sailing School celebrated its 60th year at its Bembe Beach location in July. The 175 guests enjoyed a barbeque meal, cake, congratulatory remarks from Annapolis Mayor Gavin Buckley, presentations of \$2,500 donations to Brendan Sailing and Chesapeake Region Accessible Boating (CRAB), and more. The school was founded by Jerry Woods and was the first recreational sailing school for adults in the nation. In November 2014, Annapolis Sailing School was purchased by Rick and Jenny Nelson. In the past five years, the school has updated and expanded its fleet, introduced paddleboards and kayaks for rent, and improved the school's property. For more information on Annapolis Sailing School and its programs, visit annapolisailing.com.



Left to right: Kathy Burk, Kim Lawson, and Pam Finlay. Photo by Reggie Hayes

ATLANTIC MAINTENANCE GROUP BECOMES OFFICIAL SPONSOR OF THE MARYLAND BLACK BEARS' BEAR PATROL

The Maryland Black Bears have partnered with the Atlantic Maintenance Group for the 2019–2020 hockey season. Atlantic Maintenance sponsors the Maryland Black Bears' new program Bear Patrol, which consists of youth hockey players around the central Maryland region who provide assistance on and off the field for the Black Bears. This partnership allows local hockey players to improve their ice-skating skills and gain valuable hockey knowledge. Atlantic Maintenance Group is a full-service landscape, asphalt, and concrete maintenance company based out of Glen Burnie.

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- Enhanced learning experiences through meaningful technology integration
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- Classes in music, library, art, life skills, and physical education taught by discipline specialists
- Experience in Key's Nature Explore Classroom, Build It Lab, Treetop Science Room, Thinking Studio, and Maker Spaces

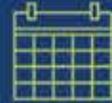
First & Lower School STEAM Initiatives



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OUTCOMES 2019

- Over 82% of the Class of 2019 received merit scholarships
- 81% will attend "Most/Highly/Very Competitive" colleges/universities
- 25% of the Class of 2019 scored 1430+ on the SATs; Class Mean of 1313
- 11% earned National Merit Scholarship Recognition (national avg. < 1%)
- 35% intend to pursue STEM-related studies including engineering, computer science, marine and environmental science, pre-health/vet, and architecture.
- 24% will attend Research 1 Universities
- 98% of alumni parents surveyed would recommend Key to a friend, colleague or family member.
- Visit keyschool.org/Classof2019 for a complete list of college acceptances and matriculations.

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(Grades 5-8)

UPPER SCHOOL
(Grades 9-12)

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The Key School engages children from 2.5 years of age through grade 12 in a progressive, coeducational, college-preparatory program on its picturesque 15-acre campus located 4 miles from downtown Annapolis.

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Photo courtesy of Monarch Academy Annapolis

MONARCH ACADEMY ANNAPOLIS NAMES NEW PRINCIPAL

Monarch Academy Annapolis, a public contract school with Anne Arundel County Public Schools, named Rachel Amstutz as its new principal. Amstutz has over 18 years of experience as an educator and school administrator, most recently serving as principal of Manor View Elementary School in Fort Meade. Amstutz holds a master's degree in education and certificates in administration and supervision and technology leadership from Johns Hopkins University. She is currently pursuing a doctorate in education administration and policy studies from The George Washington University. Monarch Academy Annapolis serves students in kindergarten through grade five.



Left to right: CFAAC President and CEO Mary Spencer; Hospice of the Chesapeake Chief Advancement Officer Shauna Chabot; Chaney Foundation Vice President R.G. Lare; Hospice of the Chesapeake President and CEO Ben Marcantonio; and CFAAC Grants Manager Kristen Krall. Photo by Elyzabeth Marcussen

Chesapeake Kids Receives New Funding

Hospice of the Chesapeake raised nearly \$135,000 at its 11th annual Fashion for a Cause, which was held in June at Porsche Annapolis. The event attracted 350 guests to raise money and awareness for Chesapeake Kids, a program that supports children who are living with and affected by severe illness and loss. Andi Hauser, host of WUSA9's *Great Day Washington*, emceed the event, and food and beverages were provided by Carpaccio Tuscan Kitchen, Sailor Oyster Bar, Vida Taco Bar, and more. Additionally, in July, the Chaney Foundation awarded a \$15,000 grant to Chesapeake Kids in support of their services. The grant is funded by the Chaney Enterprises Foundation Fund at the Community Foundation of Anne Arundel County.

MAMMA ROMA OWNER RAISES FUNDS FOR WREATHS ACROSS AMERICA

Mamma Roma owner Rino Romeo will be selling polos from now until December 10th to raise funds for the 2019 Wreaths Across America. Each shirt is \$25 and can be purchased at Mamma Roma in Odenton. Wreaths Across America is dedicated to remembering and honoring fallen veterans by holding wreath-laying ceremonies at more than 1,600 locations around the nation, including Arlington National Cemetery. This year's Wreaths Across America Day will be held on Saturday, December 14th. Romeo will be laying wreaths at Cheltenham Veterans Cemetery in Cheltenham in Prince George's County.



MAMMAROMAS.COM

Mitchell Gallery at St. John's College Celebrates 30th Anniversary Season

The Mitchell Gallery at St. John's College in Annapolis celebrates its 30th anniversary season this fall. The gallery, named after philanthropist Elizabeth Myers Mitchell, opened in September 1989 and has since hosted and curated more than 170 exhibitions. Over the past three decades, Mitchell Gallery has offered docent tours, lectures and workshops, poetry readings and writing seminars, educational programs, and more. The gallery's current exhibition, *American Impressionism: Treasures from the Daywood Collection*, is on display until October 27th.

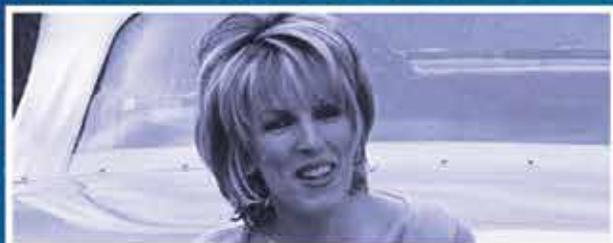


Photo courtesy of St. John's College

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

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PRESENTS

AT MARYLAND HALL



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OCTOBER 2



BLUE OYSTER CULT
OCTOBER 6



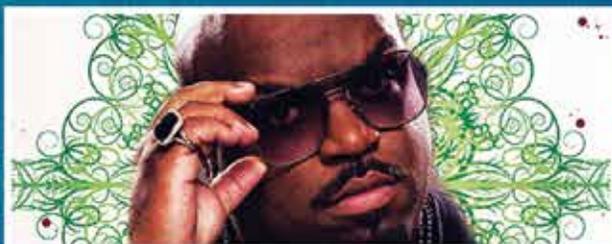
INDIA ARIE
OCTOBER 12



PIFF THE MAGIC DRAGON
NOVEMBER 23



BONEY JAMES
NOVEMBER 24



CEELO GREEN
DECEMBER 16



DON FELDER
FORMERLY OF THE EAGLES
FEBRUARY 6



COLIN HAY
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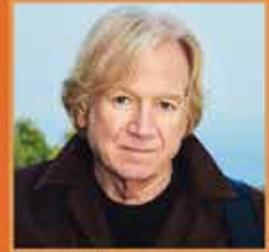
OCTOBER 3
PAUL REED SMITH BAND



OCTOBER 5
MASON JENNINGS
ALL AGES MATINEE



OCTOBER 6
LANGHORNE SLIM
W. KATIE PRUITT



OCTOBER 7
JUSTIN HAYWARD
W. MIKE DAWES



OCTOBER 8
KEIKO MATSUI
CONTEMPORARY JAZZ



OCTOBER 9
RICKIE LEE JONES
"CHUCK ES IN LOVE"



OCTOBER 11
PHIL VASSAR
HITSTERIA TOUR



OCTOBER 12
JOHNNY A. & KASIM SULTON



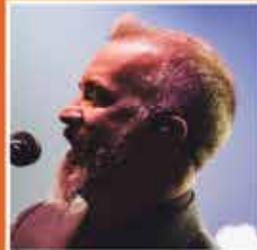
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JIMMIE VAUGHAN
BLUES



OCTOBER 13
TIFFANY
80S TEEN ICON



OCTOBER 14
STEVEN PAGE
OF BARENAKED LADIES



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JJ GREY
SOUTHERN SOUL/ROCK



OCTOBER 17
LEE ANN WOMACK
SOLITARY THINKIN TOUR



OCTOBER 21
CRIME OF THRONES
COMEDY MURDER MYSTERY



OCTOBER 22
THE BROS. LANDRETH
FOLK/ALT-COUNTRY



OCTOBER 23
JESSE COOK
FLAMENCO/JAZZ/WORLD MUSIC



OCTOBER 27
SPLASH 'N BOOTS
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OCTOBER 28
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OCTOBER 30
BRET MICHAELS
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TOWNE ATHLETE

Kendyl Underwood

Indian Creek School
Field Hockey

By Tom Worgo

Indian Creek senior Kendyl Underwood faced a double challenge when looking for a college.

She wanted to study nursing, which is known to be a demanding major. Many schools don't permit Division I student-athletes to choose a rigorous major, especially if it requires a lot of out-of-classroom time.

On top of that, many field hockey programs don't bring in goalies every year.

"It's hard being a goalkeeper because it's such a specialized position that schools take a goalie every two or three years so the team is not stacked with them," Underwood says. "I got turned down by so many schools."

Underwood found one after an exhausting search: Saint Louis University. And she will be playing there on an athletic scholarship.

"The coach (Danielle Baumgardner) assured me [that] they care for their athletes and the academic side," she says. "They will help me with that process, so I can do nursing."

The 17-year-old Underwood decided to pursue nursing after volunteering as a student athletic trainer. The job requires her to attend basketball practices daily and a couple of home games a week during the winter. The spring sports schedule is more of a grind.

"I just found a passion for helping people when they are (injured)," she says

St. Louis is getting a well-rounded student. Underwood carries a 4.1 weighted GPA, takes four advanced placement courses, tutored underserved middle and elementary school students, and served as president of Indian Creek's National Art Honor Society.

She also participated in the Interscholastic Athletic Association of Maryland's leader-

"She has everything you want in a goalie. She brings a lot of energy to the team and is constantly diving for balls. She works very hard and is amazingly driven and dedicated to her team."

ship conference, competed on her school's equestrian team, and is a member of the Spanish National Honor Society

"She does a little bit of everything and does it very well," Indian Creek Athletic Director Tyler Larkin says. "She may not be valedictorian, but she will be top 10 in her class. In the winter, she goes from school to basketball practice to club field hockey. She probably doesn't go home until 9:30 p.m."

Underwood excelled in equestrian, competing for five years in middle school and high school.

"I have won tons of ribbons in various shows, but I stopped that this year to focus on field hockey," Underwood explains.

And what a field hockey career she's had. The four-year starter earned IAAM B All-Conference honors during her first three years on varsity.

The 5-foot-7 Underwood plays with a lot of grit and communicates well with her teammates. She's a two-year co-captain.

Her top high school performances came last year against Mount de Sales (11 saves) and in 2017 versus Maryvale (19 saves).

“She has everything you want in a goalie,” Indian Creek Assistant Field Hockey Coach Taylor Dalisera says. “She brings a lot of energy to the team and is constantly diving for balls. She works very hard and is amazingly driven and dedicated to her team.”

Field hockey keeps Underwood busy. She plays the sport 11 months of the year and has also developed her skills competing for the Gambrills-based SPark Field Hockey Club since 2010.

She’s been to the national indoor tournament for six straight years and helped SPark win the tourney’s top honors last year.

For now, Indian Creek’s team is Underwood’s focus since club doesn’t start until the winter. Dalisera calls Underwood a great role model.

“She is unique and creative,” the coach says. “And it’s amazing what she has accomplished. I definitely think she is a rare student-athlete. That’s why she draws everybody in.”

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

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indiancreekschool.org

WHAT'S UP? MEDIA

nutcracker Tea

December 8th
(three seatings)

10am, 2pm, 5:30pm at Graduate Annapolis



Fill your tea cup with holiday cheer as you experience the beauty and magic of Christmas! Enjoy a delicious high tea and scrumptious buffet as you watch excerpts from *The Nutcracker* come to life on stage. To top it all off, there will be a visit and story time with Santa and Mrs. Claus. Don't miss out on this holiday tradition.

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POWER FLOWER

Medical marijuana in Maryland today and what the future holds for this economically enticing state industry

By Nicole Duran

Almost three years after launching, Maryland's medical marijuana industry is growing and maturing.

However, its growth, at least on the supply-side, is strictly limited by the state. The General Assembly capped the number of growers, processors, and dispensaries when it allowed sales to begin December 1st, 2017. Licenses are available for 22 growers, 28 processors, and 102 dispensaries. As of June 2019, the Old Line State has 18 growers, 18 processors, and 77 dispensaries. 



AS OF JUNE 2019, THE OLD LINE STATE HAS **18 GROWERS, 18 PROCESSORS, AND 77 DISPENSARIES**

The ways in which patients can take in cannabis increased this year, after Governor Larry Hogan signed “edibles” into law in the spring. Cannabis in food-form was originally banned. That is not to say that marijuana-infused brownies or gummy bears are on the shelves of local dispensaries now. The Maryland Medical Cannabis Commission is in the process of writing the complex regulations for medical cannabis’ manufacturing and sale. It is not expected to finish until year’s end. It cost the state \$297,000 to start the edibles program and required the commission to initially hire three more staffers.

A lot is at stake. Health experts worry about everything from the extra sugar and fat calories that accompany many edibles to how enticing candy laced with cannabis is to minors to ensuring that such products don’t lead to overdoses. Regulators aim to standardize dosage. For example, requiring a batch of brownies to deliver the same amount of active drug—tetrahydrocannabinol, THC—throughout. The industry understands that “safety is paramount,” according to the Medical Cannabis Trade Association. Numerous states have set 10 milligrams of THC as the maximum amount per edible.

Currently, Maryland’s 67,000 certified medical cardholders can get their marijuana in a wide variety of forms—tinctures, salves, tablets, patches, cartridges, flowers, topically—in addition to traditional smoking or the recent trend of vaping. That’s only a little more than 1 percent of Maryland’s population. States with more mature programs see a 2–4 percent cardholding population; therefore, the commission expects the state’s number to more than double soon.

Cardholders are protected from criminal sanctions—although marijuana is still illegal at the federal level and U.S. authorities can prosecute anyone for marijuana use and possession. To stay within state law, cardholders must buy from a licensed Maryland dispensary and may possess a maximum of 120 grams of marijuana flower—four ounces—or 36 ounces of THC product. They can’t share their cannabis or cross state lines with it.

The Maryland General Assembly decriminalized the possession of small amounts of cannabis back in 2012. It is only punishable by fine now for Marylanders caught with cannabis who don’t have a valid medical card.

Beyond the headline-changing law allowing edibles, this year the General Assembly increased legal protections for academic institutions and medical facilities to research the therapeutic uses and health effects of cannabis. And, Congress fully legalized hemp. It enacted restrictions on advertising. For example, products cannot target minors. Ads cannot show anyone using cannabis or make unsubstantiated therapeutic claims either. It established rules for how many and what kind of industry licenses one person can hold. And, the law bars licensees from selling their rights until they’ve been in business at least three years.

The state also responded to complaints about lack of minority representation in the cannabis businesses by offering 14 new licenses for minority owners—four for growing and 10 for processing—after a disparity study showed that minorities and women were shut out of the budding industry. No African American-owned company won an initial license in 2017 out of the 160 applications for the new licenses.



MARYLAND’S **67,000**
CERTIFIED MEDICAL
CARDHOLDERS CAN
GET THEIR MARIJUANA
IN A WIDE VARIETY OF
FORMS—**TINCTURES,**
SALVES, TABLETS,
PATCHES, CARTRIDGES,
FLOWERS, TOPICALLY—
IN ADDITION TO
TRADITIONAL **SMOKING**
OR THE RECENT TREND
OF **VAPING**

Today, there is 57 percent participation of minorities and females in the state’s cannabis industry. Among employees, there is 75 percent participation. Those numbers drop to 35 and 58 percent minority representation, respectively, when women are removed from the equation.

The industry exceeded revenue projections by \$19 million in its first 12 months of operation. Dispensary revenue, alone, was more than \$100 million. Maryland is projected to rank 16th out of the 30 states (and the District of Columbia) with medical programs by 2020, according to the U.S. Cannabis Report produced by New Frontier Data, an independent industry data firm.



THE INDUSTRY EXCEEDED REVENUE PROJECTIONS BY \$19 MILLION IN ITS FIRST 12 MONTHS OF OPERATION

According to the Maryland Medical Cannabis Commission, patients paid an average price of \$10.11 per gram for flower products, which is less than the national average of \$11.40, and \$39.39 for concentrate cannabis.

The National Organization for the Reform of Marijuana Laws (NORML), the long-established pro-legalization advocacy group, ranks Maryland at 19 in crop production. Anne Arundel County has three dispensaries (Gold Leaf, Green Point Wellness, and Manna Supply Co.), one grower (Forward Gro), and no processors.

How the industry is helping the state's bottom line is hard to say because it's only medical at this point, meaning it's not subject to an excise tax, or even sales tax.

Therefore, there is no tax revenue derived from the medical cannabis program, according to the state commission.

The number of new states legalizing marijuana in some form hit a speed bump this year, and only Illinois joined the other nine states that allow recreational use. But a record number

of states considered legislation to expand legalization or relax criminalization. However, already half the country allows at least medical marijuana. The anti-legalization movement made some headway this year, after a decade of setbacks. Its message that legalization actually hurts minorities, among other societal ills, resonated in some states.

But the industry and most outside observers believe such arguments will merely slow things down and make states take more thoughtful, careful approaches and corrections for negative, unintended consequences—such as what Maryland did with diversity concerns and is doing in writing edible regulations.

Legalization's expansion is not stopping. A majority of Americans, and states, support it. Canada recently legalized recreational use nationally. The federal government has been slow to respond but will likely catch up in the next few years. There are numerous bills pending in Congress to chip away at marijuana's illegal status at the federal level. In 2017, a bipartisan group of House members launched the Congressional Cannabis Caucus. Not so long ago, there wasn't a single member of Congress willing to go on record as supporting decriminalizing marijuana.

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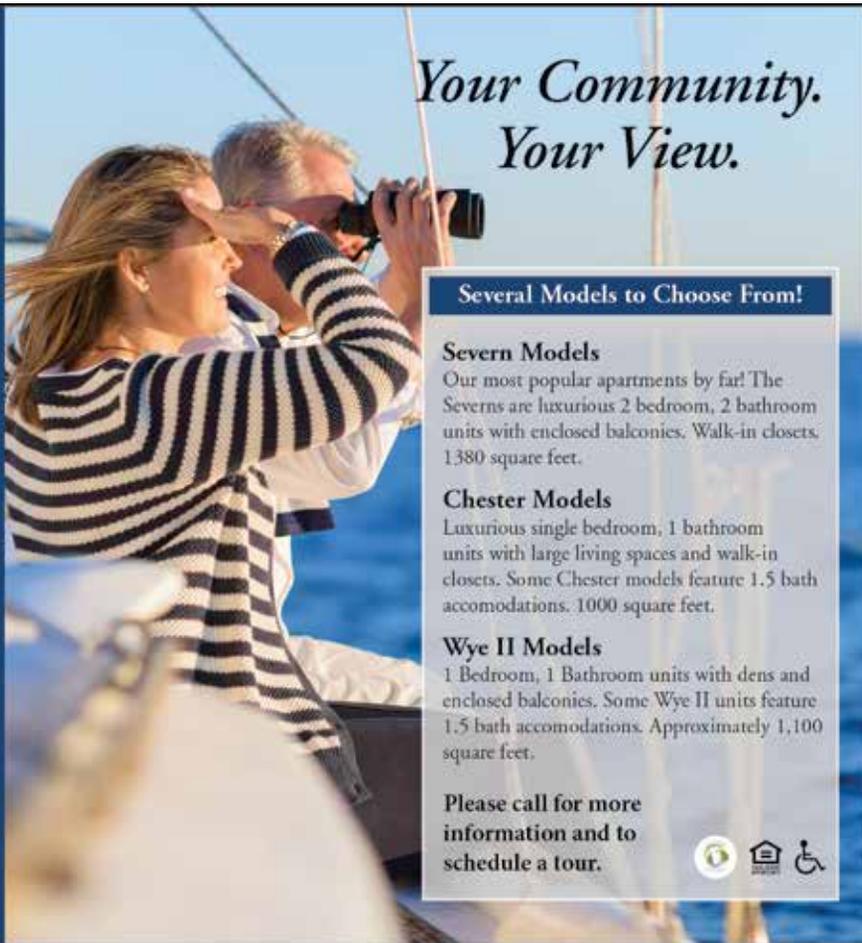
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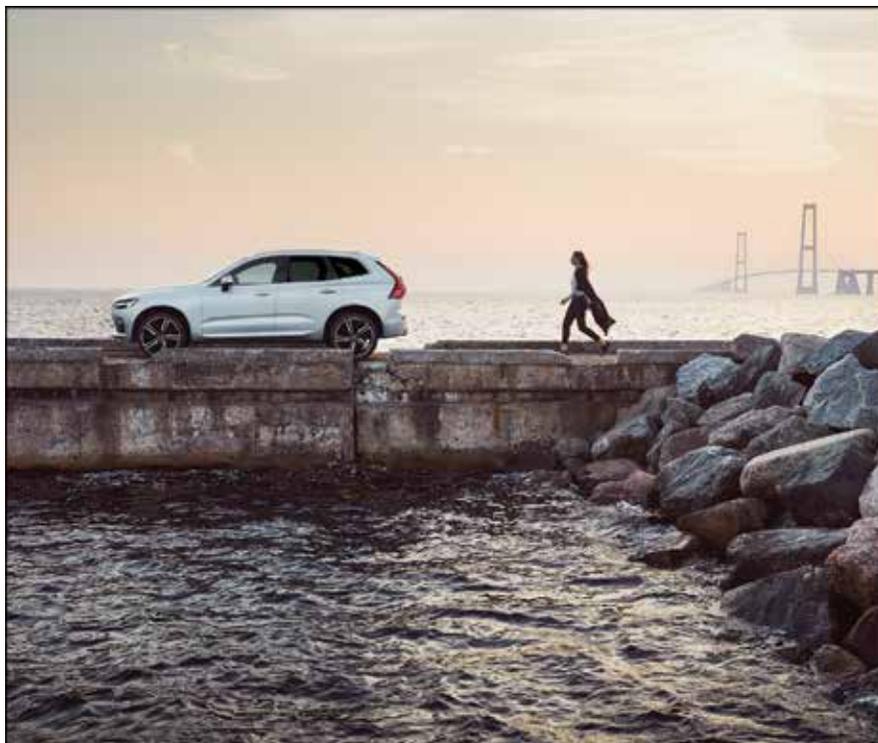
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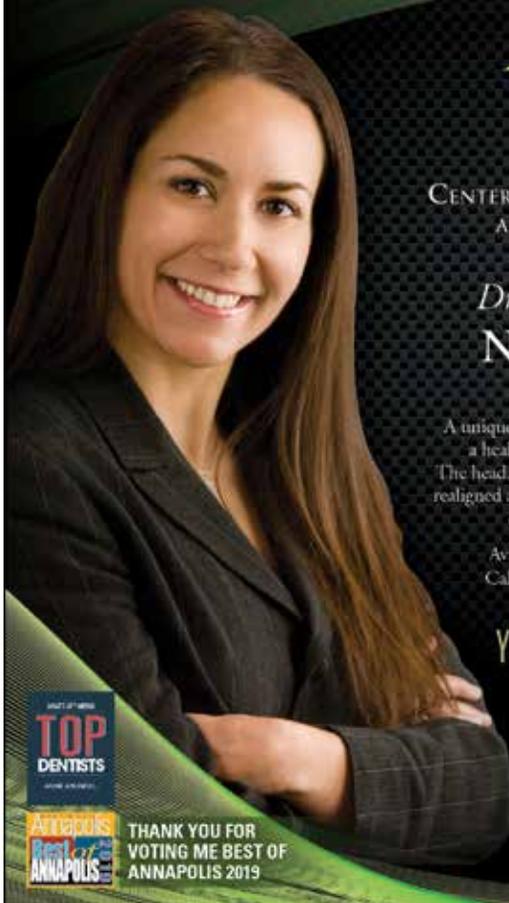
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HEMP BLOWS THE BARN DOORS OPEN

BY RITA CALVERT

Industrial hemp is now legal to grow in the United States; a boon to farmers in Maryland and across the nation

Anna Chaney, owner of Honey's Harvest Farm in southern Anne Arundel County, wants to grow industrial hemp. Chaney calls herself an experiential farmer and has been *the* leader in Maryland as an advocate for the 2018 congressional farm bill that made it legal to grow and process hemp nationwide. Chaney knows that growing hemp is no panacea for the agricultural challenges facing farmers today, but she is carefully exploring the field by bringing in seasoned hemp growers with workshop offerings at Honey's Harvest. While practicing permaculture and creating highly nutrient-rich soil, her exploration of the 160 acres she owns delves into what her land *likes* to produce.

I asked her, "Why hemp?" "Thanks for asking!" Chaney says. "My inspiration to support the initiative to grow hemp in Maryland is all about the plant. I believe that farmers should be able to grow this amazing crop—in fact, I believe that anyone should be able to grow this plant if they want to, for any reason whatsoever. I am not aware of any other

plant in the world that offers the incredible benefits that hemp does: clothing, food, medicine, building materials, industrial manufacturing (plastics, paper, carbon fiber replacements), fuel, livestock food, bedding, bioremediatory for soils, air, and water, and much more."

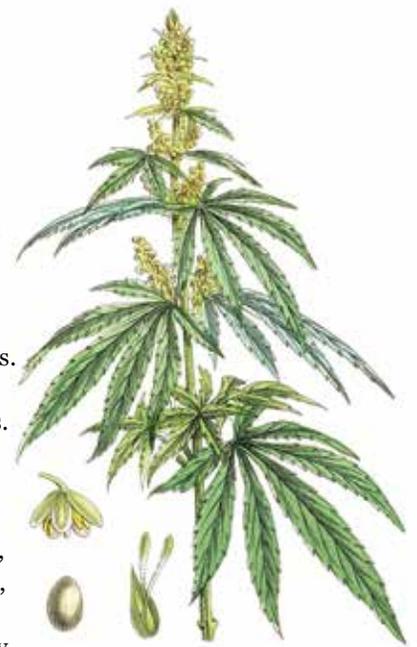
This particular variety of the cannabis plant produces many valuable uses from its fibrous stalk and its leaves, flowers, and seeds. As food, hemp is a perfect protein with 10 grams of protein per three tablespoons of hemp hearts (the edible interior of the hemp seed), and perfectly balanced with omega-3 and omega-6 fatty acids. Hemp is the only plant that contains all of the essential fatty acids and amino acids required by the human body. These essential nutrients affect a variety of the body's functions, including metabolism, skin health, mood, behavior, brain, and heart. Cannabidiol (CBD) oil is extracted from the flower and is helpful for medicinal uses, including inflammation, insomnia, seizures, anxiety, and even in chronic diseases that may be triggered by stress. Many think the

term cannabidiol refers to the entire hemp plant, but it is solely the extracted oil. Hemp oil also is being used for many pet ailments and has been found to be more effective than some of the widely used pet medications. "I see no end to the usefulness of hemp," Chaney says.

This is just the tip of the iceberg. When it comes to building materials, plastics, bio-fuel, car parts, clothing, furniture, it's pretty much endless what this amazingly strong, fire retardant, mold resistant natural hemp fiber can do and become. Not only can it provide all of these things, but it is being used very effectively as a bio-waste remediator. The hemp plant is used at the site of Chernobyl as a soil radiation remediator.

"This plant can sustain us, house us, clothe us, transport us, and potentially heal the ailments of the earth and humanity, while at the same time create millions of new jobs in an industry that can literally save the world," Chaney says. "How can one not be inspired to support hemp in any way possible?"

Hemp, the "no-high" cousin of marijuana, has a non-psychoactive compound and has been called the next great commodity super crop. To step a few centuries back, our Declaration of Independence was written on paper made from industrial hemp, as well as the first American flag made by Betsy Ross. There was a plethora of uses then and this "legal again" agricultural product is set to be worthy of renewed hoopla.



WHAT'S ALL THE HOOPLA ABOUT?

Let's start with Cannabis 101.

We do need to know that there are many varieties of the cannabis plant. In the evolution of this botanical, there is also an industrial hemp which was cultivated to only contain a trace, less than 0.3 percent, amount of tetrahydrocannabinol (THC), the intoxicating, federally-illegal substance that is responsible for causing the marijuana high.

For many years, cannabis botanicals—there are several—were all branded illegal because of the infamous strong association of hippie highs (complete with "the munchies") from THC-potent marijuana. The legal cousin of the cannabis plant that this article highlights is *industrial hemp*, which must be inspected to contain only a trace amount of THC. Currently, farmers and old-timers may refer to their joke of "smoking rope!" That may have been the case in the past, but current U.S. government regulations require strict testing.

The 2014 congressional farm bill authorized states to create pilot research grow programs administered by universities or state agriculture departments. However, industrial hemp remained on the federal list of controlled substances. Then, in 2018, Congress legalized non-intoxicating cannabis, synonymous with industrial hemp, in the farm bill. Removing industrial hemp from the Controlled Substances Act, as part of the 2018 congressional farm bill, has enabled farmers to legally explore the growing culture that was lost when hemp was labeled a controlled substance in 1937.



MYRIAD USES

Because of the former federal prohibition imposed on cannabis, the U.S. is importing an estimated \$100 million of hemp products each year. Now that it is legal, U.S. farmers are poised to reap the financial benefit of growing this crop. All products from the multifaceted plant are set for a boom. According to one source, more than 25,000 products can be made from hemp.

CBD oil is a, roughly, \$1 billion industry worldwide, which has been shifting into high gear. This phytocannabinoid,

discovered in 1940, is reputed to have beneficial medicinal uses. As of 2018, preliminary clinical research on CBD included studies of its effect on epilepsy, fibromyalgia, anxiety, cognition, movement disorders, and pain. Food and drink retailers are finding CBD can be a relatively profitable supplement to enhance lattes, cold brews, alcohol, salads, brownies, doughnuts, and even pizza. Although the FDA has not approved hemp's use in food and drink, there are CBD cafes with whimsical names like Glazed and Confused, The Alchemist's Kitchen, and Zenbarn.

Industrial hemp CBD products can easily be found at a variety of wellness stores throughout Maryland. The “whole body” arena is on fire. A great variety of products are currently on store shelves, including health foods, supplements, soaps, balms, salves, tinctures, and organic body care—all derived from different parts of the hemp plant.

Hemp fiber, from the stalk of the plant, offers myriad industrial uses, including concrete reinforcement, strong fabrics, clothing, construction materials, bio-fuels, plastic composites, cat litter, and more. It grows prolifically, making it an extremely efficient crop for sustainable plastics known as “bioplastics.” They are lightweight, biodegradable, and can replace many petrochemical, single-use plastics (oil-based plastics). ▶

Kevin Tubbs, founder of the Hemp Plastic Company in Colorado, has been making eco-friendly packaging for 20 years. Tubbs says, “We expect market dominance in bioplastic hemp. Outside of cash crops, like hemp hearts and CBD oil, there’s a lot of waste in hemp processing. So, I started experimenting. Take the waste products and you can do one of two things with them: You can either make hempcrete—a building material—or hemp plastic.”

Tubbs is confident that hemp bioplastic will overtake petroleum-based raw polymer in coming decades. Thanks to consumer demand for more sustainable goods, corporate initiatives, and falling manufacturing costs, production of bioplastics is poised to



take off. By 2020, bioplastics are predicted to control five percent of the plastics market and rising to 40 percent by 2030, according to Grand View Research.

The good news extends to hemp-based paper products. At this time, a mammoth Mid-Atlantic distributor of foodservice supplies and paper, Penn Jersey Paper Company, is researching the production of hemp paper products for food packaging, especially since Styrofoam is outlawed in many cities and the state of Maryland.

For soil decontamination, a growing body of evidence suggests that hemp roots can remove toxins from soil and water better than, practically, any other plant. Hemp has been proven to absorb heavy metals from soil, including zinc, cadmium, lead, and arsenic. Since hemp absorbs four times the carbon of most trees, while growing in just a fraction of the time, it could aid in climate change. If used as a rotational cover crop, hemp fits into the paradigm of regenerative agriculture. This fast-growing plant can actually be planted between growing cycles of corn and soybeans to create a cover cash crop.

GROWING THE INDUSTRY TODAY

Nearly 2,100 individuals and businesses have applied to grow or process industrial hemp in 2019, reported the U.S. Department of Agriculture, Trade and Consumer Protection in early March. That’s just three months after legalization.

Federally outlawed for more than 80 years, the industrial hemp plant requires a resurrection in growing, cultivating, and marketing but it is happening on a large scale, even in Maryland. On the Eastern Shore, industrial hemp is 2019’s new cash crop. And the Maryland Farm Bureau is assisting farmers with the process of identifying potential buyers.

Elsewhere, Martha Stewart will be joining Canopy Growth, a cannabis company, in an advisory role to help drive interest in hemp-derived CBD products, predominantly for pets. This Ontario-based company is building a hemp industrial plant in New York state. Meanwhile, Pennsylvania is creating the infrastructure for industrial hemp processing, while at the same time allocating acreage to test the growing conditions. In York, farmer and licensed surgeon Steve Groff plans to use innovative Canadian machinery to process whole hemp plants for fiber and chemicals on a large scale.

The U.S. is the largest consumer of hemp products. In our country, growing interest in hemp products has the potential to stimulate economic growth. Groff states, “With careful management and clear objectives in mind, those who are educating and testing feel there is a rocky road to travel but with a glorious sunset! With so many farmers struggling [nationwide], careful cultivation of hemp comes as one of the farmers’ greatest opportunities.”

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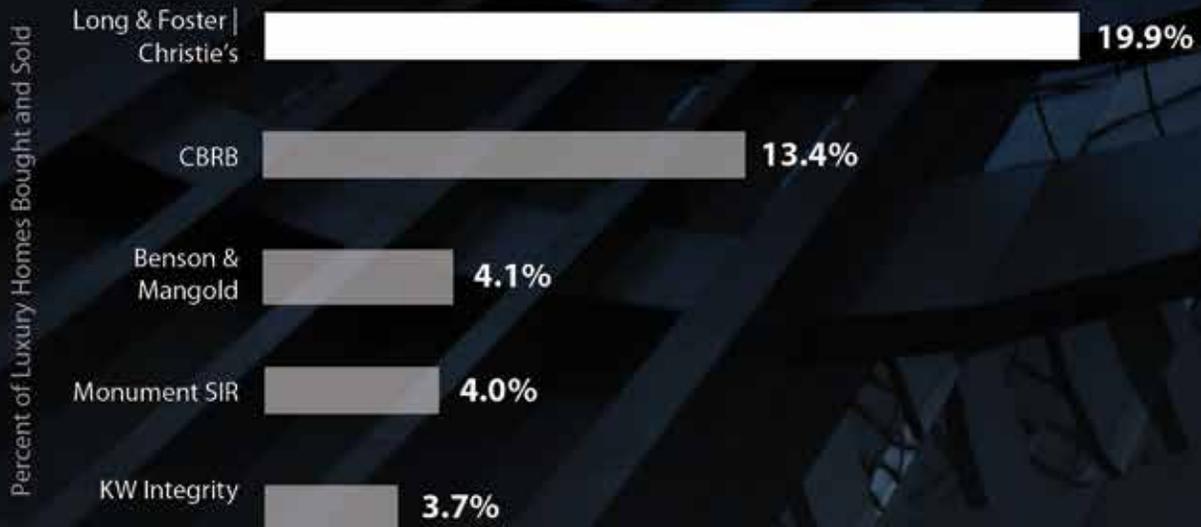


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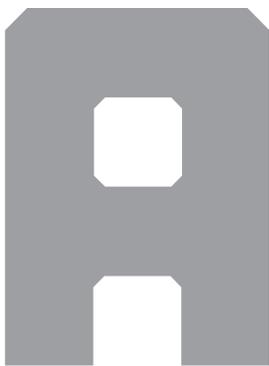




JOCK CULTURE TODAY

**EVOLVING SOCIAL PRESSURES
HAVE NEGATIVELY AFFECTED
SPORTSMANSHIP AT NEARLY
EVERY LEVEL, SO HOW DO
WE TEACH OUR CHILDREN
TO RESPECT THE GAME
AND EACH OTHER?**

BY JEFF SEIDEL



Aziz Abdur-Ra'oof knows hazing.

He received an up-close-and-personal view of it while at training camp with the Kansas City Chiefs in 1989. Abdur-Ra'oof played at Northeast High School in Anne Arundel County and was a star wide receiver at the University of Maryland in the mid-'80s. He was drafted into the NFL by the Chiefs and it was during his rookie year with the team when several veterans woke up the newbies from their sleep and took them to another room. The older players then started pouring grain alcohol down their throats.

But Abdur-Ra'oof caught a break when one of the veterans gave a signal to skip him and not do the hazing ritual.

"I'm thankful that the player who signaled for me to be left alone had the courage to do so," Abdur-Ra'oof says. "He went against what they were doing. He took a stand. I was happy that someone took a stand and was courageous enough to say 'hey, no.'"

Hazing, as defined by Merriam-Webster, is an initiation process involving harassment. It's basically a rite of passage in the NFL and other professional

leagues that's been around for a very long time. Dr. Jack J. Lesyk, a nationally renowned sports psychologist, is the director of the Ohio Center for Sport Psychology and has worked with the Cleveland Cavaliers basketball team for three years.

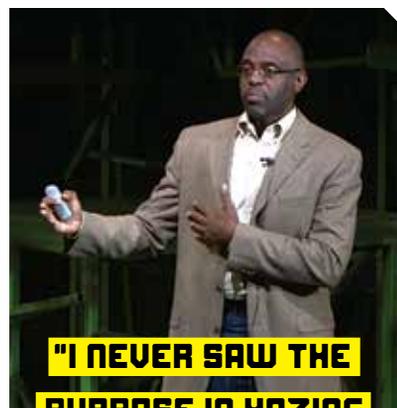
He says the Cavaliers also use a rite of passage for rookies. They buy donuts for the team every day. That's a long way from being forced to drink grain alcohol in the middle of the night.

"That's harmless; that's not harassment," Lesyk says.

Hazing is a part of the "jock culture" that's been prevalent for years. Hazing is the epitome of bad sportsmanship and, yet, young athletes often think this kind of behavior is okay. Serious incidents have occurred at nearly every level of every sport, and have hit close to our homes. Most recently, in places like Severna Park, Kent Island, and nearby Damascus High Schools. The question is why sportsmanship—or lack thereof—occurs at the high school level, and what can be done to address and improve it?

I NEVER SAW THE PURPOSE IN HAZING PEOPLE

Many sports professionals and insiders familiar with this subject agree that, especially in male sports, hazing serves as a sort of rite of passage or initiation. It's often been felt as a way to be part of the team. In other words, you want to be on this team, then you must go through or endure certain actions.



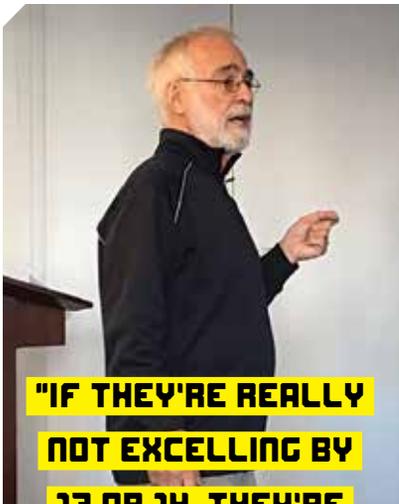
"I NEVER SAW THE PURPOSE IN HAZING PEOPLE. IT DOESN'T BUILD A POSITIVE TEAM CULTURE, IN MY OPINION."

—AZIZ ABDUR-RA'OOF

Lesyk says that football teams and other male-dominated sports have always had hazing. Many believe that it's just an expected part of the game, an accepted thing that not many like but still go through. The problem is that it's gotten out of control and can be dangerous.

An incident last fall at Damascus High School led to a few junior varsity football players being charged as adults with sexually assaulting another with a broomstick. A season ago, several Kent Island High School junior varsity lacrosse players were charged with false imprisonment and second-degree assault. There were other news-making hazing incidents at Severna Park and McDonogh School in Baltimore County—an investigation that was eventually closed without charges.

"I never saw the purpose in hazing people," Abdur-Ra'oof says. "It doesn't build a positive team culture, in my opinion."



"IF THEY'RE REALLY NOT EXCELLING BY 13 OR 14, THEY'RE DROPPING OUT BECAUSE THEY'RE NOT GETTING PLAYING TIME. THERE'S A TRICKLE-DOWN EFFECT IN THAT THERE IS A SERIOUSNESS AT A YOUNGER AGE."

—DR. JACK J. LESYK

These recent hazing incidents proved very rough in nature, yet athletes on many teams still accept it as part of sports culture. Could an athlete's want for acceptance be partly attributable to the external pressures they face to perpetually succeed at successive levels of their chosen sport?

NO SPORT IS MEANT TO BE PLAYED YEAR-ROUND

Today, many parents seem almost desperate to obtain college scholarships for their children, and maybe even a shot at playing professional sports and earning plenty of money.

That's why more and more parents are making their kids focus on playing just one sport all year long—to hone their skills. Plus, this often starts at a very young age. It's not unusual to see baseball and basketball players competing with various teams away from their high schools in other seasons. Baseball players, not even in high school, will play on travel teams in the summer and fall while basketball players do the same.

Girls want those scholarships also. Softball players often compete in summer tournaments, and some even play on teams out of state while still living in Maryland, just to gain that desperately-wanted exposure to college recruiters.

This has slowly morphed into the norm rather than the exception in sports, and it's something that's confusing many associated with the business.

Bruce Cunningham, the sports director at Fox 45 television in Baltimore and a Severna Park resident, grew up playing different sports all the time and loving it. But he's not a big fan of what's happening now.

"The year-round sports thing, I think that's ridiculous," Cunningham says. "I played every sport they had. I think sports at that age—that should be a smorgasbord. No sport is meant to be played year-round."

Cunningham also says there is more push on the kids to become great in one sport so they can do something better long-term, like play in college or the pros.

Lesyk says he definitely sees these changes with the children he works with. He says sports themselves—for kids—simply are different now. One reason for that is parents sometimes are pushing it rather than simply letting children play for love of the game, as the old saying goes.

"If they're really not excelling by 13 or 14, they're dropping out because they're not getting playing time," Lesyk says. "There's a trickle-down effect in that there is a seriousness at a younger age."

Lesyk tells of when he received a phone call from a father who had concerns that his son simply was not performing up to his potential in one sport. That's why the father wanted him to see Lesyk.



"I DO THINK THERE'S A LOT OF PRESSURE FOR THE KIDS WHO PLAY YEAR-ROUND BECAUSE THEIR EYES ARE ON THE PRIZE. THEY WANT TO SIGN A PRO CONTRACT OR GET A SCHOLARSHIP."

—BRUCE CUNNINGHAM

The doctor then asked a simple question, "What is the child's age?"

"Five," the father said.

Lesyk and Cunningham both agree that too many parents are caught up in wanting to see their kids receive those college scholarships and that big-time pro deal.

"I do think there's a lot of pressure for the kids who play year-round because their eyes are on the prize," Cunningham says. "They want to sign a pro contract or get a scholarship."

During the 30 years Lesyk has been doing his job, and up until about 10–12 years ago, he says that most children's sports were not year-round. That has changed drastically in recent years. Kids and parents want these athletes to be seen and known—and faster than ever before.

Cunningham says kids see the boastful, look-at-me type of behaviors on network television like ESPN and think that it's fine to behave in that manner. It's common for high school athletes to post many of their own highlights on social media. The young athletes of today want to be noticed so much more than those of a generation ago—and that can lead to trouble, especially when it comes to sportsmanship as it was once known.

The hazing incidents now taking place seem to be more daring and almost vicious. Why is that? Maybe it's because sports are more serious now. Lesyk says that parents are investing more money in trainers, camps, and travel teams, which leaves those who can't keep up off

95%
OF KIDS WHO
PLAY THESE
SPORTS AT THE
RECREATION
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NOT MAKE IT
TO COLLEGE
OR THE PROS

to the side. As he said, they're dropping out in bigger numbers.

Plus, people don't see the whole picture. Lesyk says *Sports Illustrated* recently published an article focusing on baseball, basketball, and football that shows 95 percent of kids who play these sports at the recreation level will not make it to college or the pros. Lesyk wants the children he works with to understand this and be ready for life after sports, even if that starts at 18.

"My focus is on developing good healthy kids who grow into good healthy adults," Lesyk says.





I THINK IT VARIES FROM SCHOOL TO SCHOOL AND COMMUNITY TO COMMUNITY

With the hazing incidents being exposed more recently, the red flag has gone up among schools, athletic directors, and others in charge, making them realize how crucial it can be to immediately get a handle on this behavior.

Kent Island High School Assistant Principal/Athletic Director Daniel Harding said his school made numerous changes. There's now a study hall every day from 2:30–5 p.m. for student-athletes, which is monitored by staff. He says that lets the kids finish their homework with better supervision.

The school principal started taking steps to ensure there would always be a school employee to provide adequate supervision by the time the first student-athlete arrived. Harding says they simply shored up the supervision quickly after last year's incident.

"I would say it's taken a lot of stress and pressure off of the coaches," Harding says. "If a coach is late to practice, he or she lets [us] know and somebody steps in."

Is sportsmanship getting better or worse? It does seem to be different, many agreed. Gerard Filosa has been a track coach at Pikesville High School in Baltimore County for 16 years and is a coordinator of the state track and field championships. He's seen a difference attributable to social media and the way kids trumpet what they do.

"I notice kids being boastful at times, but I don't know what kind of effect it has on the competition," he says. "The one thing that's changed is the exposure of boasting or even bad-mouthing. It used to be done inside the locker room...but now with Twitter and Instagram, the whole world is your platform."

"THE ONE THING THAT'S CHANGED IS THE EXPOSURE OF BOASTING OR EVEN BAD-MOUTHING. IT USED TO BE DONE INSIDE THE LOCKER ROOM, BUT NOW WITH TWITTER AND INSTAGRAM, THE WHOLE WORLD IS YOUR PLATFORM."

—GERARD FILOSA

The Maryland Public Secondary Schools Athletic Association (MPSSAA), which runs public high school sports, has been working on sportsmanship for years, says Bill Reinhard, director of communications for the Maryland State Department of Education.

For example, they have a "Respect the Game" sportsmanship initiative which produces public-address announcements, sportsmanship awards, and three publications focused on the schools, the students, and the coaches. The MPSSAA also held a Student Leadership Conference in early June with workshops on subjects like preventing hazing, positive social media, and group dynamics.

"I think it varies from school to school and community to community," Reinhard says on how to handle this. "With guidance from coaches and parents, most students will pay attention to good sportsmanship."

Abdur-Ra'oof is now an education consultant and works with Anne Arundel County middle and high school students. He feels that the problems with sportsmanship and issues like hazing can be lessened if young athletes are simply taught the right lessons.

"I think at certain high schools, [problems] do exist and slowly but surely in time, I think students will start to move beyond it," he says. "I think the issue of group-think impacts them the way it does everyone else. If they talk and learn the right way and they can do it, [things will improve]. They just need to be shown the right way."

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A NEW CHAPTER IN TERPS M FOOTBALL

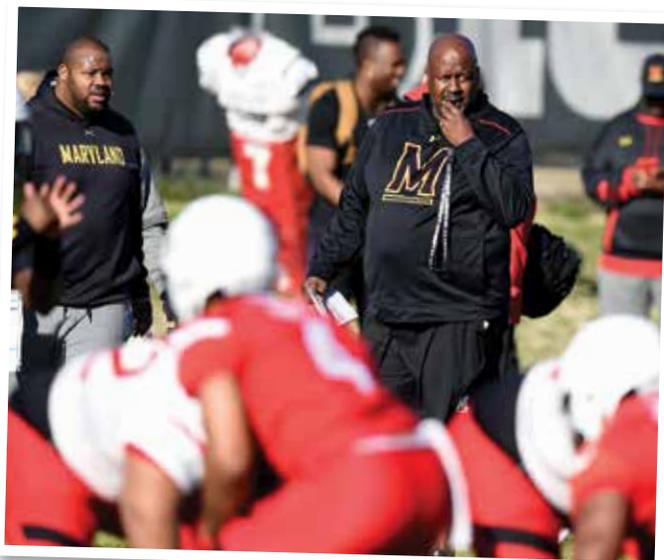
MIKE LOCKSLEY TAKES THE HELM OF THE MARYLAND TERRAPINS FOOTBALL TEAM THIS FALL **BY TOM WORG**

Mike Locksley has coached at seven different colleges and he wants the University of Maryland to be his last stop. It's the job he has coveted for years. He's a Washington, D.C. native who grew up rooting for the Terps during their glory years in the 1980s under then-coach Bobby Ross.

"It's been a dream come true for me to come home," Locksley says.

The past two seasons, 49-year-old Locksley served as offensive coordinator at Alabama—a program that has won four national championships since 2011 under Nick Saban—the which made him attractive to Maryland.

Locksley has a long association with the Terps. He worked as an assistant coach at the school for 10 years and took over as interim head coach for six games when Randy Edsall was fired in 2015.



Locksley, who also was the head coach at the University of New Mexico for three seasons and played college football at Towson State University, inherits a program coming off a tumultuous season in which the death of offensive lineman Jordan McNair led to the suspension and ultimate firing of head coach DJ Durkin.

Locksley says his relationship with McNair's parents made his transition to the job easier. He recruited McNair to Maryland and reached out to the family when he learned of his death in June of 2018. Locksley was able to relate to their pain because of the death of his own son Meiko, who was fatally shot in Columbia in September of 2017.

We recently sat down to talk to Locksley about improving the Terps, what he does to relax after a tough game, and his relationship with the McNair family.

HOW DO YOU TURN THE PROGRAM AROUND AFTER A 2018 SEASON WHERE THE SCHOOL WAS CRITICIZED FOR MISMANAGEMENT OF A VERY DIFFICULT SITUATION? If you look at last season, there's not that big a gap between Maryland and some other programs. They beat Texas and played Ohio State down to the wire. They lost three or four games in the fourth quarter. We are not as far away as some want to make it seem. Turning it around starts with the right kind of work habits. I think we have a strong core of players that have really bought in. We have to develop the right kind of culture that it takes to be a successful program.



CAN YOU TALK ABOUT YOUR RELATIONSHIP WITH THE MCNAIR FAMILY AND HOW YOU GUIDED THEM THROUGH THAT TRAGEDY BECAUSE OF YOUR PERSONAL EXPERIENCE? Unfortunately, we both share a fraternity that stinks to be in. The circle of life is not built for parents to bury their children. Both of us, over the last year and a half, have dealt with the tragedy of having to bury a child. You never get over it. You learn to get through it. Our sons and daughters went to high school together. They both signed their National Letters of Intent on the same day. My daughter [Kori] went to Auburn for soccer.

When I heard the story of Jordan's death when I was at Alabama, it brought back so many emotions for me when I lost Meiko nine months earlier. I reached out to [McNair's father] Marty and offered

support and an ear to listen to. I was able to mentor him a bit in dealing with the tragedy and being the man of the house. I told him, "Be really strong for the brothers, wife, and the mom. They see you as the rock." We both were able to grow as men and our relationship was really cemented and forged even more.

YOU HAVE SAID YOUR RELATIONSHIP WITH THE MCNAIRS MADE THE TRANSITION EASIER TO TAKING THE JOB AND ALLOWED YOU TO HAVE EMPATHY FOR THE TEAM. DO YOU STILL FEEL THAT WAY? I think my relationship with them was important for me to take this job because I had their support. It was important for two reasons. First, taking over the job and having them be there to support me would make the transition easier. Second, the players here were like

brothers to Jordan. We needed to all heal together. Because of me having gone through Meiko's death and their having to deal with the loss of their brother, it gave me empathy and an understanding of what our players were going through. If you haven't experienced it, you don't know how people feel. We wanted to continue to move the program forward, but doing it the right way and honoring Jordan by the way we compete, prepare, and practice.

WHAT DID YOU LEARN AT ALABAMA UNDER SABAN THAT YOU BROUGHT TO MARYLAND?

I learned Nick was such a clear and concise communicator to the coaching staff and the players about what the values and standards of the organization were. I also learned quality control in every aspect of the program. Whether it was recruiting, offense, defense, special teams, nutrition, or strength and conditioning. Whenever you do something, you quality control it, meaning ask the questions, "Why was it good? Why wasn't it good? Why didn't it work? What can we do better?" It's something where you don't have to continue to reinvent the wheel when running into similar situations down the road.

CAN YOU TALK ABOUT HOW SPORTS WAS THE OUTLET THAT ALLOWED YOU TO GET WHERE YOU ARE TODAY WHEN YOU GREW UP IN AN UNDERSERVED PART OF D.C.? I went to high school in the southeast section and grew up in the southwest earlier. There are not many people from the southwest section of D.C. that are running companies or

Division I football programs. I grew up in a single-parent home for most of my life. Growing up in that environment was very motivating to me to want to do better.

COLLEGE FOOTBALL IS BIG BUSINESS. WHAT ARE YOUR THOUGHTS ABOUT PLAYERS POTENTIALLY GETTING PAID?

Anything you can do to take care of the players, I am all for. I have no problem with the players getting paid. I think we have to come up with a consistent way to do it to ensure that everybody gets a piece of the pie. I have no problem with players fighting for pay.

WHAT DO YOU DO TO RELAX

AFTER A DIFFICULT GAME? I like going home and being around my family. To unwind, I like watching sports of any kind. I am an avid reader. I love to read autobiographies or leadership or self-help type books. But I don't do a lot of relaxing. I typically get right back to watching film.

YOUR WIFE, KIA, IS A YOGA INSTRUCTOR. HOW MUCH YOGA HAVE YOU DONE?

She taught yoga to our team at Florida, Illinois, and New Mexico. I don't participate in a lot of yoga. She has tried and she wants me to. It's something I may take on as I get up

“ We are not as far away as some want to make it seem. Turning it around starts with the right kind of work habits. I think we have a strong core of players that have really bought in. We have to develop the right kind of culture that it takes to be a successful program. ”



there in age. It helps you keep limber. At some point, it might be something we do at Maryland.

YOU DID SOMETHING COACHES RARELY DO: INVITE THE MEDIA TO YOUR HOUSE FOR A BARBEQUE BEFORE THE SEASON. WHY DO THAT?

I was on staff at Illinois and Florida with Ron Zook. It was one of the things he did. There is such an odd relationship between coaches and the media at times. The media has a job to write a story and coaches have a job to prepare their teams to play. Somewhere in between lies a story. We completely respect the media and what they do. It was kind of a thank you. I just thought we could use it as an opportunity to get to know the media a little more personally and let them see us outside the element of a press conference. It's kind of what we are doing with our team: turning the page on last year and moving forward.

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TRX Class
Tween Dance Class
Tween Fitness Class
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Weight-Loss Program/Regimen
Yoga Instructor
Yoga Studio

Cartel-like Instincts of the National Rifle Association

By Ellen Moyer

In America, cartels are illegal. Technically, a cartel is defined as an association of manufacturers or suppliers with the purpose of maintaining product prices and restricting competition. The Organization of Petroleum Exporting Countries (OPEC), founded in 1960 by Iran, Iraq, Kuwait, Saudi Arabia, and Venezuela to control a fair share of return against the oil corporations that had dominated oil markets since the end of WWII, meets the definition of a cartel.

Cartels also work in other ways to protect interests and market power, especially within illegal industries such as drug, gun, and sex trafficking. El Chapo, the infamous leader of the Mexican Sinaloa Cartel, described money laundering practices and gun trafficking during his 2018–19 court appearances for the tons of illegal non-taxable money accumulated during their illegal enterprises.

The powerful National Rifle Association (NRA), which seems to protect U.S. gun manufacturers' and dealers' market share, both legal and illegal, could be viewed as a cartel but it isn't.

Concerned about the increase in drug trafficking from Mexican cartels, the U.S. Alcohol, Tobacco, and Firearms Agency (ATF) devised a plan in 2005 with an objective to stop the black-market sale and export of guns from the U.S. into Mexico. The purpose: to deny drug cartels the firearms considered the "tools of the trade."

Those "tools" are AK-15, AK-47, and Barrett M82 assault weapons primarily produced by U.S. manufacturers and legally sold to the Mexican military. In 2005, these weapons were no longer banned for individual sales in the U.S. Some could say resistance to regulation and background checks aided the mission of the ATF,

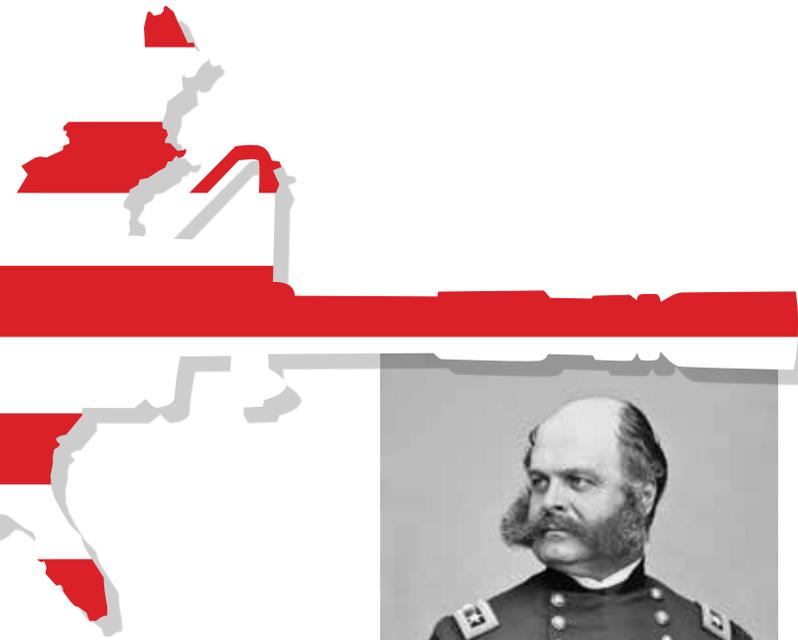


After a series of high-profile, outlaw-style, "Tommy gun" murders across the nation by the likes of Al Capone, John Dillinger, and Bonnie and Clyde in the 1930s, the first Federal gun control measures were enacted.

except that the NRA had effectively reduced its authority over dealers in past legislation.

However, it was the gun smugglers associated with the 78,000 U.S. licensed gun dealers through straw purchasers at gun shows and through theft and private sales that ATF "Operation Fast and Furious" hoped to secure.

The "gunwalking program," a tactic of the Arizona ATF field office, which used straw buyers and sales to gun traffickers (similar to the operations used by the U.S. black market smugglers) to track and trace the gun's destination to cartels, where arrests could occur, was controversial and produced marginal results. Some traffickers were arrested in sting operations but no cartel was shut down and the drug trafficking continues today.



Retired Civil War Union General Ambrose Burnside served as the National Rifle Association's first president, which was founded in 1871 to promote marksmanship.

Gun manufacturing is a multibillion-dollar business in the U.S., owned and operated by middle-aged white men who maintain a low community profile. Ten companies produce eight million firearms per year for buyers in the U.S.

The first federal gun control action occurred in 1934 and was influenced by the Al Capone, John Dillinger, and Bonnie and Clyde-style “Tommy guns.” The government placed a high tax on the manufacture and sale of machine guns, required a national registry of sales, and prohibited sales to individuals convicted of crimes of violence.

In 1968, spurred by the assassinations of President John Kennedy, Robert Kennedy, and Rev. Martin Luther King, Jr., President Lyndon Johnson proposed

and passed the Crime Control and Safe Streets Act, regulating firearms, prohibiting convicted felons, drug users, and mentally ill individuals from buying guns, and raising the age to purchase firearms from federally-licensed dealers to 21. (Without a background check, how could this be accomplished?)

Ten years later, the NRA, which was founded in 1871 to promote marksmanship (after Civil War Union General Ambrose Burnside and its first president declared that only one in 10 soldiers could hit the “broadside of a barn”), changed its



In 1968, spurred by the assassinations of national leaders, including President John Kennedy, Robert Kennedy (pictured giving speech), and Martin Luther King, Jr. (also pictured), the Crime Control and Safe Streets Act was passed, which prohibited convicted felons, drug users, and mentally ill individuals from buying guns.



Continued on pg. 224

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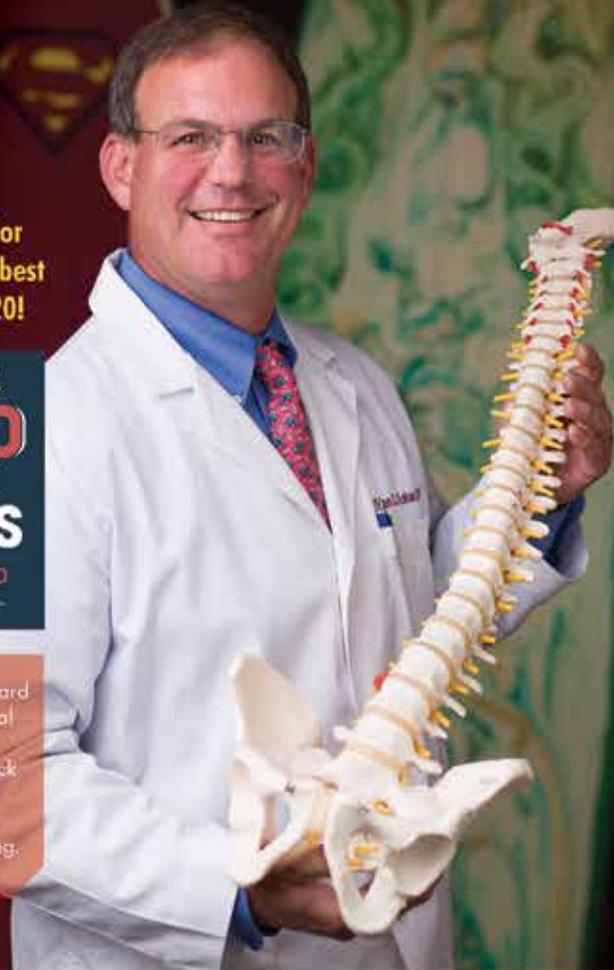
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2019-2020: ANNE ARUNDEL COUNTY



THE BIENNIAL PEER REVIEW SURVEY



We take the peer review process very seriously here at What's Up? Media. Our **Top Docs, Top Dentists,** and **Leading Lawyers** surveys (each produced every other year) require a surprising amount of time and energy to execute. Top Docs has been a 10-month process that began in January with the direct mailing of more than 3,000 survey packages to local doctors, as well as a gated online version of the survey open to any licensed doctor practicing in the region. After surveys were collected by deadline, vetted (each survey needing a valid Maryland medical license number), and tallied, we arrived at the list on the following pages.

The Top Docs contained on these pages represent the individuals who received the highest number of nominations from their peers. Please note that many fine

physicians who are either new to the area or affiliated with other medical institutions may not be included. Additionally, this list represents only those "winners" who received the *most substantial* number of votes, not everyone who was nominated.

Once again, we would like to thank all the busy doctors who took the time to respond to this important survey. Knowing who medical professionals consider the best in their respective fields is an invaluable asset. Many of our well-informed readers will keep this issue year-round for ready reference. *What's Up? Media* readers know the real thing when they see it.

***Denotes the doctor that received the most votes within each specialty (in some cases, there were ties)**



ALLERGY & IMMUNOLOGY

Dealing with allergies and an exaggerated immune response or reaction to substances.

Dr. James Banks*

Allergy & Asthma Associates, P.A.; 277 Peninsula Farm Road, Bldg. 3, Annapolis; 410-647-2600; annapollendocs.com

Dr. Duane Gels

Annapolis Allergy & Asthma; 129 Lubrano Drive, Ste. 200, Annapolis; 410-573-1600; annapolisallergy.com

Dr. Jaime Olenec

Annapolis ENT Associates; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

ANESTHESIOLOGY

The practice of blocking pain, discomfort, or distress during surgery or an obstetric or diagnostic procedure.

Dr. Michael Webb*

Anesthesia Company, LLC; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

Dr. David Nieglos

Anesthesia Company, LLC; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

Dr. Erin Singh

Anesthesia Company, LLC; 700 Melvin Avenue, Ste. 7A, Annapolis; 410-280-2260; ancollc.com

CARDIOVASCULAR DISEASE

Dealing with the heart, its actions and diseases.

Dr. Baran Kilical*

AAMG Cardiology Specialists; 2000 Medical Parkway, Ste. 510, Annapolis; 410-897-0822; myaamg.org/cardiology-specialists

Dr. Scott Katzen

MedStar Health Cardiology Associates, LLC; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; medstar-health.org

Dr. William Maxted

MedStar Health Cardiology Associates, L.L.C.; 2002 Medical Parkway, Ste. 500, Annapolis; 410-573-6480; medstar-health.org

COLON & RECTAL SURGERY

Dealing with surgery involving the colon and rectum.

Dr. Mari Madsen*

Annapolis Colon and Rectal Surgeons; 2002 Medical Parkway, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

Dr. Vincent Cifello

Colon & Rectal Surgical Associates; 1404 Crain Highway South, Ste. 111, Glen Burnie; 410-760-9996; colonrectal.net

Dr. Steven Proshan

Annapolis Colon and Rectal Surgeons; 2002 Medical Parkway, Ste. 360, Annapolis; 410-573-1699; annapoliscolon.com

CRITICAL CARE MEDICINE

Providing life support or organ support to patients who require intense monitoring.

Dr. Kanak Patel*

Annapolis Asthma, Pulmonary, and Sleep Specialists; 2000 Medical Parkway, Ste. 607, Annapolis; 410-266-1644; annapolispulmonary.com

Dr. Cristina Feather

AAMG Acute Care Surgery; 2000 Medical Parkway, Ste. 600, Annapolis; 443-481-6699

Dr. Ira Weinstein

Annapolis Asthma, Pulmonary, and Sleep Specialists; 2000 Medical Parkway, Ste. 607, Annapolis; 410-266-1644; annapolispulmonary.com

DERMATOLOGY

Dealing with the skin and its diseases.

Dr. Lisa Renfo*

Annapolis Dermatology Associates; 2002 Medical Parkway, Ste. 630, Annapolis; 410-224-2260; annapolisdermatology.com

Dr. Christine Ambro

Annapolis Dermatology Center; 71 Old Mill Bottom Road North #300, Annapolis; 410-268-3887; adcdermdocs.com

Dr. Gail Goldstein

Annapolis Dermatology Center; 71 Old Mill Bottom Road North #300, Annapolis; 410-268-3887; adcdermdocs.com

Dr. Emma Lanuti

Annapolis Dermatology Associates; 2002 Medical Parkway, Ste. 630, Annapolis; 410-224-2260; annapolisdermatology.com

Dr. Kelly McGuigan

Anne Arundel Dermatology; 101 Ridgely Avenue, Ste. 10, Annapolis; 410-351-3376; aadermatology.com

Dr. Angela Peterman

Anne Arundel Dermatology; 600 Ridgely Avenue, Ste. 120, Annapolis; 410-351-3376; aadermatology.com

ENDOCRINOLOGY

Dealing with the endocrine glands, involved in the secretion of hormones.

Dr. Barbara Onumah*

AAMG Diabetes & Endocrine Specialists; 2000 Medical Parkway, Ste. 510, Annapolis; 443-481-4600; myaamg.org

Dr. Kristin Flammer

University Of Maryland Community Medical Group; 300 Hospital Drive, Ste. 119, Glen Burnie; 410-787-4940; mybwmc.org

Dr. Michele Smadja-Gordon

Annapolis Internal Medicine, LLC; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

GASTROENTEROLOGY

Dealing with the structure, functions, diseases, and pathology of the stomach and intestines.

Dr. Suzanne Sankey*

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

Dr. Barry Cukor

Maryland Diagnostic & Therapeutic Endo Center; 621 Ridgely Avenue, Ste. 101, Annapolis; 410-224-3636; mdtecmd.com

Dr. Christopher Olenec

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

Dr. Praveena Velamati

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Annapolis; 410-224-2116; aagastro.com

GYNECOLOGY

Dealing with the diseases and routine physical care of the reproductive system of women.

Dr. Karen Hardart*

Annapolis OB-GYN; 2000 Medical Parkway, Ste. 304, Annapolis; 410-573-9530; annapolisobgyn.com

Dr. Susan Peeler

Comprehensive Gynecology Center; 2401 Brandermill Boulevard, Ste. 200, Gambrills; 410-451-0076; compgyncenter.com

Dr. Marcus Penn

Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomen-scare.com

Dr. Paula Radon

Comprehensive Gynecology Center; 2401 Brandermill Boulevard, Ste. 200, Gambrills; 410-451-0076; compgyncenter.com

HEMATOLOGY & ONCOLOGY

Dealing with the blood and blood-forming organs (hematology) and dealing with the treatment and management of cancer (oncology).

Dr. Ravin Garg*

Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aahs.org

Dr. Peter Graze

Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aahs.org

Dr. Yudhishtira Markan

Chesapeake Oncology Hematology Associates; 305 Hospital Drive, Glen Burnie; 410-761-9896; cohamed.org

Dr. Jason Taksey

Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aahs.org

Dr. Carol Tweed

Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aahs.org

Dr. David Weng

Anne Arundel Medical Center Oncology & Hematology; 2003 Medical Parkway, Ste. 210, Annapolis; 443-481-4884; aahs.org

HOSPICE & PALLIATIVE

Providing relief from the symptoms, pain, and stress of serious illness.

Dr. Elizabeth Grady*

Baltimore Washington Medical Center; 301 Hospital Drive, Glen Burnie; 410-787-4924; Mybwmc.org

Dr. Russell DeLuca

Chesapeake Oncology Hematology Associates, 305 Hospital Drive, Glen Burnie; 410-761-9896; cohamed.org

INTERNAL MEDICINE

Dealing with the diagnosis and treatment of non-surgical diseases.

Dr. Andrew McGlone*

Annapolis Primary Care; 2002 Medical Parkway, Ste. 670, Annapolis; 443-481-1150; myaamg.org/annapolis-primary-care

Dr. Titus Abraham

Annapolis Internal Medicine, LLC; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

Dr. Ruth Gallatin

Crofton Internal Medicine; 2401 Brandermill Boulevard, Ste. 220, Gambrills; 410-451-7214

Dr. Matthew Malta

Dr. Matthew J. Malta, M.D., P.A.; 132 Holiday Court, Ste. 201, Annapolis; 410-573-2477; drmalta.com

Dr. Tim Woods

Annapolis Internal Medicine, LLC; 116 Defense Highway, Ste. 400, Annapolis; 410-897-9841; annapolisinternalmedicine.com

NEPHROLOGY

Dealing with the structure, function, and diseases of the kidneys.

Dr. Andrew Briglia*

Annapolis Nephrology Associates, LLC; 104 Forbes Street, Ste. 102, Annapolis; 410-571-8333

Dr. Adnan Hashmi

Washington Nephrology Associates; 116 Defense Highway, Ste. 202, Annapolis; 410-224-0270; washingtonnephrology.com

NEUROLOGICAL SURGERY

Dealing with nervous system structures such as nerves, the brain, or the spinal cord.

Dr. Tim Burke*

Anne Arundel Brain and Spine; 2000 Medical Parkway, Ste. 605, Annapolis; 410-943-2322; aahs.org

Dr. Gary Dix

Maryland Brain, Spine & Pain; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; mbsp.org

Dr. Danny Liang

UM BWMC Spine & Neuroscience Center; 203 Hospital Drive, Ste. 200, Glen Burnie; 410-553-8160; mybwmc.org

Dr. Clifford Solomon

UM BWMC Spine & Neuroscience Center; 203 Hospital Drive, Ste. 200, Glen Burnie; 410-553-8160; mybwmc.org

Dr. Brian Sullivan

Maryland Brain, Spine & Pain; 1000 Bestgate Road, Ste. 400, Annapolis; 410-266-2720; mbsp.com

NEUROLOGY

Dealing with the nervous system, especially in respect to its structure, functions, and abnormalities.

Dr. Daniel Hexter*

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

Dr. Molly Price

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

Dr. Brian Salter

Annapolis Neurology Associates; 122 Defense Highway, Ste. 210, Annapolis; 410-266-9694; annapolisneurology.com

OBSTETRICS

Dealing with birth and its antecedents and after effects.

Dr. Marcus Penn*

Chesapeake Women's Care, P.A.; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomen-scare.com

Dr. Fred Gukes

Annapolis OB-GYN; 2000 Medical Parkway, Ste. 304, Annapolis; 410-573-9530; annapolis-sobgyn.com

Dr. Jessica Russell

Chesapeake Women's Care; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomen-scare.com

OPHTHALMOLOGY

Dealing with the structure, functions, and diseases of the eye.

Dr. Maria Scott*

Chesapeake Eye Care & Laser Center; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

Dr. Heather Nesti

Chesapeake Eye Care & Laser Center, P.C.; 2002 Medical Parkway, Sajak, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

Dr. Orin Zwick

Chesapeake Eye Care & Laser Center; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

ORTHOPEDIC SPORTS MEDICINE

Dealing with the medical and therapeutic aspects of sports participation and physical activity.

Dr. Dan Redziniak*

AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Paul King

AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Benjamin Petre

AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

ORTHOPEDIC SURGERY

Dealing with conditions involving musculoskeletal systems.

Dr. Paul King*

AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

REMEDY GREEN
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LYLE T. MODLIN, D.P.M., F.A.C.F.A.S.

With the privilege of practicing in the great city of Annapolis for over 30 years, Dr. Modlin remains strongly committed to providing care to patients to alleviate their foot and ankle problems. Dr. Modlin is honored to have been voted as "Top Doc" for podiatry in What's Up? Annapolis magazine consistently since 2005. He is a Diplomate for both the American Board of Podiatric Surgery and the American Board of Foot and Ankle Surgery. Dr. Modlin has earned the honor of being voted The Capital Reader's Choice Podiatrist from 2011-2014 and Reader's Choice Finalist 2015-2017. He was also named as one of the Top Doctors for Baltimore Magazine 2012.

Dr. Modlin is affiliated with Anne Arundel Medical Center, recognized as one of Maryland's top six best hospitals in Maryland and Riva Road Surgical Center which is a state of the art outpatient surgery center, committed to excellence in work and the highest level of personal care for each patient. Dr. Modlin performs many types of surgical procedures including bunion deformities, hammertoes, neuromas and other conditions of the foot.

Dr. Modlin is a native of Maryland, lives in Annapolis with his wife, a native Annapolitan, and has three grown children.

Dr. Modlin provides quality conservative care for his patients, offering a wide range of treatment options and gladly accepts new patients.



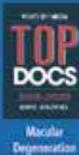
Annapolis Foot & Ankle | 43 Old Solomon's Island Rd., Ste. 102, Annapolis 21401 | 410.263.3100 | www.annapolisfootandankle.com



THE RETINA GROUP OF WASHINGTON



Congratulations to Dr. Deborah Reid for being voted 2019-2020 What's Up? Magazine Top Doc!



We are proud of the most recent *Washingtonian* Top Doctor honorees listed below and the fifteen RGW physicians who have previously received the award

Gordon A. Byrnes
Dal W. Chun

Vinay N. Desai
Geoffrey R. Kaplan
Eric D. Weichel

William B. Phillips
Frank A. Spellman

RGW.COM | 844-RGWDOCS (749-3627)

The Retina Group of Washington (RGW)

is one of the largest and most highly-respected retinal and macular practices in the country. What distinguishes RGW is the vast experience and sub-specialty expertise of our retinal physicians and surgeons. Our doctors are among National Leaders at treating retinal diseases – Macular Degeneration, Diabetic Retinopathy, Retinal Detachment and Macular Holes/Puckers – along with less common diseases such as Uveitis and Retinopathy of Prematurity.

Virginia

- Alexandria
- Fairfax
- Fredericksburg
- Manassas
- Reston
- Sterling
- Tysons
- Woodbridge

Maryland

- Annapolis
- Bowie
- Chevy Chase
- Clinton
- Columbia
- Greenbelt
- Rockville
- Silver Spring

Washington, DC

- Capitol Hill

Dr. James MacDonald

AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Chad Patton

AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Louis Ruland

Anne Arundel Orthopaedics Surgeons, P.A.; 2003 Medical Parkway, Ste. 400, Annapolis; 410-573-2530; aaos.net

ORTHOPEDIC SURGERY (HAND)

Dealing with surgery of the hand.

Dr. Thomas Dennis*

Annapolis Hand Center, LLC; 128 Lubrano Drive, Ste. 301, Annapolis; 410-544-4263; annapolis-handcenter.com

Dr. Jeff Gelfand

AAMG Orthopedic & Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Angela Jones

Angela Jones MD; 600 Ridgely Avenue, Ste. 110, Annapolis; 410-881-0097; ange-lajonesmd.com

Dr. Alex Shushan

AAMG Orthopedic & Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. Garth Smith

Anne Arundel Orthopedic Surgeons, P.A.; 2003 Medical Parkway, Ste. 400, Annapolis; 410-573-2530; aaos.net

ORTHOPEDIC SURGERY (HIP)

Dealing with surgery of the hip.

Dr. Paul King*

AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. James MacDonald

AAMG Orthopedic and Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

ORTHOPEDIC SURGERY (KNEE)

Dealing with surgery of the knee.

Dr. Paul King*

AAMG Orthopedic & Sports Medicine; 2000 Medical Parkway, Ste. 101, Annapolis; 410-268-8862; osmc.net

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine; 2000 Medical Parkway, Belcher, Ste. 101, Annapolis; 410-268-8862; osmc.net

OTOLARYNGOLOGY

Dealing with the ear, nose, and throat.

Dr. J. Michael Pardo*

Annapolis ENT Associates; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

Dr. Matthew Hilburn

Annapolis ENT Associates; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

Dr. Robert Meek

Anne Arundel ENT Associates; 600 Ridgely Avenue, Ste. 110, Annapolis; 410-671-0206; annearundelent.com

Dr. Joydeep Som

Annapolis ENT Associates; 2002 Medical Parkway, Ste. 230, Annapolis; 410-266-3900; annapolisent.com

PEDIATRICS

The medical sciences dealing with children.

Dr. Faith Hackett*

Severna Park Doctors Pediatrics and Internal Medicine; 844 Ritchie Highway, Ste. 206, Severna Park; 410-647-8300; spdocs.net

Dr. Andre Gvozden

Gvozden Pediatrics; 251 Najoles Road, Ste. E, Millersville; 410-729-0690; gvozdenpediatrics.com

Dr. James Rice

Annapolis Pediatrics; 1655 Crofton Boulevard, Ste. 301, Crofton; 410-263-6363; annapolispediatrics.com

Dr. Rebecca Vickers

Arundel Pediatrics; 605 Global Way Ste. 119, Linthicum Heights; 410-789-7337; arundlepediatrics.com

PHYSICAL MEDICINE & REHABILITATION

Dealing with the evaluation, treatment, and care of persons with musculoskeletal injuries, pain syndromes, and other physical or cognitive impairments or disabilities.

Dr. Brian Kahan*

The Kahan Center for Pain Management; 2002 Medical Parkway, Ste. 150, Annapolis; 410-571-9000; thekahan-center.com

Dr. Zed Zamfirov

All Star Pain Management; 166 Defense Highway, Ste. 300, Annapolis; 410-881-3487; allstarpainmanagement.com

PHYSICAL MEDICINE (PAIN MANAGEMENT)

Dealing with the diagnosis and treatment of chronic pain.

Dr. Brian Kahan*

The Kahan Center for Pain Management; 2002 Medical Parkway, Ste. 150, Annapolis; 410-571-9000; thekahan-center.com

PLASTIC SURGERY (ENHANCEMENT)

Dealing with modifying or improving the appearance of a physical feature using the techniques of plastic surgery.

Dr. James Chappell*

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 888-283-4768; annapolisplasticsurgery.com

Dr. Tripp Holton

AAMG Plastic Surgery; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

Dr. Chris Spittler

Plastic Surgery Specialists; 2448 Holly Avenue, Ste. 400, Annapolis; 410-841-5355; plasticsurgeryspec.com

PLASTIC SURGERY (FACIAL)

Dealing with plastic and reconstructive surgery of the face, nose, head, and neck.

Dr. Bryan Ambro*

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 888-283-4768; annapolisplasticsurgery.com

Dr. Henry Sandel*

Sandel Duggal Center for Plastic Surgery; 104 Ridgely Avenue, Annapolis; 410-266-7120; sandelduggal.com

Dr. Devinder Singh

AAMG Plastic Surgery; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

Dr. Kelly Sullivan

Sullivan Surgery & Spa; 130 Admiral Cochrane Drive, Ste. 300, Annapolis; 410-571-1280; sullivan-surgery.com

PLASTIC SURGERY (RECONSTRUCTIVE)

Dealing with the restoration of appearance and function following injury or disease or the correction of congenital defects using the techniques of plastic surgery.

Dr. Tripp Holton*

AAMG Plastic Surgery; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

Dr. Devinder Singh*

AAMG Plastic Surgery; 2000 Medical Parkway, Ste. 603, Annapolis; 443-481-3400; aamgplasticsurgery.com

Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 888-283-4768; annapolisplasticsurgery.com

PODIATRY

Dealing with the diagnosis, treatment, and prevention of diseases of the human foot.

Dr. Lyle Modlin*

Annapolis Foot & Ankle; 43 Old Solomons Island Road, Ste. 102, Annapolis; 410-263-3100; annapolisfootandankle.com

Dr. Ross Cohen

The Foot and Ankle Center of Maryland; 808 Landmark Drive, Ste. 225, Glen Burnie; 410-761-3501; footanklecentermaryland.com

Dr. Diane Lebedeff

Joppa Foot Care;
273 Peninsula Farm
Road, Ste. 2E, Ar-
nold; 410-647-4534

Dr. Lauren Newnam

University Of
Maryland Baltimore
Washington Medical
Center; 203 Hospital
Drive, Ste. 201, Glen
Burnie; 410-553-
8170; mybwmc.org

**PRIMARY CARE
MEDICINE**

*Provides first-con-
tact care for
persons with any
undiagnosed sign,
symptom, or health
concern and com-
prehensive care for
the person which is
not organ- or prob-
lem-specific.*

**Dr. Andrew
McGlone***

Annapolis Primary
Care; 2002 Medical
Parkway, Ste. 670,
Annapolis; 443-481-
1150; myaamg.org/
annapolis-primar-
y-care

Dr. Patrick Canon

Annapolis Primary
Care; 2002 Medical
Parkway, Ste. 670,
Annapolis; 443-481-
1150; myaamg.org/
annapolis-primar-
y-care

PSYCHIATRY

*Dealing with the sci-
ence and practice
of treating mental,
emotional, or behav-
ioral disorders.*

Dr. Milena Smith*

Milena H. Smith
MD; 716 Giddings
Avenue, Ste. 33,
Annapolis; 443-
926-9138

Dr. Melissa Wellner*

AAMG Mental Health
Specialists; 2635
Riva Road, Ste. 108,
Annapolis; 410-573-
9000; aamgm-
entalhealthspecialists.
com

Dr. Nancy Wheeler*

Nancy C. Wheel-
er, M.D., P.A.; 133
Defense Highway,
Ste. 114, Annapolis;
410-266-9181; nan-
cywheelermd.com

PULMONOLOGY

*Dealing with the
function and dis-
eases of the lungs.*

Dr. Ira Weinstein*

Annapolis Asthma
Pulmonary Sleep
Specialists; 2000
Medical Parkway,
Belcher, Ste. 607,
Annapolis; 410-266-
1644; annapolispul-
monary.com

Dr. Aimee Yu

Annapolis Asthma
Pulmonary Sleep
Specialists; 2000
Medical Parkway,
Belcher, Ste. 607,
Annapolis; 410-266-
1644; annapolispul-
monary.com

**RADIATION
ONCOLOGY**

*Dealing with the
use of radiation in
the treatment of
disease.*

Dr. Angel Torano*

Annapolis Radiology
Associates; 2002
Medical Parkway,
Ste. 235, Annapo-
lis; 410-266-2770;
annapolisradiology.
com

Dr. Luqman Dad

Annapolis Radiology
Associates; 2002
Medical Parkway,
Ste. 235, Annapo-
lis; 410-266-2770;
annapolisradiology.
com

Dr. Mitch Oh

Chesapeake Hemo-
tology Oncology
Associates; 305
Hospital Drive, Ste.
2A, Glen Burnie; 410-
761-9896; cohamed.
org

Dr. Mary Young

Annapolis Radiology
Associates; 2002
Medical Parkway,
Ste. 235, Annapo-
lis; 410-266-2770;
annapolisradiology.
com

RADIOLOGY

*Dealing with the sci-
ence of X-rays and
other high energy
radiation, especially
in the use of such
radiation for the
treatment and diag-
nosis of disease.*

Dr. David Todd*

Annapolis Radiology
Associates; 2002
Medical Parkway,
Ste. 235, Annapo-
lis; 410-266-2770;
annapolisradiology.
com

RHEUMATOLOGY

*Dealing with
rheumatic diseas-
es or any of the
various conditions
characterized by
inflammation or pain
in muscles, joints, or
fibrous tissue.*

Dr. Ashu Mehta*

Anne Arundel
Rheumatology; 1655
Crofton Boulevard,
Ste. 101, Crofton;
443-292-4872;
annearundelrheu-
matology.org

Dr. Ashok Jacob

Annapolis Rheuma-
tology; 166 Defense
Highway, Ste. 200,
Annapolis; 410-897-
1941; arheum.com

GENERAL SURGERY

*Dealing with diseas-
es and conditions
requiring or amena-
ble to operative or
manual procedures.*

Dr. Gina Massoglia*

Chesapeake Sur-
gical Associates;
2009 Tidewater Col-
ony Drive, Annapo-
lis; 410-571-9499;
chesapeakeurgery.
com

Dr. Vincent Sayan

Arundel Ambulatory
Surgery Center; 621
Ridgely Avenue,
Suite 101, Annapolis;
410-224-4404

THORACIC SURGERY

*Dealing with the
repair of organs
located in the thorax
or chest.*

**Dr. Stephen
Cattaneo***

AAMC Thoracic Sur-
gery; 2003 Medical
Parkway, Ste. 301,
Annapolis; 443-481-
3300; aahs.org

**Dr. Avedis
Meneshian**

AAMC Thoracic Sur-
gery; 2003 Medical
Parkway, Ste. 301,
Annapolis; 443-481-
3300; aahs.org

Dr. Galen Ohnmacht

University Of
Maryland Baltimore
Washington Medical
Center; 305 Hospital
Drive, Ste. 304, Glen
Burnie; 410-553-
8150; mybwmc.org

UROLOGY

*Dealing with the
urinary or urogenital
organs.*

Dr. Robert Hanley*

Anne Arundel
Urology; 600 Ridgely
Avenue, Ste. 222
& 223, Annapolis;
410-266-8049;
aaurology.com

**Dr. David McDermott
Jr.**

Anne Arundel
Urology; 600 Ridgely
Avenue, Ste. 222
& 223, Annapolis;
410-266-8049;
aaurology.com

**Dr. David McDermott
Sr.**

Anne Arundel
Urology; 600 Ridgely
Avenue, Ste. 222
& 223, Annapolis;
410-266-8049;
aaurology.com

Dr. Steven Rock

Anne Arundel
Urology; 600 Ridgely
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& 223, Annapolis;
410-266-8049;
aaurology.com

VASCULAR SURGERY

*Dealing with a tube
or a system of tubes
for conveyance of
body fluids, such as
blood vessels.*

Dr. Mark Peeler*

MedStar Health Car-
diology Associates,
L.L.C.; 2002 Medical
Parkway, Ste. 520,
Annapolis; 410-571-
8430; medstar-
health.org

**Dr. Marshall
Benjamin**

University Of Mary-
land Community
Medical Group; 301
Hospital Drive, Glen
Burnie; 410-553-
8300; mybwmc.org

BACK PAIN

*A common, painful
condition affecting
portion(s) of the
spine.*

Dr. Timothy Burke*

Anne Arundel
Medical Center
Spine Center; 2000
Medical Parkway,
Ste. 605, Annapo-
lis; 410-943-2322;
aahs.org

Dr. Chad Patton

Chad Patton MD
MS- Spine Surgeon;
2000 Medical
Parkway, Annapo-
lis; 410-267-5584;
drchadpatton.com

BREAST CANCER

*A cancer that forms
in the cells of the
breasts.*

Dr. Lorraine Tafra*

AAMC Breast Cen-
ter; 2000 Medical
Parkway, Ste. 200,
Annapolis; 443-481-
5300; aahs.org/
breast

Dr. Robert Buras

AAMC Breast Cen-
ter; 2000 Medical
Parkway, Ste. 200,
Annapolis; 443-481-
5300; aahs.org/
breast

Dr. Cynthia Drogula

University of Mary-
land Community
Medical Group-Aiello
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wmc.org

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constipation.*

Dr. Suzanne Sankey*

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Bestgate Road, Ste.
2A, Annapolis; 410-
224-2116; aagastro.
com

Dr. Mark Flasar

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Dr. William Vickers*

Mid-Atlantic Health Institute; 1460 Ritchie Highway, Ste. 211, Arnold; 443-714-8975; midatlanti-chealthinstitute.com

Dr. David Barnes

Annapolis Infectious Disease; 1127 West Street, Annapolis

MACULAR DEGENERATION

An eye disease that causes vision loss.

Dr. Tamara Fackler*

Chesapeake Eye Care & Laser Center, P.C.; 2002 Medical Parkway, Ste. 320, Annapolis; 410-571-8733; chesapeakeeyecare.com

Dr. Deborah Reid

The Retina Group of Washington; 2002 Medical Parkway, Ste. 450, Annapolis; 410-224-6680; rgw.com

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MedStar Shah Medical Group
Department of Endocrinology at Annapolis

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Welcome Dr. Shiksha Sharma



MedStar Shah Medical Group is pleased to welcome Shiksha Sharma, MD to the Department of Endocrinology at Annapolis. Dr. Sharma is board certified in Internal Medicine and Board Eligible in Endocrinology. Dr. Sharma has published works in Adrenal insufficiency and Hyperparathyroidism as well as research in Diabetes. Dr. Sharma completed medical school at Byramjee Jeejeebhoy Medical College, Residency in Internal Medicine at MedStar Washington Hospital Center and her Fellowship in Endocrinology, Diabetes and Metabolism at Montefiore Medical Center/Albert Einstein College of Medicine.

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- 130 Love Point Road, Suite 106, Stevensville, MD 21666

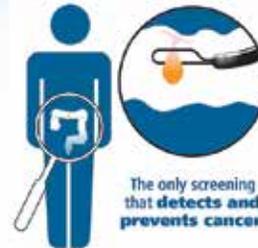
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SCOTT FINLAY, DDS & ASSOCIATES

ANNAPOLIS SMILES

Choosing the right professional to care for the health of your family's smile is an important decision. Dr. Scott Finlay and Dr. Ha Lim will provide you with the best dentistry has to offer.

For more than 30 years, Dr. Scott Finlay has been providing the highest level of dental care for individuals and families in the greater Annapolis Area. Dr. Finlay offers comprehensive services for children and adults, from routine maintenance and preventive care, to dental implants and reconstructive procedures. Dr. Lim joined the Annapolis-area dental practice after practicing dentistry for over eight years. Dr. Finlay selected Dr. Lim after an extensive search for a doctor with the unique skills, experience and personal touch that she brings to her patient care. Dedicated to the pursuit of excellence, Dr. Lim commits herself to countless hours of continuing education each year to offer modern, evidence-based clinical treatments and the best possible patient experience.

Dr. Finlay is one of only 75 dentists nationwide to be recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry. He is also the senior faculty resident expert for aesthetics, one of only five senior faculty members, at the Dawson Academy, a leading dental post-graduate continuing education academy that is recognized both nationally and internationally. Dr. Finlay has written articles and is featured in books related to Functional Aesthetics and Dental Reconstruction. Few dentists can match the experience and credentials of Dr. Finlay. Scott Finlay D.D.S. & Associates, PA has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis thanks in part to its tenured team of caring dental professionals, five- star service and commitment to exceptional care.

Dr. Finlay and Dr. Lim approach each patient with careful planning. Aesthetics are important aspects of Smile Design, but more importantly, their practice is focused on enhancing the form, function and health of the mouth. Smile enhancement can be as simple as teeth whitening or dramatic as a complete smile makeover. Whether dental concerns are due to disease, trauma or congenital conditions, the impact of a smile on someone's life can be as significant to the individual as to those around them.

Dr. Finlay and Dr. Lim are available to share their talent and distinguished skill with patients looking for a dental treatment that considers comfort, function, and long-term stability, utilizing state of the art dental technologies. Dr. Finlay & Dr. Lim always begin with a complete examination and gain an understanding of the patient's wishes. If you are interested in creating a beautiful smile to last the test of time or become a patient to an experienced, sophisticated practice, make your appointment now.

WHO WE ARE

DR. LIM

DR. FINLAY

1. MOST MEMORABLE PATIENT EXPERIENCE?

As my niece's first birthday was approaching, I was left speechless when my patient gifted me with a beautiful handmade quilt. Such moments remind me time and time again that we are privileged to be in a profession that allows for relationships to be built with our patients.

5. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

The people I work with and the people I treat. I have been blessed to have an amazing team to work with, many of which have been team members for 10+ years. And, the many appreciative and genuine patients that have entrusted their smiles to our team, and seeing the positive impact that it has on their lives.

2. WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

The technology that's available to us as dentists right now is unbelievably exciting. Working alongside Dr. Finlay, who is just as excited to offer cutting edge digital workflow to our patients will only enhance our treatment outcome and patient experience.

6. WHAT I LOVE MOST ABOUT BEING A DENTIST

The thing that I love the most about practicing dentistry is the profound effect that enhancing an individual's smile has on their life. It is undoubtedly underestimated until it is reflected upon after the smile lift has been completed. The positive effect on the self-esteem, confidence and general well-being is immeasurable.

3. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I love my entire team. You can't deny the power of teamwork, and we are all invested in each other and providing the best care to our patients.

7. FAVORITE SPORTS TEAM

Baltimore Ravens.

4. WHERE/ WHAT IS YOUR "HAPPY PLACE"?

Watching waves crash onto the Ho'okipa beach in Maui is something I could never get enough of.

8. WHAT I AM MOST PROUD OF

...is the honor of the achievement of Fellowship Status in the American Academy of Cosmetic Dentistry. This is the highest credential in the evaluation of a practitioner's life work as a master in cosmetic dentistry. It has opened opportunities worldwide for me to write and lecture in the US, Japan, Spain, India, Poland and the UK.



**ABOUT
DR. LIM**

Ha Lim, DDS completed her undergraduate degree at Johns Hopkins University and pursued her dental training through the University of Maryland School of Dentistry, where she graduated with honors. As a comprehensive restorative dentist, she has completed and continues to dedicate herself to countless hours of continuing education through postgraduate programs with industry leaders and educators. Dr. Lim's practice philosophy is grounded in preventative conservative dentistry.



**DR. LIM'S
CREDENTIALS**

Dental Degrees
Johns Hopkins University
University of Maryland
School of Dentistry

Board Certified
DDS
FAGD Candidate



**ABOUT
DR. FINLAY**

Scott Finlay, DDS, FAGD, FAACD completed his undergraduate at Boston College and began his journey as a restorative and cosmetic dentist at University of Maryland, Baltimore College of Dental Surgery. Dr. Scott Finlay has since completed multiple postgraduate training programs, became a Dawson Academy Senior Faculty member, and now lectures on the latest dental techniques and procedures around the world. He is one of only 75 dentists that are recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry, which is the gold standard in dental esthetics.



**DR. FINLAY'S
CREDENTIALS**

Dental Degrees
Boston College
University of Maryland, Baltimore College

Board Certified
DDS, FAGD, FAACD,
Accredited Fellow of the American
Academy of Cosmetic Dentistry
Fellow of the Academy of General Dentistry
Senior Faculty for the Dawson Academy
Resident Expert in Dental Esthetics for the
Dawson Academy



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ORAL SURGERY SPECIALISTS

KURT JONES, DDS
NEIL SULLIVAN, DMD
CHRIS CHAMBERS, DDS
CLIFF WALZER, DMD
BOREK L HLOUSEK, DMD, MD

As Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers manage a wide variety of problems relating to the mouth, teeth, and facial regions. Drs. Walzer, Sullivan, Hlousek, Jones and Chambers practice a full scope of Oral and Maxillofacial surgery with expertise ranging from dental implant surgery and wisdom tooth removal to corrective jaw surgery. This also includes techniques designed to rebuild bone structure with minimal surgical intervention and optimal patient comfort. They have focused their practice on creating beautiful smiles and restoring healthy function to the teeth and jaws!

Additionally as Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers are the only dental specialty licensed to provide intravenous (IV) general anesthesia in their state-of-the-art office setting. Their practice mission is to provide Excellent Care with Art, Science, and Technology, creating an Outstanding Experience with Compassion, Courtesy, and Respect for all.

WHO WE ARE

- 1. DESCRIBE YOUR BEDSIDE MANNER**
- 2. WHAT PHILANTHROPIC CAUSES DO YOU SUPPORT?**

I enjoy interacting with people—everyone is unique. My goal is to put my patients at ease. Experience and compassion help build confidence...and lots of humor and laughter!

- Dr. Walzer

No doubt, giving back to the community is one of life's most enriching experiences. Ten years ago, with the help of AAMC, I established the Stanton Dental Clinic, staffed by volunteer dentists to provide free care to the underserved community of AA Co.

- Dr. Sullivan

- 3. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?**
- 4. WHAT IS YOUR PERSONAL MANTRA?**

Constant interaction with great people during each exciting and challenging day. My partners, our wonderful patient care coordinators, surgical assistants, all the talented dentists we share patients with.

- Dr. Hlousek

Success is to be measured, not so much by the position that one has reached in life as by obstacles, which he has overcome while trying to succeed.

- Dr. Jones



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"Open your Eyes to the Possibilities"

ELBA M. PACHECO, M.D.

Dr. Pacheco is one of the most respected eyelid surgeons, voted 2018 Best Oculoplastic Surgeon. With over 25-years on the Johns Hopkins faculty, Dr. Pacheco combines consummate surgical experience with the artistry of subtlety and detail. "I see myself as a sculptor and a restoration artist. Whether it is eyelid surgery, using injectables, combining these with skin tightening and lasers, or more recently with fat reduction, the result must always be conceived in a way that is 3-dimensional and detailed. My goal is to make each patient achieve a natural rejuvenation – the more beautiful, younger version of themselves."

THOMAS S. COPPERMAN, M.D.

Dr. Thomas Copperman is a board certified oculofacial plastic surgeon serving the greater Annapolis area. He focuses exclusively on cosmetic and reconstructive surgery of the eyes and face and is fellowship trained in this area. In particular he specializes in surgery of the eyelids, eyebrow and forehead lifting (endoscopic lift), mid-face lift, and facial fat grafting. He has a passion for natural facial rejuvenation, which he achieves by combining the latest minimally invasive surgical and nonsurgical techniques. Dr. Copperman takes a custom, tailored approach with each patient to help them achieve their aesthetic goals.



CONNECT

410-647-0123 | www.myeyelids.com
692A Ritchie Highway, Suite 2B
Severna Park 21146



WHO WE ARE

<p>1. WHAT'S NEW AT ADORO MEDICAL SPA?</p> <p>Dr. Copperman has joined our boutique medical spa! He brings experience in cosmetic eyelid, brow, and midface lift surgery to achieve natural facial rejuvenation and we could not be more thrilled with his arrival!</p>	<p>5. WHAT OPTIONS DO YOU OFFER FOR MEN?</p> <p>A quick consultation and we will let you know what services are right for you. Early appointment times, and no downtime procedures are available. Botox, fillers, jaw and chin contouring, skin tightening, and body fat reduction treatments are especially popular options!</p>
<p>2. WHAT ARE YOUR MOST REQUESTED PROCEDURES?</p> <p>In addition to upper facial surgery, our patients come for our artistry with fillers, botox, laser and non-laser skin rejuvenation treatments. Hydrafacial and body contouring treatments are also super popular.</p>	<p>6. WHAT MAKES US UNIQUE</p> <p>We are eyelid and upper facial surgeons who perform hundreds of laser eyelid lifts each year. Our unique knowledge of the eyes and surrounding structures provides our patients with consistently superior results.</p>
<p>3. WHAT DISTINGUISHES YOU FROM OTHER INJECTORS?</p> <p>The use of cannulas, and a multilayered, multiproduct approach to achieve a youthful, natural result. As instructors of injection techniques nationally, anatomic accuracy and expertise sets us apart.</p>	<p>7. WHAT ARE YOUR NEW SERVICES?</p> <p>Adoro is excited to offer our patients additional options! Mid Face lifts are now offered, Hand Rejuvenation, and to enhance patient comfort during treatment, we offer Pro-Nox, a quick, safe way to reduce anxiety during treatments.</p>
<p>4. WHAT IS THE BEST ADVICE YOU'VE RECEIVED?</p> <p>Be uncompromising about your commitment to quality, treat each patient kindly, always offer the latest and the best and you'll never have to worry about the competition.</p>	<p>8. IS THERE DOWNTIME WITH FACIAL REJUVENATION?</p> <p>Tailoring the right treatment is what we do best, and there are options with no downtime like injectables, hydrafacial, broadband light therapy, and thermage.</p>



ADORO MEDICAL SPA SERVICES

Eyelid Surgery
Brow/Forehead Lift
Mid Face Lift
Botox
Fillers
Halo Laser Resurfacing
Photo Rejuvenation

Liposonix Fat Reduction
Thermage Skin Tightening
Hydrafacial
Microneedling
Peels
Medical Skin Care



BAYSIDE PEDIATRICS

For the past 17 years, Bayside Pediatrics has made it their priority to provide the most current, comprehensive, and compassionate care possible. We routinely see patients from infancy through the early stages of adulthood, and naturally view our patients as part of our family. It is our commitment to this long-term relationship that allows us to partner with parents to raise children and adolescents to be healthy, responsible adults, and provide the best possible care in an environment that is warm, fun and welcoming.

Bayside was established in 2000 by Dr. Escobosa and Dr. Nold, who hand-picked the other providers to help fulfill the practice's mission of being the leading provider of child and adolescent care. Since its inception, we have expanded our services beyond routine well visits and sick appointments, to include focused care in areas such as ADD/ADHD, obesity management, lactation consultation, and evaluation and management of allergies. We also know that every family is different and may need guidance fulfilling specific

needs. As a result, we work with several local organizations, ranging from aftercare and tutoring services for children and adolescents, to postpartum support for new mother's and families.

At Bayside Pediatrics, we truly enjoy caring for your children, and look forward to working with your family to establish a meaningful and compassionate relationship.



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2024 West Street, Suite 400
Annapolis, MD 21401
410-224-7667 | mybaysideped.com



MEET OUR CERTIFIED LACTATION CONSULTANTS



Elizabeth (Beth) Connelly, MSN, CRNP, IBCLC is a Board Certified Pediatric Nurse Practitioner and International Board Certified Lactation Consultant (IBCLC). Beth was born and raised in a big family in Youngstown, Ohio. She received her undergraduate degree, a Bachelor's of Science in Nursing at the University of Cincinnati in 1986. In 1995 she received her graduate degree, a Master's of Science in Nursing, from the University of

Pittsburgh. She has been practicing as a pediatric nurse practitioner for the past 20 years. She has been at Bayside Pediatrics since 2001. 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 breast feeding has to offer to both mother and baby. Most of our mothers in our practice want to breast feed 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 that 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."*



Ashley Read, DNP, CRNP, IBCLC is a Board Certified Pediatric Nurse Practitioner and International Board Certified Lactation Consultant (IBCLC). Her Graduate Degree, Doctor of Nursing Practice, was achieved at the University of Maryland School of Nursing in 2018 and her IBCLC in 2018. Assisting breastfeeding mothers since 2011, she has experience with breastfeeding support in hospitals including neonatal intensive care

units, and outpatient pediatrician offices. She believes mastering the latch can solve many issues 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."*

INTRODUCING BAYSIDE LAUNCH - A WEIGHT MANAGEMENT PROGRAM



Maegan Chaney, MD - Obesity Medicine For over twelve years I have enjoyed providing general primary care to a diverse group of patients, from newborns up to young adults. I realized that many of my patients struggle with excess weight and obesity and the training that most of us who treat young people receive is not adequate to fully help many of my patients. Thus, over the last several years I worked towards and have achieved Board Certification in Obesity Medicine, and can now proudly say that I am a diplomate of the American Board of Obesity Medicine. The education and training I received along this pathway has made me more able to specifically counsel patients in evidence based methodologies and the highest standard available for treatment of excess weight and its related conditions to children, adolescents and young adults. Whether in primary care setting or for patients choosing to see me in specialty visits, patients can expect nonjudgmental, collaborative methodologies taking into account each family's or individuals goals and strengths. One of the most important tenets of Obesity Medicine is an understanding that there is no single pathway to a healthier weight and every body really is different. My emphasis is never on cosmetics, as I believe all my patients are amazing and beautiful people whose worth is determined by who they are as people. My plans are never one size fits all, and patients can fully count on their unique differences, backgrounds and lifestyles to fully inform the decisions we make along the way. Our plans can include dietary and activity interventions, behavior change practices, and management recommendations for treating the diseases and health issues that often contribute to, or are an outcome from, excess weight. I help patients and families understand the interplay between an individual's genetics, medications and other health issues in contributing to excess

weight. We offer the latest technology in telemedicine visits when appropriate to assist in accommodating busy schedules, or patients can be seen in our beautiful modern office setting overlooking the heart of Annapolis. For patients choosing to see me for specialty care, I work with your current treating physicians to collaborate on the most appropriate care to address existing health concerns related to weight. I am also happy to help with plans to prevent development of obesity when this is a specific concern for a family. Just like for primary care, I see patients for weight management through young adulthood, particularly including college students. My patients with excess weight are amazing children and adults that I am honored to help achieve their healthiest life, both in the short term and for many years to come.





*Wrinkles look good on Winston,
Botox looks good on you.*

Who does **your** Botox?

ProMD Health

Look Younger. Feel Younger.

ProMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. Dr. George Gavrila founded ProMD Health in 2011 in Baltimore, Maryland and has since opened two additional locations in Washington D.C. and Annapolis. He created a team of innovative professionals who all pride themselves in the most advanced skills and techniques to help their patients Look and Feel great. ProMD Health specializes in cutting edge and in demand procedures including Botox, dermal fillers, laser treatments, PDO thread lift, hormone replacement therapy, facial rejuvenation, vaginal rejuvenation, and body contouring. They tout some of the most advanced devices such as HydraFacial, Viveve, and Sciton Halo. ProMD Health uses its complete suite of treatments to cater to each patient's unique needs to help them Look Younger on the outside and Feel Younger on the inside. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



CONNECT

166 Defense Hwy
Suite 302
Annapolis, MD
410-449-2060
ProMDHealth.com





What is your favorite part about being an Aesthetic Medicine doctor?

"The feeling you get at the end of a procedure when you put the mirror in the patient's hand and get to witness them develop a renewed sense of confidence is the best feeling in the world. It makes all of our hard work completely worth it."

- Dr. George Gavrila



What sets ProMD Health apart from other practices?

"While most practices specialize in either making you look better or making you feel better, ProMD Health has both the tools and expertise to do both. Our providers act like the conductors of a great symphony, properly cueing the right instruments at the right time to have you both Looking and Feeling your best."

- Amy Fleming, PA-C



When should I start getting Botox?

How does tomorrow sound? It's much better to start Botox or Dysport treatments before deep wrinkles develop. Once your wrinkles become etched in your deep dermis, it becomes more difficult to reduce their appearance. Botox or Dysport can be a great preventative measure to keep your skin looking young.

- Caroline Ruhl, NP



What do you love most about ProMD Health?

"We LOVE our patients! We have some of the kindest, smartest, coolest, and most diverse patients coming in to our office everyday and we learn just as much from them as they learn from us!"

- Kelly Battista, RN

SANDEL DUGGAL CENTER FOR PLASTIC SURGERY

CLAIRE S. DUGGAL, MD

In March of 2016, Dr. Claire Duggal of Duggal Plastic surgery partnered with Dr. Henry Sandel IV, MD FACS of Sandel Center for Facial Plastic Surgery. Since then the Sandel Duggal Center for Plastic Surgery was formed, and more recently, the development of their state-of-the-art ambulatory center - West Annapolis Surgery Center which is conveniently sited within the same facility as the practice.

Dr. Duggal focuses on all aspects of cosmetic surgery and prides herself on taking a natural approach to restoring and enhancing each patient individually. She is experienced in breast surgery, abdominoplasty, liposuction, and fat grafting. As a mother herself, Dr. Duggal relates to what women face after having children and the desire to regain a "pre-baby" body. She is equally experienced in facial rejuvenation including surgical and non-surgical options such as Botox® and fillers. She is also trained in treating male aesthetic issues including liposuction and gynecomastia surgery.

"GOING TO A PLASTIC SURGEON DOESN'T MAKE YOU FRIVOLOUS OR VAIN. YOU CAN BE A PERSON OF SUBSTANCE AND STILL WANT TO LOOK AND FEEL LIKE THE BEST VERSION OF YOURSELF."

–CLAIRE DUGGAL, M.D.

In addition to aesthetic plastic surgery, Dr. Duggal performs all types of general reconstructive procedures. Her main focus is breast reconstruction, and she has published multiple peer-reviewed articles examining breast reconstruction techniques and outcomes.

WHO I AM

1.

YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS?

I find myself frequently telling patients that our goal is for them to look like they don't need anything done, not like they have had something done. Less is more. Plastic surgery today is much more accepted and embraced than it was in the past, but no one needs to look like they had injectables or underwent a surgical procedure.

5.

WHAT IS THE BEST ADVICE YOU'VE RECEIVED?

Not sure I can narrow this down to just one piece of advice, but key pieces of advice (most of which are from my mother) include – "Treat others as you would like to be treated" (applies to just about every personal and professional situation). "Eat more vegetables" (constantly working on this one). "Everything in moderation" (how I justify my evening chocolate habit).

2.

WHAT ARE YOUR MOST REQUESTED PROCEDURES?

My most frequent surgeries are breast surgeries (lifts, reductions, augmentations) and abdominoplasties (tummy tucks). I think there are a lot of women looking to repair and restore themselves after children and aging, and so it's quite common for me to do combination mommy-makeover procedures.

6.

WHAT IS YOUR PERSONAL "MANTRA"?

I would not have said I have a personal "mantra", but a friend gave me a bracelet while I was pregnant with my third baby that just says "You Got This". I now wear it every day which I guess means I have a mantra! Parenting is overwhelming, life in general is stressful, and it's actually really nice to take a moment to remind yourself that you can do it.

3.

WHERE/WHAT IS YOUR "HAPPY PLACE"?

I think everyone could safely say "on a beach somewhere with a cocktail". But probably my more practical happy place is hanging out in my backyard on a nice day with friends, our kids and a nice glass of wine! If it's raining, I'd pick the couch and a good movie.

7.

WHAT ARE YOUR BIGGEST PET PEEVES?

People talking loudly on airplanes, rude drivers, and how addicted I am to my cell phone. Oh, and my kids not flushing the toilet – ever.

4.

WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

Everyone in my office laughs at me when I tell them my next job will be a landscaper – I love the idea of spending every day outside pulling weeds and mulching. Surgery can be stressful – I want everyone to have an absolutely perfect result and perfect experience every time. Lawncare seems more relaxing to me, although I'd probably end up stressed about that too!

8.

3 THINGS ON BUCKET LIST

To see the Northern Lights, to hike in Patagonia, and to do a handstand on a stand up paddleboard.



ABOUT DR. DUGGAL

Claire Duggal is a board-certified plastic surgeon specializing in aesthetic and reconstructive surgery for the face and body. She graduated magna cum laude from Harvard University and then attended Emory University where she obtained her medical degree and was offered a highly coveted spot in the Emory Plastic and Reconstructive Surgery training program to complete her training. Dr. Duggal now focuses on all aspects of cosmetic surgery and prides herself on taking a natural approach to restoring and enhancing each patient individually. She is experienced in breast surgery, abdominoplasty, liposuction, and fat grafting, and more!



MY CREDENTIALS

Education

Harvard University
Bachelor of Arts with
Honors, Neuroscience

Medical Degree

Emory University School
of Medicine



CONNECT

104 Ridgely Avenue
Annapolis, MD 21401
410-266-7120
www.sandelduggal.com

BRYAN T. AMBRO MD, MS

JAMES E. CHAPPELL MD, FACS

ANNAPOLIS PLASTIC SURGERY

Dr. Ambro is a double board certified facial plastic surgeon and Dr. Chappell is a board certified plastic surgeon. In 2016, they partnered together to offer a full complement of facial plastic surgery, body contouring and reconstructive procedures. Annapolis Plastic Surgery is comprised of a friendly, qualified team focused on providing patients with an exceptional experience in a comfortable, private setting. Whether it is a cosmetic or reconstructive procedure, their top priority is to provide individualized treatments that help patients achieve a balanced, natural appearance. In addition to surgical procedures, Annapolis Plastic Surgery offers the latest and most advanced non-surgical laser treatments, body contouring (CoolSculpting), and medical grade skin care/treatments by their esthetician.

WHO WE ARE

1.

WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

My job is to make people happy. Whether it be rebuilding a cancer-ridden nose or restoring lost features of youth, having a patient smile and say, "Thank you!" is incredibly fulfilling.

-Dr. Ambro

5.

WHAT IS THE BEST ADVICE YOU'VE RECEIVED?

"A ship is always safe at shore, but that's not what its meant for." (-Albert Einstein)

-Dr. Ambro

2.

WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

Offering ever advancing technology and techniques to our patients in order that they benefit from the latest and greatest.

-Dr. Chappell

6.

WHAT IS YOUR PERSONAL "MANTRA"?

Do your best, work hard, and the rest will take care of itself.

-Dr. Chappell

3.

WHERE/WHAT IS YOUR "HAPPY PLACE"?

Knee deep in powder in the back bowls, not a cloud in the sky.

-Dr. Chappell

7.

WHAT ARE YOUR BIGGEST PET PEEVES?

Bad drivers, telemarketers/spam and high humidity.

-Dr. Chappell

4.

WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

Executive chef at a cool, award winning seafood restaurant.

-Dr. Ambro

8.

3 THINGS ON BUCKET LIST

1. See my 3 children achieve their professional and personal goals.
2. Travel to all Seven Continents and eat at the top-rated restaurants in each of them.
3. Cage dive with Great White Sharks.
4. See the Philadelphia Eagles win a Super Bowl...oh wait, that already happened!

-Dr. Ambro



ABOUT DR. CHAPPELL

Dr. Chappell earned an undergraduate degree from William & Mary, a masters degree from Virginia Commonwealth Univ., and a medical degree from Eastern Virginia Medical School. His general surgery residency training was at the Univ. of Vermont and plastic surgery residency was at Temple University Hospital. He serves as the President of the Maryland Society of Plastic Surgeons.

ABOUT DR. AMBRO

Dr. Ambro went to Georgetown for his Bachelor's, Cambridge (England) for his Master's, Thomas Jefferson for medical school and residency, and the University of Washington for fellowship. Dr. Ambro served as Director of Facial Plastic Surgery at the University of Maryland Medical Center/Shock Trauma for 8 years before coming to Annapolis.

ABOUT OUR ESTHETICIAN SHERIDON DUNCAN



Sheridon graduated from Von Lee International School of Aesthetics at the top of her class with a passion for all things skincare. With a desire to help others feel and look their very best, Sheridan values the importance of building a relationship with each patient and creating a comfortable and trusting environment. She prides herself on listening to patients' concerns and goals to determine the best route of care. Whether it is top of the line skin care products, proper home care or collaborating with other providers in the office regarding treatment; Sheridan's goal is to make each patient feel as if they are being educated to the fullest and given the best treatment for their skin as if it were her own.

It is important to Sheridan to have an up to date knowledge of products, ingredients and the vast skin care market to have the ability to demonstrate and educate what is best suited for each patient she sees.



CONNECT

2002 Medical Parkway, Suite 215
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www.annapolisplasticsurgery.com



ROBERT BAXTER MEEK, III, MD

ANNE ARUNDEL EAR, NOSE & THROAT

Dr Meek has been practicing Otolaryngology for nearly 20 years with the last 17 being in Annapolis. He grew up in rural West Virginia, the son of a country doctor who had retired from the Navy. He attributes his bedside manner to spending time in his father's office when he was a child. "If you listen to the patient, they will tell you what is wrong". Dr. Meek has created a practice that maintains the personable approach of a country family physician combined with the most advanced medical and surgical treatments.



ABOUT DR. MEEK

After completing a residency at West Virginia University, Dr. Meek started his career as an assistant professor at the University of Virginia where he led the laryngology department and participated in voice and swallowing research. In Annapolis, he continued his passion for treating voice patients by starting the Voice and Swallowing Center at Anne Arundel Medical Center.

He has taken this expertise to the office setting and evaluates singers and patients with high vocal demand in his state of the art voice lab in conjunction with Heather Langford, speech pathologist.

After being in Maryland, he realized that many of the patients suffered from chronic sinusitis so he began honing his skill as a sinus surgeon. He realized that becoming better at treating sinus conditions he could better help his voice patients.

In collaboration with his allergy colleagues, Dr. Meek deliver's cutting edge medical care to his sinus patients incorporating computer guided navigation and minimally invasive techniques into his surgical sinus cases. He likes to avoid the use of long term antibiotics and oral steroids. Along with his physician assistant, Jennifer Rocca-Sexton, he performs culture directed antibiotic treatment to minimize unnecessary antibiotic treatment which prevents allergic reactions, side effects, and development of resistance to antibiotics in his sinus patients. He believes in utilizing topical therapies with saline irrigation including steroids and antibiotics.

In addition to treating chronic sinusitis, he is adept at treating all forms of nasal obstruction with advanced medical and surgical techniques. Dr. Meek has an artistic side and performs cosmetic rhinoplasty along with functional correction of the nose and sinus pathology.

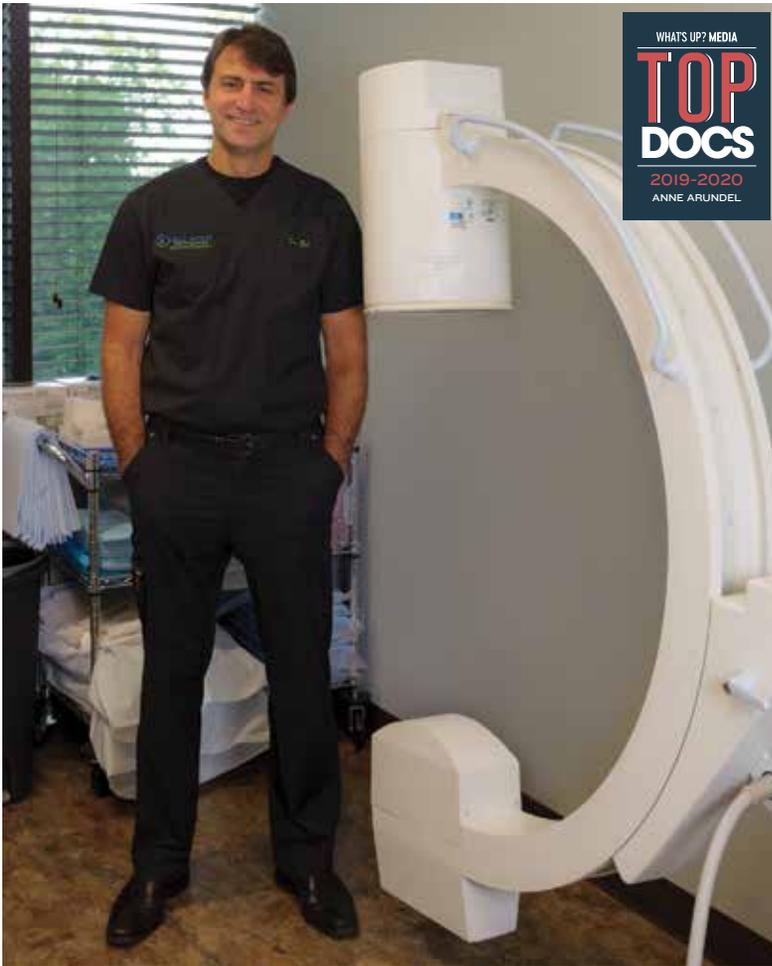
Dr. Meek resides in Annapolis with his wife, Parabh Gill, who is a practicing gynecologist and board member of the Annapolis Film Festival. His oldest daughter is studying at Tufts in Boston, and his younger 2 children attend High School at Severn School. When not treating patients, Dr. Meek enjoys watching his children in lacrosse and sailing, boating, cycling, swimming, and travel.



CONNECT

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www.annearundelent.com



DR. ZVEZDOMIR ZAMFIROV

ALL STAR PAIN MANAGEMENT
AND REGENERATIVE MEDICINE

Dr. Zamfirov (Dr. Zed) has made a name for himself offering regenerative medicine options in the area since 2017 when he opened All Star Pain Management and Regenerative Medicine. His approach has been to not find a "quick fix" to pain relief but to offer a comprehensive and individualized approach. Dr. Zed has made it his personal mission to help treat patients pain but also to live a healthier life. His focus is to understand unique concerns and needs and offering specialized treatment plans for his patients.

Dr. Zed is a former professional athlete and physician to professional sports teams so he understands and can relate to athletes and busy professionals who want to maintain their activities and lifestyles when dealing with injuries and painful orthopedic conditions. His personalized approach and understanding of the body and its ability to regenerate and heal makes him a trusted physician in the treatment of pain.

The All Star Pain Management and Regenerative Medicine team is friendly, caring and knowledgeable, and always willing to help find the best options and solutions for their patients.

WHO I AM

1. WHAT EXCITES YOU THE MOST ABOUT THE FUTURE OF YOUR PRACTICE?

I am most excited for the cutting-edge treatments I am able to provide for my patients to change the way we approach pain and the treatment of pain. I am excited to offer regenerative options to patients, such as stem cell therapy and PRP therapy as an alternative to major orthopedic surgeries with high complication rates and to offer a new approach to pain management with a comprehensive approach of overall wellness, innovative procedures and personalized and individualized care.

2. WHAT IS YOUR PERSONAL MANTRA?

1. The size of your success is measured by the strength of your desire, the size of your dream, and how to handle disappointment along the way.

2. A quote of *The Art of Racing in the Rain*: "There is no dishonor in losing the race. There is only dishonor if you are not racing because you are afraid to lose."



ABOUT DR. ZED

Dr. Zamfirov was born and raised in Bulgaria where he played soccer professionally. Early in his sports career he decided to become a physician for athletes and to treat their sports injuries. He received his MD degree from the Plovdiv Medical University in 1987. He then completed his Orthopedic Surgery Residency and specialized in sports trauma and knee surgery. In 2000 he moved to the US and completed his Physical Medicine and Rehabilitation Residency at Georgetown University/ National Rehabilitation Hospital in Washington, DC where he received extensive training in the field of interventional pain management. Since 2007 Dr. Zed has been providing comprehensive care for thousands of patients. He opened his own practice in 2017, All Star Pain Management and Regenerative Medicine, where he was the first physician in the Annapolis area to offer regenerative medicine procedures like Stem Cell and A2M therapy.



CONNECT

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ANNAPOLIS ENDODONTICS

DR. LOUIS H. BERMAN
DR. MARK D. LENTZ
DR. KENNETH R. HUNTER

Endodontics is the dental specialty dealing with diseases of the dental pulp, tooth root, and surrounding tissues. Also known as “root canal therapy,” endodontic treatment is a simple yet highly successful alternative to tooth extraction and dental implants. Advances in endodontic procedures and materials have evolved into a painless procedure. Well over 14 million root canals are performed every year to resolve dental pain and treat infection. This infection can be caused by trauma to the tooth, deep decay, cracks and chips, or repeated dental procedures. Symptoms of infection include pain or swelling associated with a tooth. In addition, sometimes there can be a dental infection with no symptoms at all. “Endodontic procedures have become very refined in order to maximize success; but the hallmark of a successful procedure is a prudent diagnosis,” says Dr. Mark Lentz, partner in Annapolis Endodontics. “Some teeth are just not amenable to endodontic treatment, like badly broken-down teeth, root-fractured teeth, or teeth with bad gum disease around them. Every tooth is different and every case is different. That’s why preliminary assessment by an experienced clinician is paramount.”



ABOUT OUR SPECIALISTS

Dr. Louis H. Berman is the editor of two textbooks, which have been translated into 16 different languages and used in more dental schools than any other endodontic textbook. Drs. Berman, Lentz and Hunter of Annapolis Endodontics, the most experienced endodontic practice in the county, have earned the distinction of Diplomate, the highest level of certification available through the American Board of Endodontics. As consultants to major endodontic manufacturers, they stay on the cutting edge of the most advanced technology in their field.

Dr. Louis H. Berman earned his Bachelor of Arts degree in biology from University of Maryland Baltimore County, his dental degree from the University of Maryland, and his specialty certification in endodontics from the Albert Einstein Medical Center. Born and raised in Annapolis, he is the founder of Annapolis Endodontics.

Dr. Mark D. Lentz earned his Bachelor of Science degree in chemistry with distinction from the Pennsylvania State University and his dental degree and specialty certification from the University of Pittsburgh. He is the newest partner with Annapolis Endodontics and is committed to upholding the exceptional standard of care that has been associated with this practice for over 35 years.

Dr. Kenneth R. Hunter, a former Navy flight officer, earned his Bachelor of Science degree in zoology from the University of Florida, his dental degree from the Virginia Commonwealth School of Dentistry, and his specialty certification from the Naval Dental School in Bethesda.

Another recent and exciting transition for Annapolis Endodontics is a beautiful new location in the Severn Bank Building at Westgate Circle. In this state-of-the-art office, Annapolis Endodontics remains committed to providing the best endodontic treatment available to every patient. Annapolis Endodontics has been awarded Top Endodontic Practice by its peers for as long as *What's Up?* Magazine has been issuing this award.



CONNECT

Annapolis Endodontics

200 Westgate Circle, Suite 104, Annapolis, MD
410-268-4770 | www.annapolisendodontics.com



ANNAPOLIS MEDICAL WEIGHT LOSS

DR. DAVID ANDERSON

Dr. David Anderson sees the growing obesity epidemic as a health crisis. For nearly two decades as a family physician, he remembers treating high blood pressure, diabetes, and cholesterol issues. Realizing that these medical problems were often related to excess weight, he felt uniquely qualified to help those suffering from severe health issues due to obesity or those just looking to lose 10-20 pounds.

The non-surgical, one-on-one physician-directed program at AMWL offers strategies unavailable through commercial programs. "With my primary care experience, I can often decrease or even discontinue medications during weight loss. My patients love that." He communicates any changes with their other physicians. Using Body Composition technology, Dr. Anderson can accurately measure how many calories each patient burns in a day, and individually predict their amount and rate of weight loss. His caring and compassionate team helps guide and encourage each patient along their journey to better health.

WHO I AM

1. WHAT'S NEW IN OUR OFFICE

WarmSculpting – SculpSure. This non-invasive laser body contouring treatment now provides the perfect complement to our weight loss practice, enabling us to individually target persistent areas of fat in trouble spots.



ABOUT DR. ANDERSON

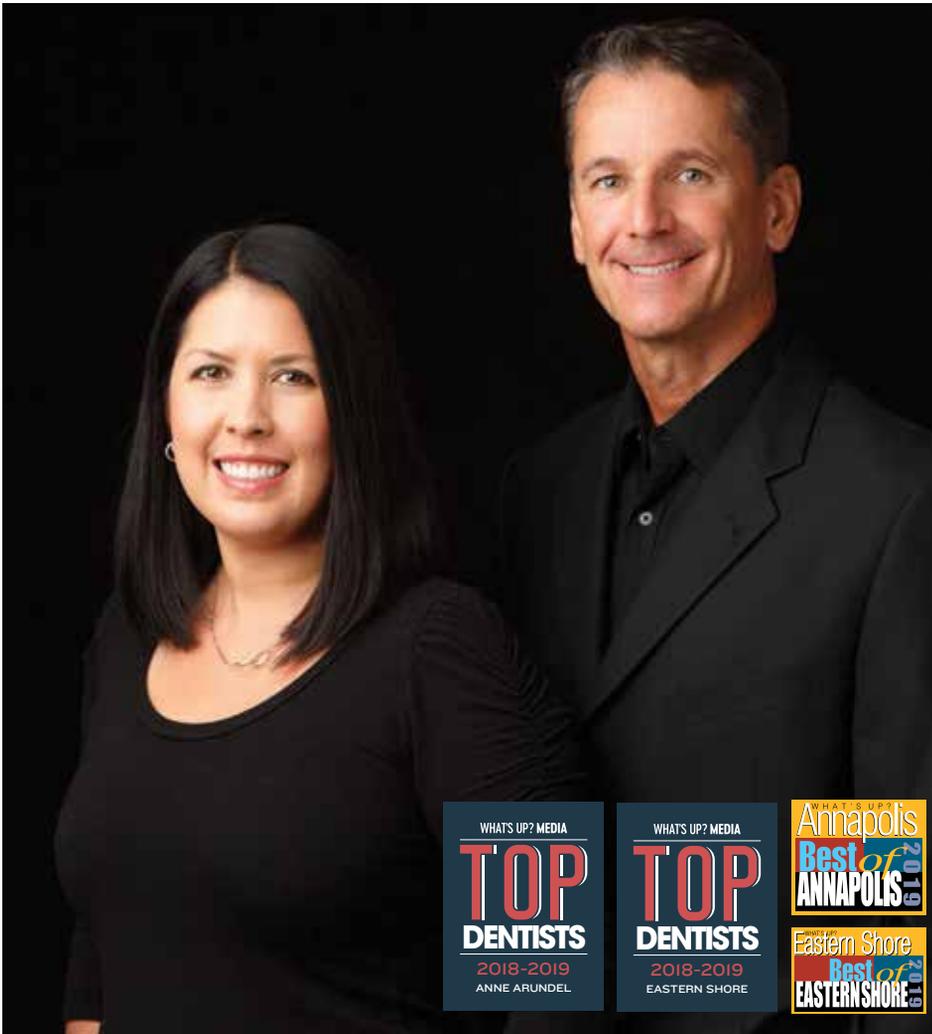
Dr. Anderson received his MD degree from Thomas Jefferson University in Philadelphia and completed his residency training at the University of Connecticut. During his first 16 years of practice, he served the Annapolis community as a family physician. In 2008, he opened Annapolis Medical Weight Loss to devote his skills solely to helping patients achieve better health through medically-supervised weight loss and maintenance. Dr. Anderson is board certified in both Obesity Medicine and Family Medicine.



CONNECT

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www.AnnapolisMedicalWeightLoss.com



PHILBIN & REINHEIMER ORTHODONTICS

DR. ORA REINHEIMER
DR. PHILIP PHILBIN

Whether you are looking for an orthodontist for your own needs or the needs of your children, you have come to the right place. With so many orthodontists throughout Annapolis, Stevensville, Kent Island, and the surrounding areas, it can be difficult to know whom you can trust, especially when it comes to your oral health. Here at Philbin & Reinheimer Orthodontics, they understand your concerns and provide convenient services to fit your needs. They treat the orthodontic needs of children and adults of virtually all ages. They take a unique approach to treating their patients. Every patient's treatment is customized to their specific needs and desires. No two patients are alike. They provide a multi-disciplinary care to patients by collaborating with their dentist and other specialist to provide the most exceptional care available. Let them help you start your journey towards unparalleled confidence today!

WHO WE ARE

1.

WHAT IS THE GOAL OF YOUR PRACTICE?

We work hard to treat our patients the same way we would like to be treated: with respect, professionalism and sensitivity. We do everything we can to make sure each patient has an exceptional experience at our practice.

2.

WHAT IS YOUR MOST ASKED ABOUT TREATMENT?

Invisalign! We are an elite provider of Invisalign and patients love the fact that they can remove their aligners when needed, and thrilled with the results that can be achieved without the use of traditional braces.

3.

WHAT EXTRA AMENITIES DO YOU PROVIDE?

Our entire team provides a relaxing atmosphere with several amenities to make patients feel more comfortable. We have flat-screen TVs, a beverage station, warm towels, and small gifts to welcome every new patient.

4.

WHAT DO YOU LIKE MOST ABOUT YOUR JOB?

I love what I do. I love making gorgeous smiles, beautiful faces and confident individuals. It is so rewarding when I look back on where our cases start and where they finish. Wow! I really do love my job!

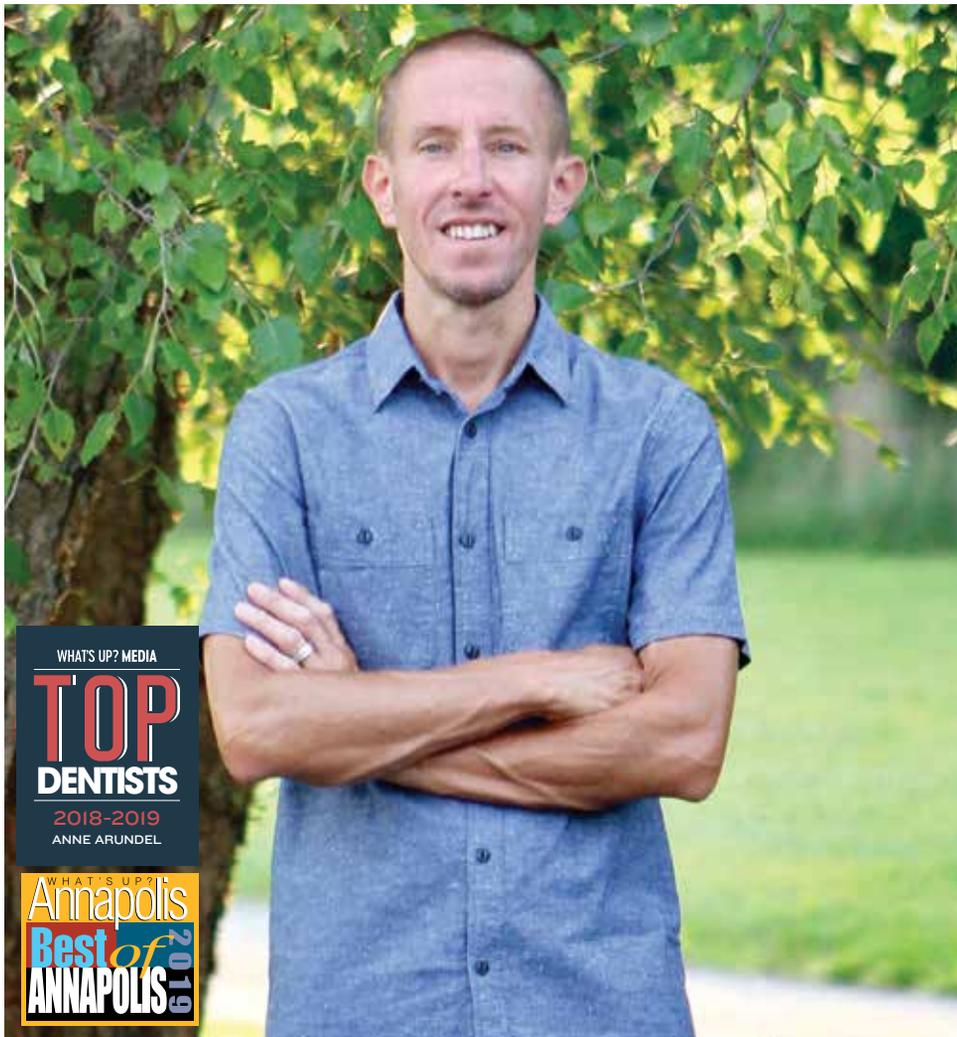


CONNECT

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Kent Island
101 St. Claire Place, Suite 104

410-263-5600 | www.marylandbraces.com



NAPTOWN SMILES, DR. BROSS AND ASSOCIATES

DR. TYSON BROSS

Pediatric dentist Dr. Tyson Bross and his multiple pediatric dentist associates work hard to maintain a child's optimal oral health. The practice philosophy is centered around gentle, responsible, and preventive care. The doctors focus on educating the patients and their families about their oral health and the roles they can play – with proper diet, home care, and preventive office care – in maintaining that health. Dr. Bross believes that all patients should be able to find and maintain a relationship with a dental office that is fun and non-threatening. As such, he has recently broadened his staff to include a general dentist, who sees older children, college-aged young adults, as well as adults who wish to partake in the fun-loving environment of his practice. "Our team is loving, empathetic and skilled at making all ages feel comfortable."

We participate with multiple insurance including BCBS(PD).

Visit our website and take a virtual tour of our office.

WHO I AM

1.

WHAT IS THE BEST THING ABOUT BEING A PEDIATRIC DENTIST?

The kids. Hearing their stories, seeing the wonder in their eyes when they talk about a recent fun experience they've had. Every day is completely different in every sense, and it keeps each day fun and rewarding. And there's no better feeling than having a parent tell you how excited their children were to come for their check-ups.

2.

IS THERE ANYTHING DIFFICULT ABOUT PEDIATRIC DENTISTRY?

The scope of problems that still exist today with respect to oral health. Despite increased efforts of individual dentists, local and national dental groups, the number of kids with cavities is basically the same today as it was when I was a child, if not becoming even more prevalent. And seeing children in pain or missing school or activities because of an infected tooth is heartbreaking.



ABOUT DR. BROSS

Dr. Bross earned his Doctorate of Dental Medicine (DMD) and his PhD from the University of Connecticut. He completed his pediatric dental training at Children's Hospital of Pittsburgh and currently holds staff privileges at Anne Arundel Medical Center and the University of Maryland Laurel Regional Hospital. He is Board Certified by the American Board of Pediatric Dentistry.



CONNECT

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Annapolis, MD 21401

www.naptownsmiles.com



CHESAPEAKE DENTAL ARTS

DR. MEREDITH ESPOSITO

See what Dr. Esposito can do for your smile!



Before



After



ABOUT OUR OFFICE

Chesapeake Dental Arts is a family, implant, and cosmetic dental office located in Arnold, MD. Whether you and your family (ages 3 and over) have complex dental needs, or simply require preventative care, you can find a home at Chesapeake Dental Arts. Dr. Esposito and her staff provide exceptional care in a small intimate environment. Please visit our website and read our glowing reviews. chesdentalarts.com



DR. ESPOSITO'S CREDENTIALS

General Practice Residency - Albert Einstein Medical Center, 2002

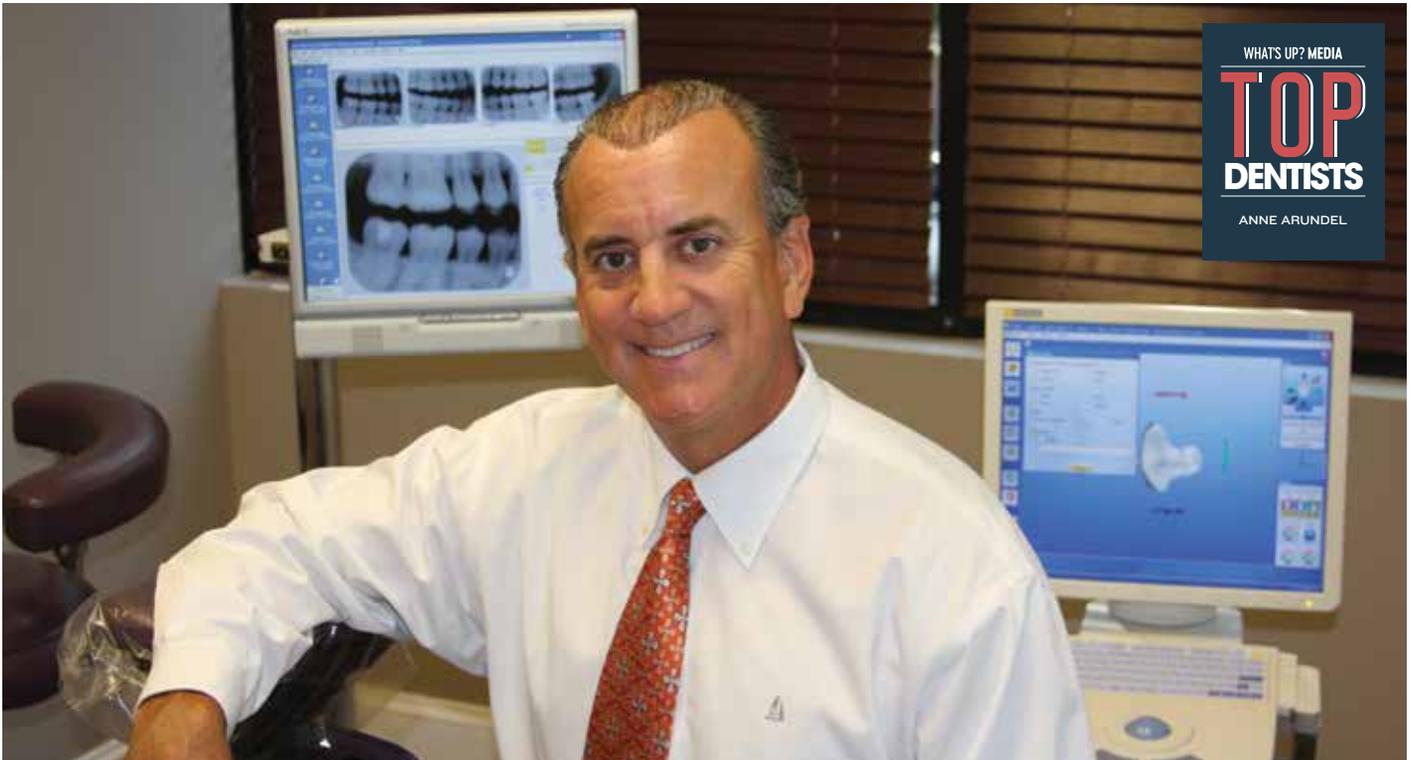
Dental School - Temple University Maurice Kornberg School of Dentistry, 2001

College - The College of NJ, 1997



CONNECT

1509 Ritchie Highway, Arnold, MD 21012
410-757-6200 • www.Chesdentalarts.com



DR. PAUL KINSEY, DDS, PA

SEVERN RIVER COSMETIC
& FAMILY DENTISTRY

Dr. Paul Kinsey's practice centers on the family, providing the highest quality care for adults as well as children. The office is located in a brand new state-of-the-art facility in Severna Park, which provides comprehensive care ranging from basic preventative treatment to surgical and cosmetic reconstruction. Some of the technology and procedures offered include computer-fabricated single-visit crowns and tooth-colored fillings, digital X-rays and one-hour teeth whitening. Dr. Kinsey also treats sleep apnea, snoring, nighttime teeth grinding/bruxism, and TMJ pain/dysfunction. Continuing education ensures that Dr. Kinsey and his staff stay current in the latest techniques and technology.

It's not just the services he provides that makes this practice outstanding, but also its long tradition in Severna Park with over 30 years of experience with a warm, friendly staff.

WHO I AM

1. NAME 3 THINGS ON YOUR BUCKET LIST?

Travel to see Yosemite National Park, take an Alaskan cruise, helicopter ski in British Columbia.

2. CATS OR DOGS?

Cats are fun to watch but I am highly allergic. Dogs are a blast to play with and to enjoy unconditional love/affection.



ABOUT DR. KINSEY

Dentistry was a natural career choice for Dr. Kinsey since it combines his undergraduate degree in biology and his desire to work with people.

After graduating from Western Maryland College, he attended the University of Maryland Dental School where he graduated Magna Cum Laude. He completed his General Practice Residency at Prince George's County General Hospital and Trauma Center. He is a member of the Maryland State Dental Association, the Anne Arundel County Dental Society, the Academy of General Dentistry, and the American Association of Computerized Dentistry.



CONNECT

515 Benfield Road, Suite 202
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410-544-4012 | www.DrPaulKinsey.com



LABBE FAMILY ORTHODONTICS

DR. STEPHEN LABBE

Since 1990, Dr. Stephen Labbe has earned a reputation for providing the most skilled, patient-focused, and advanced orthodontic treatment in the area. As a matter of fact, his is one of only three practices in the State of Maryland that was invited to be a member of the prestigious Schulman Group, a national organization comprised of the top 125 Orthodontic Practices in North America! Dr. Labbe – along with his friendly and knowledgeable staff is completely committed to your comfort, health, and happiness.

We believe that your treatment is MORE than just orthodontics – it's about your total experience. So, we go far beyond basics to make your visits fun, rewarding, and memorable! And, we'll collaborate with your family dentist every step of the way to ensure you receive the best orthodontic care possible. We'll have a lot of fun, but we're serious about your smile!

WHO I AM

1. WHAT'S YOUR GREATEST ACHIEVEMENT?

I was the first one in my family who not only went to college; but I graduated from Dental School and my Orthodontic Program with Honors. Then, not even 10 years later, I was voted by fellow colleagues as the Best Orthodontist in The first What's Up? Best of Annapolis.

2. WHAT DO YOU ENJOY THE MOST OUTSIDE OF THE OFFICE?

It sounds a bit cliché; but I really do have fun with my family. I couldn't be more proud of our kids. I thoroughly enjoy watching my daughter play lacrosse and I'm so proud of my son who is going off to college to the University of Tampa. He has such a fun-loving personality and always cracks us up! My wife and I really enjoy getting out on the water on when we can and discovering new destinations.



CONNECT

Annapolis | Bowie | Crofton | Greenbelt

410-267-7300 | www.LabbeFamilyOrtho.com



DR. ZIAD BATROUNI

MARYLAND ORAL SURGERY ASSOCIATES

Maryland Oral Surgery Associates (MOSA) offers the full scope of Oral and Maxillofacial Surgery with an emphasis on dental implants, permanent teeth in a day, extractions (including wisdom teeth), bone grafting, cosmetics, oral pathology, facial reconstruction, and in-office Intravenous Sedation and General Anesthesia. MOSA of Annapolis and Crofton offer Teeth-in-a-Day solution for failing dentition. This utilizes the latest 3-D imaging for treatment planning and implant placement. In the vast majority of cases patients will leave with a full set of teeth, and will be able to function immediately with minimal dysfunction to their daily routine. MOSA also offers cosmetic procedures including cheek and chin implants, facial liposuction, and cosmetic injectables (Botox, Juvederm, and Voluma). Voluma is a new cosmetic procedure that adds volume to the apples of your cheeks, giving the appearance of an instant facelift. The MOSA team is happy to be a part of the Crofton/Annapolis community, providing top quality Oral and Maxillofacial Surgery.

WHO I AM

1. BIGGEST CHALLENGE YOU'VE OVERCOME

My second daughter was diagnosed with type 1 diabetes at 15 months old. It was definitely a challenge to take care of a young child with a highly restrictive diet, daily injections, and blood sugar checks. She's now in 5th grade and has developed into a strong, smart, and confident child.



ABOUT DR. BATROUNI

Dr. Ziad Batrouni, joined Maryland Oral Surgery Associates in 2006. He received his B.A. in Biochemistry from Virginia Tech and his Doctor of Dental Surgery Degree from Northwestern University Dental School. Dr. Batrouni completed his internship and residency in Oral and Maxillofacial Surgery at the New York Presbyterian Hospital, Cornell University Medical Center. Dr. Batrouni is a Board Certified Oral and Maxillofacial Surgeon, and a Diplomate of the National Dental Board of Anesthesiology. Dr. Batrouni is Vice Chairman of the Department of Oral and Maxillofacial Surgery at Anne Arundel Medical Center, as well as a clinical instructor at the Washington Hospital Center.



CONNECT

Annapolis & Crofton
410-897-0111 | 410-721-0700
www.mosa4os.com



SEVERNA PARK FAMILY & COSMETIC DENTISTRY

DR. STACEY RUSSELL
DR. PAUL DEASEY
DR. ALISON WRIGHT
DR. JASON ZITOFSKY

As a family practice, we treat patients of all ages, fulfilling their varied dental and cosmetic needs. Prevention, education, and a "patient first" policy, along with pleasant surroundings and a friendly staff, all contribute to a rewarding dental experience. We strive to provide the best diagnoses and care through the use of digital x-rays, intraoral photography, the Biolase soft tissue laser, modern materials, a state of the art sterilization center, and continuing education classes. Drs. Russell, Deasey, Wright & Zitofsky are all active in the community, and are graduates of the University of Maryland School of Dentistry.

NEWS FROM OUR OFFICE

We are so proud of our staff! Our talented team of hygienists: George, Amanda, Christy & Rachel won "Best Of Dental Hygienists," and our office also won "Best Of Friendly Staff at a Dentist Office!" Congratulations to our amazing staff: Sarah, Fara, Donita, Cindy, Zenda, Amy, Sara, Jackie, Nicole & Katie. And finally, thank you to our patients for choosing us to take care of your dental needs and for taking the time to vote for our office!



ABOUT OUR PRACTICE

Since 1978, our practice in Severna Park has established a work environment where each patient is cared for and respected. We work as a team allowing us to maintain quality dentistry and a tradition of caring. As a private doctor-owned group practice, we are able to preserve the highest standard of dentistry in our community. Experience and trust have defined us over the years and will continue to do so in the future.

Our practice is proud to say we have been named in *What's Up? Annapolis* – best dentists, *The Capital Newspapers* Best Dentists and *Chesapeake Family* best dentists. We are also proud members of the ADA, MSDA and AGD dental associations dedicated to the highest standards in dentistry today.



CONNECT

22 Truck House Road
Severna Park, MD
410-647-4269
www.thetoothplace.com



DIANE S. LEBEDEFF, DPM

PRESIDENT, JACOB PAIGE MEDICAL

Diane S. Lebedeff, DPM is the President of Jacob Paige Medical. She is a board certified podiatrist practicing in Parkville and Arnold, Maryland. She is the Podiatric consultant for the Maryland Ballet for the past 20 years. Teaching surgical residents and mentoring students are two of Diane's passions. She has served on numerous Boards and continues to support the community where she lives. Diane is a former Girl Scout Leader, supports and treats the local area high school and college athletes, enjoys music, cooking and entertaining family and friends.

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I feel very blessed to have an awesome staff to work with. Our team is happy!!! We enjoy making each and every patient visit very special. I enjoy daily laughter, smiling and most importantly, making someone feel better.

2. MOST OFTEN SAID GENERAL ADVICE

I tell my patients not to wear flat shoes. Wearing a good supportive shoe with a heel (2 inches) is the best. A "running" type shoe is great for the gym.

3. FAVORITE MUSIC/BANDS

Well, I LOVE ALL MUSIC! I'm a musician, myself, and come from a family of musicians.

To relax- I love Smooth Jazz/ Watercolors, for sure!

To drive - I love Classic Rock, 70's/80's like Van Halen, KISS and Boston!

4. COOK AT HOME OR DINE OUT?

Anyone who knows me, I LOVE to cook, bake and entertain. I get great joy out of making an awesome meal and hanging out. I love setting a formal table, using china, silver and flowers. This makes my guests feel special- because they ARE!



ABOUT DR. LEBEDEFF

Diane is a graduate of the Ohio College of Podiatric Medicine and the North Detroit Residency program. She has been in practice for 29 years. Happily married to Dr. Steve Gersh and living just outside of Annapolis, Maryland. They have two awesome children, AJ 22, has graduated from Syracuse University, Newhouse and is currently a News Anchor/Reporter for ABC-Sinclair KTXS and Mallory 19, who is a freshman at Wake Forest University where she is a Pre-Med student.



CONNECT

273 Peninsula Farm Rd.
Building 2, Suite E
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410-647-4534

2316 E. Joppa Rd.
Parkville, MD 21234
410-882-5100



CPE CLINIC, LLC

MICHAEL J. LABELLARTE, SR., M.D.

SARAH READING, M.D.

STEPHANIE STREB, DNP, MHS, PMHNP

THERESA P. SHANK, Ph.D.

LAURA FRAZIER, Ph.D.

MAGDA RODRIGUEZ, Psy.D.

SHANNON SENEFELD, Psy.D.

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. We treat adults, adolescents, and children. Patients often find us after being treated by other providers without progress or improvement. Our providers leverage their expertise with their patients in attention, anxiety, OCD, behavior problems, learning and development challenges, mood disorders, bi-polar disorder, PoTs/ Dysautonomia and Tourette's. We spend our time not only diagnosing and treating but educating and enabling our patients to move forward.

People we treat emerge as stable, more resilient, and successful in their pursuits. They lead happier home lives, perform better academically, professionally, and socially. In our care, patients change the course of their lives by managing and improving their mental health.

To our referral sources and our patients; we appreciate being voted "Best of" again this year. Thank you.

WHO WE ARE

- 1. WHY DO PEOPLE SEEK US OUT FOR MENTAL HEALTH SOLUTIONS?**

We often receive referrals from current patients, other therapists, and psychiatrists, pediatricians and pediatric specialists, hospitals, school personnel, etc. who trust us and appreciate our results in other cases. They are often looking for specific expertise - for instance, recognizing and treating OCD; DBT groups for teenagers or adults struggling with emotional distress; behavioral problems in children; social skill development in teens and tweens; or thoughtful medication management in children, adolescents, or adults.
- 2. WHAT IS THE MOST CHALLENGING THING ABOUT WORKING IN MENTAL HEALTH?**

People do not know what to expect from a psychologist or a psychiatrist. Most people assume that mental health challenges only happen to 'some' people. When they find themselves affected, it can take time finding someone to trust in developing a diagnosis and treatment plan.
- 3. WHAT MAKES YOUR APPROACH TO MENTAL HEALTH DIFFERENT?**

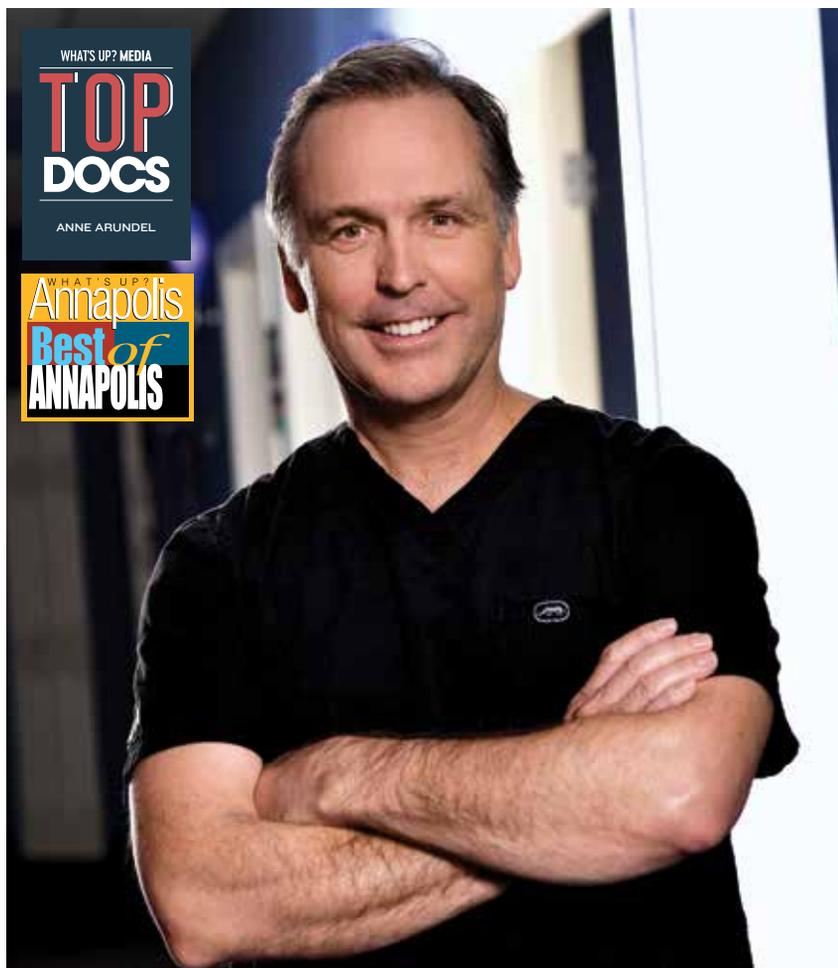
We have a great group of professionals who are smart, very well-trained, compassionate and are committed to helping people. We consult with each other, collaborating as often as we can. We want to understand our patients, we want them to get better, we want them to live their lives and then send us postcards years later about how well they are doing. And we do get those updates!
- 4. WHAT QUESTION IS ASKED MOST OFTEN ABOUT MEDICATION AND MENTAL ILLNESS?**

People often think of medication as the last option, to be used when other interventions have failed. Some psychiatric symptoms and disorders improve quickly with the proper medication at the right dose, which then allows a patient to either go back to their lives or access other therapeutic interventions more effectively. We know about the medications we use and we inform the patients and families about the medications, how we will monitor them as well as how and when to discontinue them.



CONNECT

410-979-2326 • www.cpeclinic.com
Annapolis, Baltimore, Columbia



SAMUEL F. BOLES, MD

ANNE ARUNDEL EYE CENTER

Dr. Samuel Boles is a person of impeccable credentials: one of Maryland's top ophthalmic surgeons and the leader of Anne Arundel Eye Center's state-of-the-art treatment center. Yet, he is most gratified by the thousands of patients he's helped to restore and preserve their vision.

The Center he founded not only offers ophthalmic exams and diagnostic surgical eye care, but also specializes in the treatment of both glaucoma and cataracts. In addition to exceptional expertise in the traditional method of cataract surgery, Dr. Boles offers the Laser Assisted (LenSx) method, the most technologically-advanced option for cataract patients today.

Anne Arundel Eye Center's entire medical team of caring and knowledgeable professionals, including Consultative Optometrists Kathryn Turner, OD, and Nicole Regis, OD, make the best eye care comfortable and accessible to everyone.

WHO I AM

1.

YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS

Please get your eyes checked before you experience a problem. When we have your baseline measures, it is much easier to prevent and correct major issues in the future.

2.

WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I enjoy every interaction with our patients and our outstanding staff. It's especially fulfilling when I share new knowledge to optimize their visual health.



ABOUT DR. BOLES

Dr. Boles received his medical degree from the Medical College of Georgia, completed his post-doctoral training at a Harvard University Cornea research lab, a Yale University affiliated Hospital in Bridgeport, Connecticut, George Washington University for Ophthalmology Residency, and the University of California, San Diego, for Glaucoma Fellowship. He helped originate the Glaucoma Co-Management Roundtable to improve patient care through better communication and education. Dr. Boles is a former member of the Board of Directors at The Polakoff Foundation and the Maryland Society for Sight. He is an active volunteer in the community offering periodic free screenings and specific community outreach programs.



CONNECT

127 Lubrano Drive
Suite 301
Annapolis, MD
410-224-2010

www.AnneArundelEyeCenter.com

Q&A

QUESTIONS AND ANSWERS WITH THE AREA'S TOP MEDICAL PROFESSIONALS



Q: How do I tell the difference between a cold and a sinus “infection”?

A: A cold typically starts with a sore throat that then spreads to the sinuses, ears, or vocal cords. The symptoms typically peak between day 7 and 14 and

can last for 21 days. A bacterial sinus infection is suspected when the symptoms of a cold start to improve and then become worse or settle into one side. The best treatment for the initial stages of either a viral or bacterial sinus infection is saline irrigation and topical steroids.

DR. MEEK, Anne Arundel Ear, Nose & Throat



Q: I am concerned my milk supply is low. Would starting galactagogues improve my milk supply?

A: It is important to understand the process of milk production and the mechanisms behind it. It is hormones that drive the production of colostrum

and breast engorgement 2-3 days postpartum as progesterone drops and prolactin increases. Essentially, as milk is removed by baby, there is a feedback mechanism which tells our body we need to continue making milk. The more we empty the breasts, the more milk our bodies will make and vice versa. It is important to understand this supply and demand mechanism while making sure baby is latched deeply and effectively transferring milk. Once the barriers are addressed, the addition of galactagogues may be beneficial.

ASHLEY READ, DNP, IBCLC, Bayside Pediatrics



Q: How can I tell the difference between flu, colds, and allergies?

A: While there are similarities between all three, flu is associated with sudden onset fever, occasional vomiting, sore throat, muscle aches/pains, and headaches. Infants and toddlers may have fever with colds, but it should not

be as high as those with the flu, not last longer than 1-3 days, and is easily managed with Tylenol or Motrin. Beginning in August, ragweed pollen is in the air, followed by fall molds. Seasonal allergies present with cough and congestion, sneezing, nasal itch, and eye irritation/tearing. Fevers are not associated with allergies. Of the three, flu is the only one that could be dangerous. If anyone has symptoms of flu, they should contact their medical provider quickly.

JEFFREY NOLD, DO, Bayside Pediatrics



Q: How do you know when you need to help from a psychiatrist?

A: We all have our bad days. One of the challenges of managing mental health is knowing when you should seek help. I encourage people to look out for the

two D's: distress and dysfunction. Is a child thriving? Are they accepting age-appropriate challenges and exhibiting age-appropriate resilience? Are they acting like their usual selves? A concerning behavior might not be constant—a child may seem well-adjusted at home but not at school, or vice versa—but it is often chronic. These questions apply to adults as well. A good mental health professional can diagnose a potential problem with a thorough clinical evaluation. Addressing and treating mental health can change the course of a life.

DR. STEPHANIE STREB, CPE Clinic



Q: How does a healthy mouth promote a healthier overall body?

A: There is a direct link between the health of the oral cavity and overall well-being. Cavities that go untreated harbor negative bacteria and result in inflammation. This is taxing to our immune systems and can leave us open

to other illnesses. Treating these cavities eliminates these negative bacteria and allows so-called “good” bacteria to proliferate.

Proper brushing and flossing help minimize the risk of inflammation from gingivitis, and this is important because people who have serious gum disease are more likely to develop other chronic conditions. In addition, inflammation of the mouth has now been shown to alter our body's ability to control blood sugar and a contributing factor to the development of diabetes.

DR. TYSON BROSS, Naptown Smiles, Dr. Bross and Associates



Q: What is the recovery from breast surgery?

A: We use a combination of pre-operative medications and a long-acting numbing medicine called Exparel injected at the time of surgery to make recovery as rapid and comfortable as possible. Most patients do not need any narcotics after

surgery and are ready to go back to work in 3-4 days. There is no aerobic exercise for 2 weeks, but after that you will be able to go back to a modified exercise regimen.

CLAIRE S. DUGGAL, MD, Sandel Duggal Center for Plastic Surgery



Q: What is the latest and greatest available in dentistry today?

A: For patients with severe compromised dentition, the latest process is called "teeth in a day" via technologies used by TeethXpress and the like. Four to six implants are

placed into the jaw with abutment posts. Your denture is then attached to the abutments. The procedure typically can be completed in one day and can be done under local anesthesia. Millions of people around the world are missing enough teeth to require the use of dentures. Dentures supported by implants have been successful and the number of patients is growing rapidly due to their effectiveness, durability and the high success rate of dental implants.

PAUL KINSEY, DDS, Severn River Cosmetic & Family Dentistry



Q: What can I do to change my gummy smile?

A: What may appear to be a "gummy smile" can be caused by genetics, uneven gums, improper tooth alignment, excessive wear of the teeth or gum overgrowth, "too much gum over the teeth". The treatment can

improve the smile on teenagers and adults alike, and can be dramatically pleasing to the patient. A common method of treatment involves a procedure called "esthetic crown lengthening" commonly called a "gum lift" where adjustments are made to the gums that make the teeth look longer. We work with the patient and their general dentists to achieve the best possible cosmetic results.

DR. MARIA TIBBS, Annapolis Periodontics



Q: What happens after a tooth is extracted?

A: After the extraction of a permanent tooth, bone and gingival tissue (gums) start to fill the extraction site. However, the body also starts to "melt away" the bone in a vertical and horizontal dimension. If

implant tooth replacement is desired, a site preservation bone graft is usually required to prepare the surgical site, especially if bone loss occurred prior to the extraction. This recreates ideal bony contours, and makes dental implant success more predictable. The bone graft is usually performed at the time of extraction with no additional discomfort.

ZIAD BATROUNI, DDS, Maryland Oral Surgery Associates



Q: What is a Mommy Makeover?

A: Many moms are finding that diet and exercise just aren't enough to counteract the effects that pregnancy has had on their body. A "Mommy Makeover" is a combination of surgical procedures designed to

regain your pre-pregnancy body including a breast lift with or without the insertion of implants, a tummy tuck to correct loose, sagging skin and liposuction for stubborn fat pockets not affected by diet and exercise. If you are considering a mommy makeover, our board-certified surgeons can help determine if it is right for you.

DR. D. PAUL BUHRER, Plastic Surgery Specialists



Q: Can you share an industry secret?

A: Practice makes perfect. The best injectors are constantly improving their techniques with experience and refining their skills both in and

out of the office. Did we mention that ProMD Health does 5 times the national average of cosmetic injections per provider?

DR. AMY FLEMING, PA-C, ProMD Health



Q: What does community mean to you?

A: We believe that a strong community is the life-blood of any good practice. That's why this year we launched an initiative called "ProMD

Helps" focused on donating both our time and resources to local charities such as House of Ruth, BCAC, AFSP, Local Schools, BARCS, and many more.

DR. GEORGE GAVRILA, ProMD Health



Q: What are some of the recent trends in plastic surgery?

A: There has been a lot of interest recently in non-surgical facial optimization – meaning using injectables to make subtle enhancements in jawline, cheekbones, chin, lips, and eyebrows to maximize beauty. This is the true goal of plastic surgery

– to look like the best version of yourself. Combined with skin care, well done injectables are the best way to maintain a youthful look without appearing "done."

CLAIRE S. DUGGAL, MD, Sandel Duggal Center for Plastic Surgery



Q: What is the difference between a veneer and a crown?

A: The purpose of a veneer is to improve the aesthetics of a tooth. Veneering a tooth can change the contour, size or color of a tooth. The

purpose of a crown is to protect a weakened tooth from fracturing by covering the tooth from all sides, while also improving the appearance of the tooth.

DR. JASON ZITOFSKY, Severna Park Family and Cosmetic Dentistry



Q: At what age should I take my child to their first orthodontist appointment?

A: As the American Association of Orthodontist recommends, we'd like to see children come in for their first appointment

around the age of 7. By that time, children have a good mix of primary and permanent teeth. This initial visit is important because the jaw and face are growing, and the permanent teeth are taking the place of primary teeth which gives us a wealth of information. Whether there's an existing problem or if one is developing we can come up with a treatment plan that best suits your child.

ORA REINHEIMER, DMD, MS, Philbin & Reinheimer Orthodontics



Q: What is Pain Management?

A: Why do I hurt? That is the question I answer for my patients. Pain is defined as an emotional and physical response to injury. I have always looked for the source of one's pain before treating it. Once the source is determined, treatment is easier. Unfortunately, when we think of pain treatment, many

assume we are just prescribing pills. However, pills usually will not fix the problem. Most patients will receive therapy to help support their joints and spine, therapeutic injections to help alleviate inflammation and pain, or radiofrequency lesioning. Lastly some might require pharmacological management. So, when I think of pain management, I must find the source. Once that is found I will begin to improve your quality of life.

DR. BRIAN KAHAN, The Kahan Center for Pain Management



Q: I have many missing teeth and I've tried partials which haven't helped at all. What can be done for me?

A: The best solution for your situation is dental implants. Implants are a tooth root substitute made of titanium that attaches into the jaw bone creating a stable foundation

for solid, new teeth. This means your new teeth feel, look, and perform like natural teeth. Because there are no longer any painful stresses put on your gum tissues, denture and partial pain is completely eliminated. The best news is that the 'New Teeth in One Day™' Dental Implant procedure takes you from a situation with missing or hopeless, problem teeth to having new, comfortable, stay-in the mouth teeth that look great on the very same day as surgery.

KIAN DJAWDAN, DMD, Djawdan Center for Implant & Restorative Dentistry



Q: Should it matter who does my dental implant?

A: Yes, it's especially critical if it's a front tooth, you show a lot of gum in your smile, or it's congenitally missing. Careful planning by an experienced, cosmetically trained

dentist is required to achieve a realistic, natural result. Sometimes soft tissue grafting, bone grafting, or even orthodontics is required. Make sure your dentist works with a master ceramicist, perhaps certified by the American Academy of Cosmetic Dentists.

DR. MEREDITH ESPOSITO, Chesapeake Dental Arts



Q: Does breast reduction include a correction for drooping breasts?

A: Most breast reductions include a breast lift, but not all lifts include a reduction. Other than

treating shoulder, neck and back pain, a breast reduction will give the breasts a more youthful, perky appearance. Breast implants can be added to a breast lift if more volume is desired. I have ever only used smooth implants cosmetically so there is no concern about cancer.

JAMES E. CHAPPELL, MD, FACS, Annapolis Plastic Surgery



Q: Some direct-to-consumer orthodontic companies make treatment sound so easy and after so many months - straight teeth! What else should I be concerned about?

A: Orthodontics is more than just the movement of the part of teeth you can see. X-rays of your teeth and jaw are

crucial so the doctor can see what the naked eye can't. A clinical exam of your jaw alignment, and the relationship of your teeth to your skeletal structure is imperative. What if there were an issue during treatment? Who would you contact that would care about your health and end-result?

Remember! Orthodontics isn't a product - it's a professional, medical service. When your care is supervised by an orthodontist, you are assured that your orthodontist spent 2-3 more years studying beyond dental school.

DR. STEPHEN LABBE, DDS, Labbe Family Orthodontics



Q: Should I be concerned that I am grinding my teeth?

A: The dental term for tooth grinding is called bruxism. Mild cases of bruxism do not always require treatment. Excessive grinding or clenching over time can result in worn tooth enamel, tooth sensitivity, gum

recession and chipped teeth. In addition, patients experience headaches, earaches, and muscle/temporomandibular (jaw) pain. A mouth guard or splint worn at night can help by creating a barrier to stop further damage, but may not always eliminate the problem. It is important to see a dentist that understands the relationship between the jaws, muscles, and teeth so they can provide definitive solutions to treat the causes of grinding.

DR. BRIAN VALLE, PA



Q: I'm thinking of a breast augmentation - how do I choose my size?

A: I tell patients that implant selection is part geometry, part anatomy, and part personal preference. You need an in-person exam to determine what range of implant sizes are safe and appropriate for you.

After that we use 3D imaging called Vectra to show you what those implant sizes look like on your individual frame; that way, you can make the ultimate determination regarding your post-operative look. Some people prefer a subtle natural look, some people want a "natural but worth it look," and others are looking for a fuller and rounder look. Inspiration photos are helpful and fun, but ultimately your own anatomy will determine your final outcome.

CLAIRE S. DUGGAL, MD, Sandel Duggal Center for Plastic Surgery



Q: What are Dental Implants?

A: When you are missing teeth, you may feel uncomfortable eating, speaking or worst of all SMILING. Dental implants offer a permanent solution to these problems. Dental implants are titanium replacements for missing

teeth that act as a strong foundation to support new crowns, bridges or anchor slipping dentures. The implant procedure is painless and involves placing the implant under the gums and into the jawbone just like the roots of your own natural teeth. Recovery time is usually no more than 24 hours and total treatment time from the day of your implant placement to the time of attaching the new teeth range from 2 months to as little as 1 day. Dental implants are the next best thing to your own teeth... IT'S TIME TO SMILE AGAIN!

NEIL SULLIVAN, DMD, Oral Surgery Specialists



Q: What do you wish more patients knew about stem cell therapy?

A: Stem Cell Therapy, particularly in musculoskeletal conditions and injuries, can repair or even replace damaged tissue,

such as tendons, bone or cartilage. Stem cell therapy is a safe, non-invasive option for sports injuries, osteoarthritis and many other conditions.

DR. ZVEZDOMIR ZAMFIROV, All Star Pain Management



Q: Who performs endodontic treatment?

A: All dentists, including your general dentist, received endodontic training in dental school. Endodontists are dentists with advanced specialty training in doing endodontic procedures

and complex facial pain diagnosis. We perform routine, as well as difficult and very complex, endodontic procedures, including root canals and surgical procedures. Our office is equipped with advanced state-of-the-art technology, like surgical microscopes and digital X-rays, for providing the best endodontic treatment possible.

DR. LOUIS H. BERMAN, Annapolis Endodontics



Q: Help! Why am I suddenly gaining weight at 50, when I haven't changed what I do?

A: There are multiple factors at work that can contribute to this. As we age, muscle mass tends to decrease

(especially if exercise habits diminish), which slows metabolism. For this reason, our calorie needs decrease about 5 percent every 10 years. Stress hormones, and in women the hormonal changes of menopause, can work against you by increasing appetite. Medications can also impact your weight. The good news is that there are certainly things you can do to maintain or even lose weight. A medical weight loss plan can devise effective strategies and the appropriate calorie balance for you to achieve and maintain your healthy goals.

DAVID ANDERSON, MD, Annapolis Medical Weight Loss



Q: So many patients struggle with looking tired, what can be done?

A: There are numerous options available! In office procedures include Botox, dermal filler, and photo facial rejuvenation. Those with

more pronounced facial aging may benefit from a combination of minimally invasive surgery and laser skin resurfacing. Everyone ages in a unique way and figuring out what works best for you is key!

THOMAS COPPERMAN, MD,
Adoro Medical Spa @ Center for Eye & Laser Surgery



Q: I heard breast implants can cause breast cancer, is that true?

A: Breast implants do not cause breast cancer, but there is a very rare form of lymphoma that can

affect the scar tissue that normally forms around implants that has been reported for older textured (not smooth) implants. I do a lot of breast surgery and have not seen a case of this in 20+ years, but if patients are concerned, they should book a consultation to discuss.

JAMES E. CHAPPELL, MD, FACS, Annapolis Plastic Surgery



Q: I really try to be good with sunscreen, but I want to do something to improve my blotchy facial skin pigment and wrinkles. What can I do?

A: There are a number of non-surgical options to rejuvenate aged, sun-damaged skin. Broadband light (BBL) photo

facials and laser resurfacing treatments are advanced, in office technologies to remove blotchy pigment and correct sagging, wrinkled skin in a customized fashion. We can individualize each treatment to fit your exact needs and desired results, as well as your tolerance for downtime. Sun induced pigmentation can be predictably removed with little or no downtime and significant wrinkle reduction can be achieved with only one treatment. But remember, you still need to wear sunscreen!

BRYAN T. AMBRO, MD, MS, Annapolis Plastic Surgery



Q: What can dental implants do for me?

A: Dental implants have become a proven and durable solution for missing teeth. Implants can serve as support for a single tooth, help stabilize many teeth in

the form of removable dentures, or even provide fixed solutions for all teeth that are not removable by the patient. With today's technology, this can often be completed in the same day that the teeth are removed, which helps to insure the individual's quality of life.

HA LIM, DDS, Scott Finlay DDS & Associates, PA



Q: I want my eyes done but I still want to look like myself. What is your secret?

A: Laser eyelid surgery allows me to carefully remove or reposition just the right amount of skin and/or fat to achieve a natural, youthful result. I then use

the laser to reduce the wrinkles and improve the texture of the skin. This subtle approach rejuvenates your eyes, without changing their shape. This earned us the 2018 Best Oculoplastic Surgeon vote.

DR. ELBA M. PACHECO,
Adoro Medical Spa @ Center for Eye & Laser Surgery



Q: What does "rapid recovery" surgery mean?

A: We use this phrase to refer to our protocol of enhanced recovery after surgery – less narcotics, less or no drains used, and a faster return to work, social life, and exercise. With our combination of pre and post-operative medications patients have less discomfort and less downtime.

CLAIRE S. DUGGAL, MD, Sandel Duggal Center for Plastic Surgery



Q: How do cataracts form?

A: A cataract occurs when there is a buildup of proteins in the lens, creating protein clumps. These clumps, or deposits, prevent light from passing clearly

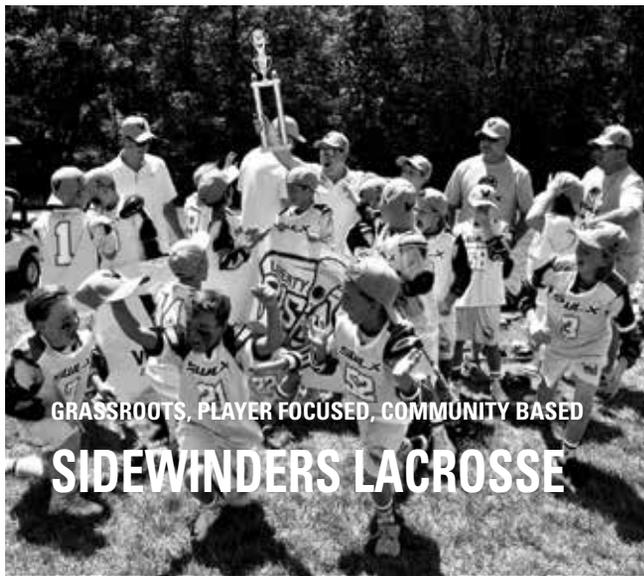
through the lens, thus disrupting normal vision. A patient with a cataract cannot see images clearly. Instead, images appear cloudy or blurry, especially at night. Cataracts can begin to affect the patient's ability to perform simple, everyday tasks like reading and driving. Cataract surgery is the recommended treatment in these cases and has a 98% success rate.

DR. SAMUEL BOLES, Anne Arundel Eye Center

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WHAT'S UP? MEDIA

2019 Best Of Medical, Dental & Veterinary

ANNAPOLIS & WEST COUNTY

THE BEST OF ANNAPOLIS AND WEST COUNTY'S MEDICAL, DENTAL, AND VETERINARY WINNERS ARE HERE. THANK YOU TO OUR LOYAL READERS WHO TOOK THE TIME TO VOTE FOR THE TOPS IN TOWN WHEN IT COMES TO HEALTH SERVICES. EARLIER THIS YEAR, WE CALLED UPON YOU TO WRITE-IN YOUR RECOMMENDATIONS IN MANY CATEGORIES. AFTER CAREFULLY VETTING BALLOTS FOR ANY DUPLICATES OR MULTIPLES ORIGINATING FROM ONE SOURCE (NO BALLOT STUFFING ALLOWED), WE ARRIVED AT THE RESULTING WINNERS. PLEASE ENJOY PERUSING *YOUR* LIST OF WHO'S BEST OF EASTERN SHORE AND CONSIDER EMPLOYING THEIR SERVICES. AND COMING IN OUR NOVEMBER ISSUE, WE'LL PUBLISH THE BEST OF BEAUTY & FITNESS RESULTS.

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Annapolis Colon & Rectal Surgeons
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FROM A TV ROAD WARRIOR

AN INTERVIEW WITH CATIE BECK OF NBC NEWS **BY FREDERICK SCHULTZ**

To friends and family across the region, she's remembered as an impeccably uniformed, diligent, and courteous former student at St. Mary's schools in Annapolis and a 1998 graduate of Archbishop Spalding High School. Though she still considers Annapolis her hometown, Beck has now become an Richmond, Virginia-based familiar face and voice on network television news.

After graduating early from Fordham University and receiving her master's degree (also a year early) from American University, she broke into professional broadcast journalism in 2009 as an investigative reporter at WTVR in Richmond. Beck then moved to Atlanta, where she joined NBC affiliate WXIA and from there joined the network news team in January 2017.

In November 2018, the international women's fashion magazine *InStyle* featured Beck and three other NBC correspondents who were covering the national congressional general elections in an article titled, "Life as a Female News 'Road Warrior.'"

Beck has covered several major stories for the network, such as the June 2017 funeral of Otto Warmbier, the Ohio college student released after being jailed in North Korea for attempting to steal a propaganda poster and who died soon after returning to the United States. She also was sent to cover many of the now-too-familiar multiple active-shooter stories, including the scene of the triple shooting at a Home Depot in Dallas in April 2018—a story that turned out to set the stage for something she never fathomed.

It was in June and July that year when Beck attracted both local and national notice for a series of reports from right here in Annapolis. At her request, NBC diverted her from an assignment in Florida to breaking news that five journalists had been murdered in the newsroom of her hometown newspaper on June 28th.

Beck is now in the process of returning to NBC from maternity leave, and we caught up with her during a visit to her baby's grandparents in Annapolis to talk about her hometown, her career so far, and how she approaches her job in the current climate of network television news.

When we first discussed doing an interview for *What's Up? Annapolis*, you said, "I love Annapolis." Why do you love it?

Let me count the reasons. First, I have a sentimental attachment because I spent my whole childhood here. I've always loved the water, and I love this little, quiet, nautical place. My family is another reason I love it here, because I adore my family. I have such good memories of sailing and eating crabs.

I was so lucky. I had the most idyllic place in the world to grow up. My parents left the door unlocked, and I still don't have a key to the house. Many people may call that naïve, and others may just call that Annapolis. We have wonderful neighbors, and people watch out for each other. Neighborhood kids, my friends in high school, everyone would just come into our house without even knocking, because they knew the door was open.

It was a magical existence to be able to grow up in this nautical, breezy little place, where people are generally nice to each other. Coming back here just fills me up. It warms me.

As we sit here downtown, I can look at Storm Brothers, which was my first place of employment. I think I lied on my job application and said I was 15 when I was really only 14. I gave away a lot of free ice cream, and I'm surprised I didn't get fired. Everybody I knew used to visit me when I was working there. Things like that remind me of a great childhood.

What do you remember most about your days at St. Mary's and Archbishop Spalding? I loved both schools. I think I

sort of blossomed in high school, and that was where my journalism bug really took off. We had a morning TV show at the school called "Spalding AM." I hosted the show for a while, and that was my big debut.

I wore a uniform for 12 years, Catholic school all the way. I feel like it really made me disciplined. Going through both of those schools taught me to love learning and studying. When I got to college, it was almost easy because I had such good preparation from the schools here.

I was also in drama at Spalding, so I found my voice on stage. I'd never had any theatrical training. I just auditioned, and the next thing I knew, I was in every play until I graduated.

One thing that struck us when we were watching your coverage of the events at the *Capital Gazette* last summer was when [NBC *Nightly News* anchor] Lester Holt said, "... and reporting live from her hometown, Catie Beck." Are you proud of telling that to people?

Absolutely. I feel like being able to say you're from Annapolis is a great badge of honor. I had called the network when I was on another shoot in Orlando, Florida. We have an internal email system with breaking-news alerts. Before anything's published, before any reporter is dispatched, we're getting reports of what's happening. And we heard that there had been a shooting in Annapolis. At first, I was just stunned, because I didn't think that was possible. Then I had the strong desire to get on a plane and go. I called the desk editor and said, "Is there any way you could send me? This is my hometown, and I don't

think any reporter is going to be able to cover it better."

Typically, with NBC, whoever's closest to the scene is going to be the one who gets tagged to go. In this case, I was not the closest. But they said, "Just get on a plane as soon as you can, and we'll give you the coverage once you get there."

That was your idea? Yes. I sent myself. NBC is great about that. They understand that when someone's from where the news is breaking, you're going to have a different context of the area, different color. You're going to be able to add details that other people couldn't. When I was speaking about *The Capital* and about this town, I was speaking about it from a very deep place.

That came across on TV. What were your first thoughts when you heard it was at the newspaper? Not only am I attached to Annapolis, I also have a real attachment to journalism. I've given my whole career to it. And it's a hard career path. But I've loved every second of it. Because it's so hard, I think journalists share an instant bond. It's like you're cut from similar fabric. You have to have similar DNA to want to do this job. When I walk into a room full of journalists, I feel like it's a family reunion. I think there's something unique that draws you to it, that makes you love it and want to do it, despite all the hardships.

Having a loss to both my profession and my hometown hit me very hard. I remember being on the plane and thinking to myself, "I never thought I would be covering such a story, such a tragedy," and I've

covered many, including mass shootings. I was in Parkland, Florida, not long ago, covering that tragedy. Basically, I've been there, in some capacity, for every mass shooting in the past two years.

I couldn't even picture what it would look like until I got here. It was tough. I was also eight weeks pregnant at the time and was going through all the symptoms of that and the lack of sleep. It was also really hot. And it was just so sad.

How do you feel about some people seeing what you do as fake news and that you're the enemy of the people? You know, as journalists, we already have enough obstacles to overcome. People think we get paid a lot. We don't. People think it's glamorous. It's not. I do my makeup in cars. I write my scripts in cars. I sleep in cars. At this level, I do all those things. Some days I'm operating on two or three hours of sleep, and I'm talking to eight million people and hoping I make sense. It's not glamorous.

Now this new obstacle presents itself—that much of society thinks you're a liar. That challenge is the hardest one yet—to convince people that you're an honest journalist, and that you're doing it for altruistic, good intentions. That this means something to you.

It is unfortunate that, for those of us who love this career and think so much of it, we're constantly trying to convince people that we're not what they think we are, which is hard to do.

Yes, it's hard to do that while you're just trying to do your job. Right! While you're trying

At the core of it, journalism has fed my soul in a way that's hard to explain unless you've done it. You're talking to someone and they're sharing some of the most intimate, difficult details—sometimes of their lives—with you. And you feel it, too. You take in what they've put out. There's an enormous responsibility with that, and also an enormous honor. It's such a privilege that somebody is trusting me enough to relay what they're feeling or what they've experienced. It's so fulfilling. There's really nothing like it.



to tell a story. I think when people say, "Don't you just want to give up and throw in the towel?" No, I don't. I don't want to allow that perception to be what ends me or ends us. I want the good guys to win. I think those of us who believe in this will continue to tell honest stories and will continue to care about people.

At the core of it, journalism has fed my soul in a way that's hard to explain unless you've done it. You yourself have done it, so you know all this. You're talking to someone and they're sharing some of the most intimate, difficult details—sometimes of their lives—with you. And you feel it, too. You take in what they've put out. There's an enormous responsibility with that, and also an enormous honor. It's such a privilege that somebody is trusting me enough to relay what they're feeling or what they've experienced. It's so fulfilling. There's really nothing like it.

All this being said, I'm not a fan of partisan journalism. I don't like the "talking head" concept. I don't like the left-leaning this, right-leaning that. I prefer my news to be just news, and I think I'm an old-school purist that way. You can't allow your own emotions or your own biases to corrupt your stories. We now must right this ship, and there's no room for mistakes. We've got to be as we were intended to be as journalists: as fair and accurate as possible.

Journalists often have forced themselves to learn how to compartmentalize when they cover tough stories. Have you done that? Absolutely. It is a trained skill. I don't think it's natural. If you're a sensitive person—and I think as a journalist you're better at your job when you're sensitive—it's hard to then take everything that you've internalized and shelve it. But it's necessary.

Especially in the age of journalism we're in now, where everything is so fast-paced, there are some weeks I have a different story in a different city every single day. What happens when four out of five of those stories are really sad, emotional, difficult stories? I can't be hanging onto Tuesday's story, going into Wednesday, or Wednesday's story, going into Thursday. I have to quickly feel what I feel, try my best to channel that into my story, and then put it away—do a job and move on to the next one. It's an unnatural process, but one I think necessary to learn if you're going to be good at this. You can't carry it all around, it's too heavy a burden. It'll weigh you down.

Sometimes I come back to it. I didn't cry during the Annapolis coverage, I cried after. I held on tight to that knot in my stomach, and I waited until I was by myself and the cameras were off, and then I let the

tears fall and the makeup run. I knew that this whole community would be watching, and there was no other stage more important for me to do my job well than right here.

You interviewed the woman who had been harassed by the newsroom shooter. What was that like, having her face not seen on camera? It was eerie to hear someone so soon after the event painting a picture of who this was. It's always strange when there were signs, there was a history. You wonder what could have been done differently. What should have happened? Should there have been some other intervention before this? It's hard to know the answer, but it makes you think to yourself, "This wasn't the first time that this individual had shown a dark side."

With mass shootings, it's in those days afterward, in those details, that the picture becomes even harder to digest.



listen to the cadence, and I would listen to how the greats pronounced their words, and how they delivered their copy. I guess it worked.

Have you had any mentors at NBC?

From the on-air side, no. There's a producer for NBC News at 30 Rock who teaches a writing class for correspondents, and her name is M. L. Flynn. You spend a week with her and she kind of breaks you down, then builds you up, and then sends you out to the correspondent world. I think it's been the single biggest change in my work as a

journalist, in terms of growth. She's worked with all the best. She was [former *NBC Nightly News* anchor] Tom Brokaw's producer. She's been all over the world, in very exotic places, and done incredible reporting. She's a true journalist's journalist. And she's the best of the best. To be in a room with her for a week was an incredible gift that NBC gave me. If you looked at my writing skill at the beginning of the week and the end of the week, you could definitely tell that it had improved a great deal. That was probably the biggest leap I've taken with a mentor. She's amazing.

So, you write your own copy that goes on the teleprompter?

Everything that has my voice on it is my writing. Sometimes I write what an anchor reads, as well. In New York, they usually write what Lester Holt says. I write what I say.

Some days, if breaking news happens at 4:30, they need a script by 5:30, and you've got to do interviews on the phone, and they've got a camera somewhere else taking in a feed, a video, and you're looking at it in near-real time. It's a chaotic scramble. There are days when you've got to write a script in a half-hour.

What have you done to mesh with social media?

I'm probably not that great at social media. I'll admit that. If you look at my Facebook page, it's pictures of my baby and my dog. I'm sort of old school at that, too. I know social media helps promote our product. And when I can, I do. Most days, I'm just focused on the story and on conveying what I'm feeling. Sometimes writing your own scripts and finding the right words is such a consuming exercise that I just feel like, "I can't think about Instagram right now. I'm lost on a word." So with social media, I'm probably a rogue child.

Do you have any aspirations to be at the anchor desk?

No. I've never wanted to be an anchor, and I still don't. I like telling a story, and I like being out. I do this job so I don't have to sit at a desk. Therefore, sitting at an anchor desk is counterintuitive to my goals.

What is the most difficult part of being a journalist, in your opinion?

My opinion has changed. The new answer is that I have to leave my baby. I fear I'm going to miss moments. I already have a lump in my throat. I have this tremendous anxiety about having to leave her. I think the answer now is the hardest part of the job is saying goodbye to my daughter at the airport.

happened occurs to you. It's even worse than the start of the story. I've covered too many of these now. Sadly, it won't be my last one, and I know that. It's one of those stories I dread getting a call for every single time. I just think, "Not again. And please don't let it be a school." Now, as a mom, that's going to be even harder.

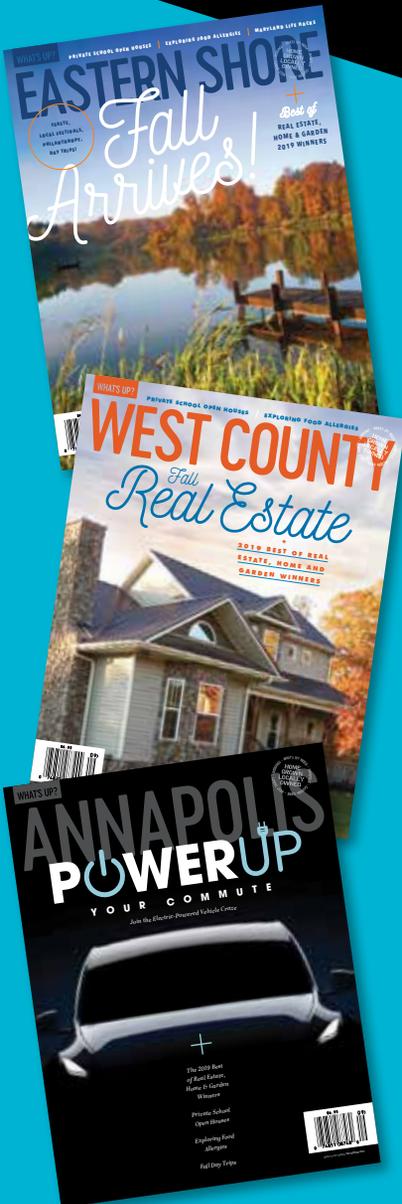
Did you have voice training before you went to work at the network?

I didn't. When you start at NBC, they do send you to a voice coach. But when I went to him, he said, "There's not a whole lot I can do with you. You have a great voice." I felt very fortunate to hear him say that, because I don't really have an explanation. I think the best I can say is that I've mimicked people I've liked. I watched *60 Minutes* religiously at eight years old. I was a total TV news junkie from a very early age. I would

You realize the planning that went into it. I was in Las Vegas, and I was standing outside [mass murderer] Stephen Pad-dock's house, doing live shots. His neighbors were coming out in this perfectly normal retirement community. It looked like some place I would expect my parents to be in a few years. They had no idea that inside this home where he was living were stockpiles of ammunition, and this brutal plan to massacre all those people. The neighbors had no idea.

Sometimes it's in the aftermath when the picture really starts to become clearer, and the magnitude of what has

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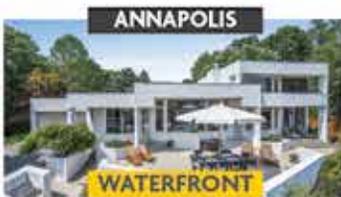
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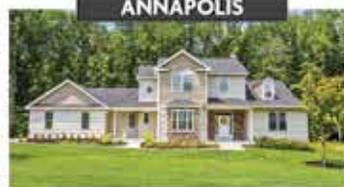
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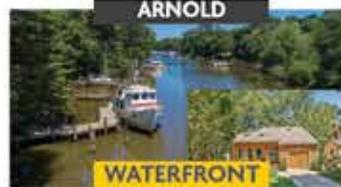
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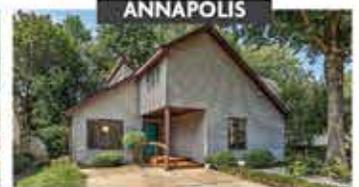


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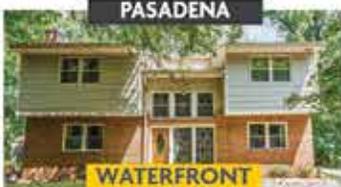
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SEASIDE A

How a cottage guest house was renovated with coastal design, spa-like finishes, and maximum comfort in mind

By James Houck | Photography by Stephen Buchanan
and courtesy Purple Cherry Architects

The before and after photos of this Grasonville guest house project say it all. Before: a cluttered and whimsical interior design with odd splashes of color, an abundance of mismatched décor, and underwhelming use of space. But after Cathy Purple Cherry and her architecture team met with homeowner Paul Klaassen to review the dwelling, ideas began to flow about how best to transform, utilize, and outfit the smaller of three buildings on the property—to enhance hospitality, functionality, and aesthetics. The goal: Make an amazing guest house for an amazing guest experience.

“I bought the property 30 years ago for a weekend home, as we were living in Washington, D.C.,” Klaassen explains. “And it was a weekend home for about 25 years, before becoming my permanent residence.”

Klaassen met Purple Cherry several years prior to this renovation, while he was bidding architects for an addition project on a property in Annapolis. “I found every experience with her to be wonderful,” he says. That job parlayed into renovation and addition work to the main house on the Grasonville property, which in turn led to the guest house, featured on these pages.



ESTHETIC





“Our favorite feature of the property is how it was reimagined,” Klaassen says. “We completely changed the layout of the cottage. It had been built in the 1950s. And I had done a very simple, basic renovation of it [before this renovation]. Now, it’s our most popular place among guests to stay.”

Instrumental to the new layout of the cottage was its

spatial relationship to the peninsula views of Greenwood Creek and Eastern Bay, looking toward the Chesapeake Bay. “An important element that Cathy recommended was the addition of two large windows, facing the bay view,” Klaassen explains. “Oddly, the best [possible] view of the water from that guesthouse didn’t have windows. Now it does.”



Purple Cherry and Klaassen agreed that the feel of the cottage should evoke a seaside cottage. “Paul desired a coastal spa-like interior, which was implemented in the design,” Purple Cherry says.

“We chose the color palette because we felt grays and soft blues would do that beautifully,” Klaassen says in agreement. “And I think she [Cathy] was right.”

Additionally, Klaassen wanted a small-scale kitchen that would function well for long-term visiting guests. “We have fights over who gets to stay in this cottage,” Klaassen says with a laugh.

As for the creature comforts within, the furniture was selected from a variety of resources, both retail and trade vendors. “Paul wanted classic and clean lines, so we went to our go-to for upholstery—Lee Industries for the sofa,” Purple Cherry explains.







“The sofa sits atop a custom braided wool rug. The master bedroom cabinet and bed add texture and a modern element to the design. Our nautical twist is seen in the whitewashed rope side table, driftwood cocktail table, and pops of blue and white fabrics.”

“The balance of masculine and feminine can be seen in the touches of iron in the console and the neutral floral wallpaper. Good design can be found anywhere and we

found it with the leather and metal counter stools.

“Overall best part of the design is how it makes you feel in the space,” Purple Cherry says. “The neutral and cohesive palette with the varying textures and materials has a calming effect that instantly puts you at ease.”

Klaassen agrees. “We call it the ‘Happy Cottage.’ That’s the new name it got after the renovation was complete.”

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GARDEN DESIGN

Doing What We Can to Improve the Environment

REPLACING LAWNS WITH PONDS, RAIN GARDENS, AND ROCK GARDENS

By Janice F. Booth

Our lovely, lush, green lawns contribute significantly to the Chesapeake Bay pollution. The Chesapeake Bay Foundation (CBF) continues to raise the alarm on the dire condition of the Bay. In a recent report, CBF noted, “Computer modeling by the Chesapeake Bay Program suggests 9 million more pounds of nitrogen will wash into the bay due to climate change and 500,000 pounds of phosphorous.” Much of that excess nitrogen and phosphorous comes as run-off from residential lawns.

We have good intentions. Most of us try to protect the earth, the oceans, the Chesapeake Bay, the streams that intersect our town and cities, and our own neighborhoods. Those of us who putter in the garden try to use less fertilizer, less weed killer, less watering, more mulching, more composting, more cultivation of indigenous plants—we keep looking for ways, small or large, to turn around those disheartening statistics on the pollution of the Chesapeake Bay watershed.

Perhaps instead of lamenting our guilt, we can tackle one significant source of pollution: our lush lawns. I can offer three interesting alternatives to grassy knolls and putting-green sod. Why not replace that green carpet with a (1) pond or a (2) rock garden? What about a pretty and practical (3) rain garden?

Wait! Why choose between the three? Why not replace your side yard with a rock

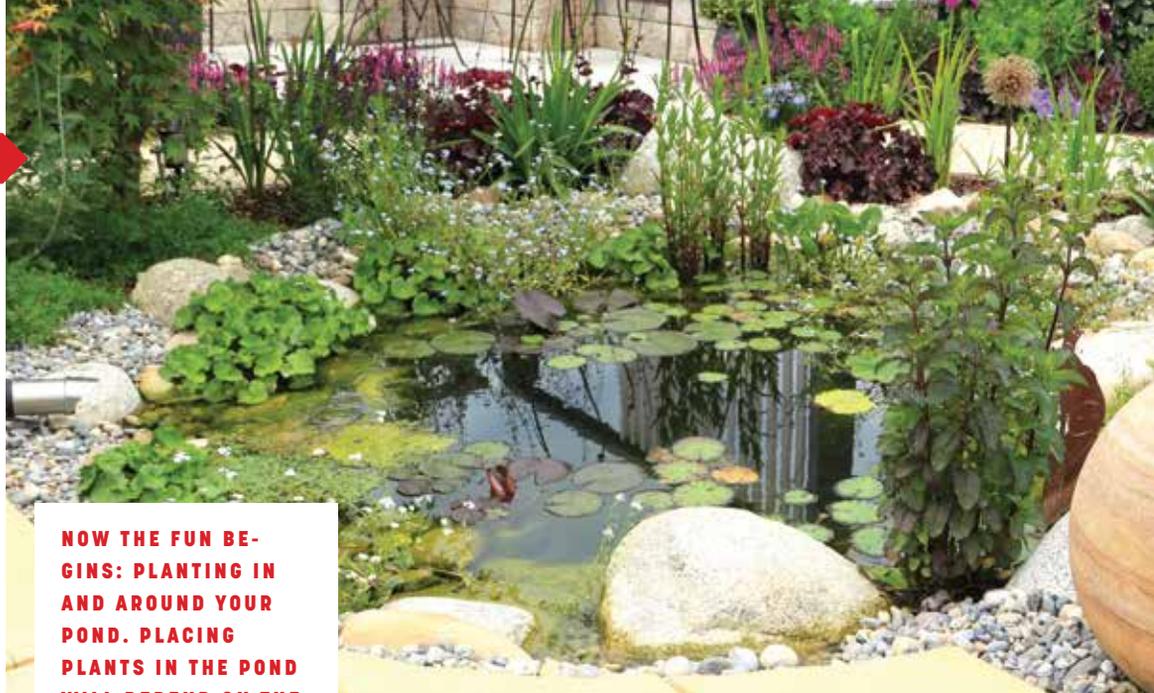
garden, find a shady spot in the front lawn for a soothing pond, and collect runoff with a rain garden just along the driveway’s edge? Those changes could reduce the onerous grass cutting and leaf raking chores significantly, and help the Bay as well. Imagine if each of us could diminish the amount of grass we grow by 25 or 50 percent; what a difference that would make in reducing excess nitrogen and phosphorous flowing into our water supply, as well as reducing the use of treated or aquifer water.

Just a little preliminary warning here: Unless you’re a weight lifter or a tri-athlete, I don’t recommend you try constructing these specialty gardens yourself. You can make the plan, perhaps even draw up a few design diagrams. Then, consult with your landscaper, landscape architect, or gardener to proceed with the actual scraping and digging, lining, and mounding.

POND →

Let's begin with the pond. If you have a grassy area that is relatively free of tree roots and large shrubs, that may be the spot for a pond. You'll want to consider the size and depth of the pond you envision. To help with that visualization, use lightweight rope, cord, or even your garden hose to roughly layout the design and size of your pond on the location you've chosen. As you arrange the rope or hose, think about where the sun will hit your pond and for how long. (You may decide to stock your pond with goldfish or koi, and if you do, the fish will need some sunlight but not such intense sunlight, that your pond becomes a boiling pot for the little swimmers.) Also, will tall trees overhang your pond's location? Picking branches and leaves out of the pond could become annoying.

Now, maybe you're thinking, "If I'm trying to use natural plantings, less water, and less fertilizer, why would I want a pond? Won't that use *more* water?" Surprisingly, a pond uses little water. Once it's filled and you've installed a small bubbler to keep the water aerated, the pond will take care of itself. The movement and aeration created by the small bubbler will prevent the laying of mosquito larvae. Of course, you may want to install a fountain—fairly easy to accomplish—or a waterfall, a far more complex and demanding project. If your aeration system is working, you'll only need to top-off the pond's water level every three to four weeks. If possible, use unchlorinated water; plants, frogs, and fish will be happier and healthier.



NOW THE FUN BEGINS: PLANTING IN AND AROUND YOUR POND. PLACING PLANTS IN THE POND WILL DEPEND ON THE SIZE AND DEPTH OF YOUR POND. THERE ARE FIVE TYPES OF PLANTS TO CONSIDER:

Deep water plants, such as water lilies, are put in pots of clay soil topped by gravel or pebbles, then settled on the bottom of the pond. (Be sure that most of the plant's stalk and foliage are above water.)

Submerged plants, such as lotus, are entirely underwater, and only the leaves and blooms break the surface.

Floating plants, such as water hyacinth or water lettuce, need no soil. (Caution: these pretty, tiny guys look innocent, but before you know it they can choke out everything else in the pond. You'll have to keep a close eye and thin the plants without mercy.)

Marginal plants, such as irises, can live with their bulbs and roots submerged or planted in the soil near your pond. (They'll soften the edges of the pond so it appears the pond is a natural part of the landscape.)

Bog plants, such as cattails and spider plants, thrive in the mud. (Perfect if you have a spillway or drain from the pond where the soil remains pretty soggy.)

As much fun as it will be choosing entirely different qualities of the plants in and around your pond, consider that you may want to leave some open water, even if that's only a two-foot circle in the middle of the pond. The reflections in the water, the sparkles of sunbeams on the surface, the sight of dragonflies hovering—those are as lovely as the plants you've chosen.

Finally, try to leave at least one overhang, a flagstone or a sturdy branch that juts out over the water. You will find it lures the little songbirds to come and drink. If you're lucky, turtles and frogs may discover your pond, too. They'll all enjoy your little makeshift diving board.

ROCK GARDEN

Now, what about the rock garden? This overlooked gem can provide the perfect solution for that too-sunny spot where the plants frequently fry, or mask that section of your property where the builder left so much rubble that no amount of mulch can coax shrubs or flowers to flourish.

Here, too, use that piece of hose or rope and lay out a shape that looks natural and the right size.

You might even have a rock garden about your pond, if the incline of the land allows. Here's where you'll need some strong backs and arms—





AMONG THE PRETTY PLANTS THAT FLOURISH IN A ROCK GARDEN ARE:

Rock cress (Arabis): They have pink or white spring blossoms and resist heat and drought. (Pinch the dead blooms to encourage the foliage.)

Sedum: These hardy dears come in a variety of colors and forms. Who can resist the hens and chicks? You can by "sedum tiles;" they're pre-planted squares that you can simply lay over an area. (Maybe to camouflage that spot where you ran out of rocks that were just the right size.)

Candy tuft: These bloom white in the spring. They're a bit taller, maybe four inches, and are unpopular with the deer—so you won't be providing deer-buffets.

Red creeping thyme: These give you a showy addition to the rock garden. It's tough and, when crushed, the leaves have a lovely fragrance.

Decorative grasses are also an option. I hesitate recommending these, however. The problem I've seen with the clumps of graceful grasses is that as they age, the center of the clump dies, and only the outer ring produces the grass fronds. If you don't divide and trim every clump, every year, you'll soon find it's impossible to do so without a chainsaw and a couple of jack hammers! So, be warned.

maybe those teenagers keeping in shape for lacrosse or soccer could lift rocks instead of weights. Lay the rocks in concentric circles. Fill the middle of the circle with sandy soil or peat with lava rock mixed in for each tier. Avoid laying the rocks in too regular a pattern. Mix sizes and colors as you build up your rock garden.

The soil that you're using to "fill in" the center of each tier will feed the roots of the plants you'll be adding. A major advantage of a rock garden is that it will be worry-free, if you choose your plants carefully. (You'll occasionally have to weed out volunteer crabgrass and other invaders, but those unwanted visitors will be easy to spot among the low, lush vegetation.)

Tuck your tiny plants between the rocks, using a thin stick or finger to push the roots down into the crevice; then add a bit of soil on top.



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RAIN GARDEN

Last of all, take some of those left-over rocks, and some of the marginal and bog plants you used at the pond, and finish off your eco-friendly yard with that rain garden. (This will be easy compared with the pond and the rock garden.) The purpose of a rain garden is to take up the excess water that runs off your driveway, sidewalks, patio—any impermeable surface—and encourage that polluted water to soak down into the soil where it will be cleansed and then returned to the aquifer. This process is completely passive, so you want to think about where rain water and sprinkler hose water runs naturally in your yard.



You'll probably be able to identify the area by its spongy and maybe a bit stinky character. Now you'll transform that area into a lovely, useful rain garden. Following the natural indentation of the land, dig out the boggy area. Create just a gentle dent in the surface; don't get carried away with a deep trench. If you know that quantities of water will likely stand for a bit in your rain garden, layer part of the shallow ditch with "river rocks." (That's a designation for large, usually oval, and smooth rocks.) Then, plant your bog and marginal plants along the sides and bottom of your indentation. You might add some creeping phlox and moss to the sides, too, for added color and a softening, natural effect.

Before long, the plants will take hold, the rains will come and go, and your rain garden will transform from a gash into a soft dent—quite natural to its location. Below the surface, clean water will fill the aquifers, and healing the earth will continue.

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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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Primary Structure Built: 2017
Close Price: \$2,595,000
Original List Price:
\$2,595,000
Last Sold/Price: \$740,000
(2016)—[tear-down house]
Bedrooms: 5
Baths: 5 full, 1 half
Living Space: 5,488 sq. ft.
Lot Size: .44 acres

HOME REAL ESTATE

Cape St. Claire

Annapolis

By Lisa A. Lewis

Located along the Magothy River and boasting spectacular water views, a unique exterior design, and exquisite architectural detailing, including wide oak plank floors and elegant trim, this custom-designed Craftsman-style home is truly a sight to behold—an idyllic retreat with plenty of opportunities for entertaining, relaxing, and enjoying the delights of waterfront living. The property was listed on April 11th, 2019, went under contract after only a few days on the market, and closed on May 31st, 2019.

“It was thrilling to see the transformation of this property from the old cottage that we sold three years ago into a stunning new home,” says Reid Buckley of the Mr. Waterfront Team of Long & Foster Real Estate, the co-listing agent for the property. “The views were enhanced by the design and landscaping.”

As soon as guests enter the four-level home, they are greeted by a grand two-story foyer with a soaring ceiling that sets the stage for the elegance that awaits inside this architectural masterpiece. The interior design incorporates an open, easy flow with sunlit living spaces and large windows that showcase the water views.



The living room features a coffered ceiling and a wood-burning fireplace with a beautiful, antique mantel. French doors lead to the waterside fieldstone patio, while a separate door offers access to the screened-in porch. The gourmet kitchen is appointed with inset custom cabinetry, granite countertops, stainless steel appliances, marble tile

backsplash, and an oversized marble-top island with a breakfast bar. Adorned with raw mahogany wood paneling, a home office with a full bath is also located on the main level.

The second level features the lovely master suite with a cozy stone-surround fireplace and a sitting room that offers access to a charming water-



side deck. The master bath includes two vanities, a tile shower, and marble tile flooring. A spacious family room with a kitchenette—perfect for entertaining—is also located on this level.

An elegant spiral staircase leads to the third level “crow’s nest,” which offers additional living space and boasts serene water views. In addition, the lower unfinished level can be customized to serve a variety of uses.

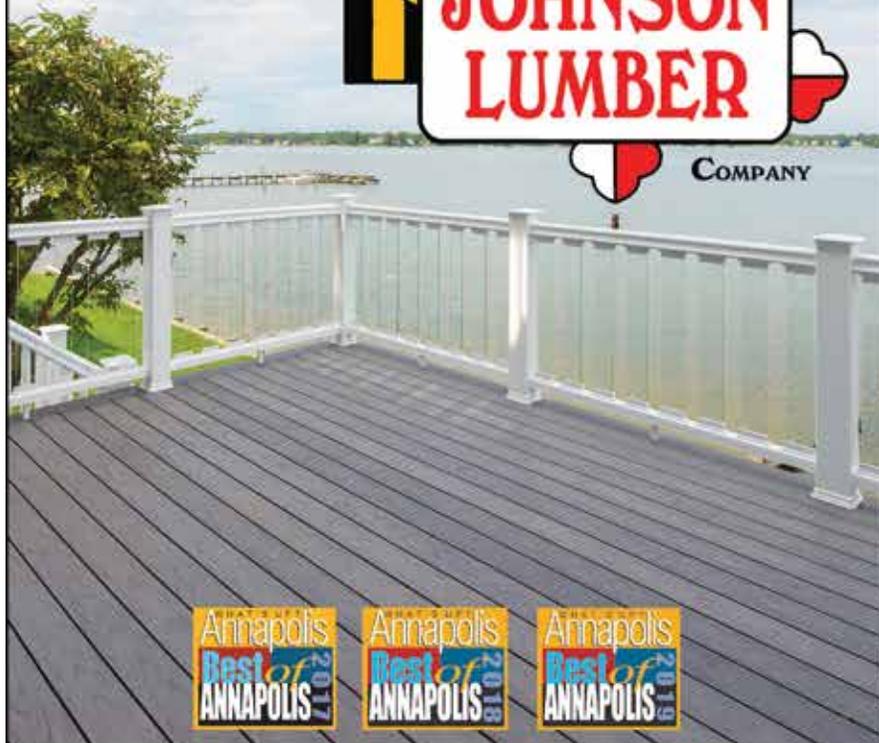
And, of course, exterior features add to the property and include a waterside heated in-ground pool, a pool house, and a private pier with a boat lift and two jet ski lifts.

“There are very few exceptional newer homes on the market—especially with a waterside pool—and this listing generated multiple offers almost immediately,” says Charlie Buckley of Mr. Waterfront Team of Long & Foster Real Estate, the co-listing agent for the property. “I’m sure the new owners will enjoy this spot for many years to come.”

Co-listing Agents: Charlie and Reid Buckley, Mr. Waterfront Team of Long & Foster Real Estate, 410-266-6880, Charlie@WaterfrontHomes.org, WaterfrontHomes.org.

Buyer’s Agent: Jennifer Chino, Stahley Thompson Homes of Coldwell Banker Residential Brokerage, 443-494-9091 (cell), 410-941-7009 (office), jennifer@stahleythompson.com, stahleythompsonhomes.com.

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Bay Ridge

Annapolis

By Lisa A. Lewis

Boasting spectacular views of the Chesapeake Bay, superior craftsmanship, and beautiful living spaces—including two master bedrooms—this stunning Craftsman-style home offers the upscale, peaceful lifestyle that buyers desire. The property, which was listed on March 22nd, 2019, went under contract after only 63 days on the market and closed on May 23rd, 2019.

The three-level home features an open floor plan that seamlessly blends the kitchen, living, and dining areas into one common space—creating an easy flow that is ideal for entertaining. Large windows maximize the water views and bathe the living spaces in abundant natural light, which provides an inviting, cheerful atmosphere.

The kitchen is elegantly appointed with ample white cabinetry, sleek marble countertops, high-end stainless-steel appliances, subway tile backsplash, an island with seating space, hardwood floors, and recessed and pendant lighting. With walls of windows that showcase peaceful views of the bay, a dazzling chandelier, and hardwood floors, the dining room exudes a delightful ambiance that guests are sure to love. The family room, which also offers a glimpse of the water, features a ceiling fan, hardwood floors, a cozy fireplace, and recessed lighting. Stylish and comfortable, the main-level master bedroom features a ceiling fan, hardwood floors, and a lavish master bath with a dual sink vanity and a separate shower.



Beautifully designed spaces also await on the upper level of this stunning home. The master bedroom is adorned with a stylish ceiling fan and hardwood floors. Glass doors lead to an inviting balcony, which offers tranquil views and greatly enhances this elegant space. A peaceful escape from the stresses of the day, the master bath features a vanity and a relaxing steam shower. An office with a half bath is also located on this level.



Primary Structure Built: 2016
Close Price: \$1,950,000
Original List Price: \$2,100,000
Last Sold/Price: \$1,338,000 (2014)
Bedrooms: 6
Baths: 4 full, 3 half
Living Space: 3,836 sq. ft.
Lot Size: .25 acres

The lower level offers additional living space and includes a large family/great room, a half bath, and a guest room with a full bath. Indeed, this luxurious home is truly the complete package.



“I thoroughly enjoyed helping the buyers with their purchase of this property,” says Travis Gray of Coldwell Banker Residential Brokerage, the selling agent for the property. “Stepping out onto the front porch and looking out over the beach to the bay feels like you are on vacation. In my opinion, this beautiful custom home is ideally situated for enjoying the Chesapeake Bay lifestyle.”

Listing Agent: Joe Wallman, The Wallman Group of Coldwell Banker Residential Brokerage, Annapolis Plaza, 410-253-9267 (cell), 410-224-2200 (office), joe.wallman@cbmove.com.

Selling Agent: Travis Gray, Coldwell Banker Residential Brokerage, Church Circle, 301-641-0809 (cell), 410-263-8686 (office), tgray@cbmove.com, AnnapolisWaterfrontGuide.com.

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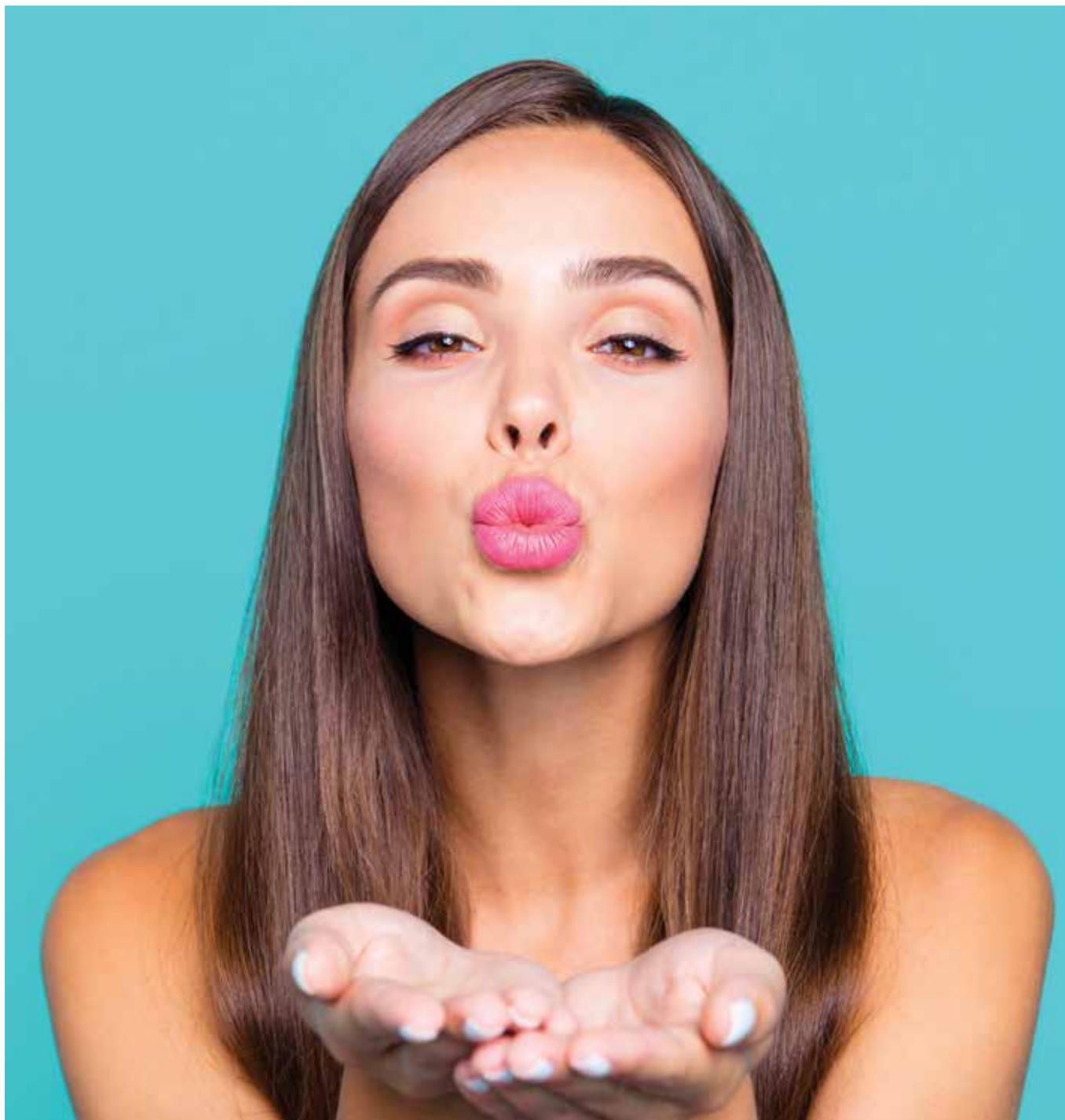


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Health Report

By Kelsey Casselbury

TIME SPENT OUTSIDE CORRELATES TO BETTER HEALTH

Studies show that if you spend just two hours a week outside in green spaces, whether at a park, on the hiking trails, or on the field, you could benefit from better health. The research was derived from a survey of 20,000 people who reported how much time they spent in nature and their self-perceived levels of health and wellbeing.

Those who spent less than two hours in nature, or didn't spend any time outside at all, were less likely to report good health or wellbeing than those who spent more time outdoors. After two hours, the health benefits of spending time in nature seem to provide diminishing returns with a cutoff after five hours.



COFFEE CONSUMPTION MAY IMPACT 'BROWN FAT'

Not all fat is bad—brown adipose tissue (BAT), also known as brown fat, burns energy and produces heat. Those who have a lower body mass index (BMI) tend to have a higher amount of brown fat, and now, research says that drinking coffee may stimulate that brown fat.

This could be a key development in tackling obesity and obesity-related diseases, such as diabetes. The research used caffeinated coffee to boost mitochon-



EPIPENS REMAIN POTENT AFTER EXPIRATION DATE

Throwing out EpiPens and other self-injectors used to treat severe allergic reactions may mean dumping perfectly good epinephrine, according to a study published in the *Journal of Allergy and Clinical Immunology*. The autoinjectors may work for months past the labeled expiration date, currently set by the FDA at 18 months to ensure that it never has less than 90 percent of the original dose.

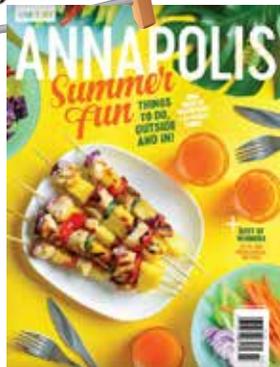
Researchers tested 46 autoinjectors after the expiration date had passed. Of those, 80 percent still had at least 90 percent of their original epinephrine dose, meaning they would still be effective under FDA standards. Devices that were tested six months after expiration still had 100 percent of the original dose.

This information could be beneficial to those who must carry an autoinjector, which contains a preset dose of epinephrine, to combat the risk of anaphylaxis. The high

cost of autoinjectors can be prohibitive for those who have to throw out and replace unused devices after expiration. However, health experts recommend sticking to current expiration dates unless and until the FDA changes its policy.

drial stimulation, though the authors can't say for sure that it's the caffeine or another compound in coffee that's making an impact. While more research is necessary, for now, feel free to drink another cup of that morning brew.

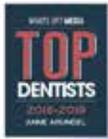
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Disabilities and Gaming: Changing the Conversation

NEW TECHNOLOGY ALLOWS MORE PEOPLE TO PLAY AND JOIN A COMMUNITY THAT WAS ONCE INACCESSIBLE

By Kelsey Casselbury

Microsoft's 2019 Super Bowl commercial felt a little different than most of the other ads. It didn't go for laughs or shock value, but rather targeted the viewers' emotions as it introduced kid after kid who loves video games—including those with physical disabilities who have seldom, if ever, been able to play alongside their friends. The commercial was for the Xbox Adaptive Controller (XAC), a piece of equipment released in late 2018 that has made the gaming community significantly more inclusive.

People without a disability might not regularly think about the logistics of using a video game controller, but it nearly always requires the use of two hands, 10 fingers, and the ability

to nimbly use those appendages without issue. The Adaptive Controller isn't the first piece of video game equipment designed to accommodate people without that ability, nor will it be the last (hopefully). The Adroit Switchblade was released in 2011 and is considered a precursor). Arguably though, XAC has had the biggest reach thus far, especially when you consider that primetime ad spot. *TIME* magazine named the controller one of the best inventions of 2018.

Is it perfect? Gaming experts say no. The Adaptive Controller is currently priced around \$40–100 more than the traditional controller—but it needs a number of add-ons to really work at its full potential (or, depending on the disability of the user, for it to work at all). Currently, some of the available attachments include a one-handed joystick for \$20 to a wheelchair seat mount for \$115. Third-party attachments can be even pricier, such as a \$550 mouth-operated joystick from QuadStick.

However, the release of a device that makes gaming accessible to millions more people encouraged conversation about how those with disabilities are regularly excluded from niche communities. “The Xbox Adaptive Controller (XAC) is a fantastic move toward making consoles more accessible and creating mainstream dialog,” writes Erin Hawley, founder of The Geeky Gimp blog (geekygimp.com) on her website. “While its invention opens Xbox gaming to more people, it hasn't solved everything. PlayStation and Nintendo need to catch up. We still need game design that works better for D/deaf, blind, and/or developmentally disabled people. ...The conversation must be one for today rather than one for 10 or 20 years in the future.”



Managing Your Medications Safely

By Kim Merchant, CRNP



Depending on your medical condition, you may be on several different types of medications. It's normal to take multiple prescription and over-the-counter (OTC) drugs, especially as you age, but it's still important to be sure that all of them work well together. Take some of these steps to properly manage your medications.

Medication reconciliation, or comparing your current drugs with any new ones a doctor may recommend, is a safety technique practiced in most primary care offices and hospitals.

All sorts of prescription and OTC medications, and even vitamins and supplements, can interact negatively. Among older people, blood thinners, cholesterol medications, and antibiotics are especially likely to interact poorly with other remedies. That's why a medication checkup—a review of all your medications with your doctor—is worthwhile.

The best way to manage your medications is to talk to your health care provider. During your next appointment, ask for a few extra minutes to discuss your medications. Many people have prescriptions from multiple providers, making them difficult to track. It is important that your primary care provider know all of the medications you are taking. Also, take a few moments to prepare ahead of time so you know exactly what questions you need to ask.

Create a list of every prescription and over-the-counter medication you take, along with all vitamins and supplements. Include the doses in your list. Bring the list to your doctor's appointment so you can have an informed discussion. Alternatively, you can bring all your medications in their original packages to your appointment.

Talk about any health complaints you have, such as weakness, confusion or loss of appetite, which may be side effects of some medications. It could also point to poor interactions between multiple prescriptions.

Ask your provider if there is a way to simplify the number of medications you take, or when you take them. He or she may be able to present alternatives or guide you through creating a routine that works best for you.



Kim Merchant, CRNP, is a Geriatric Medicine Nurse Practitioner with University of Maryland Baltimore Washington Medical Group.



Lip Threading

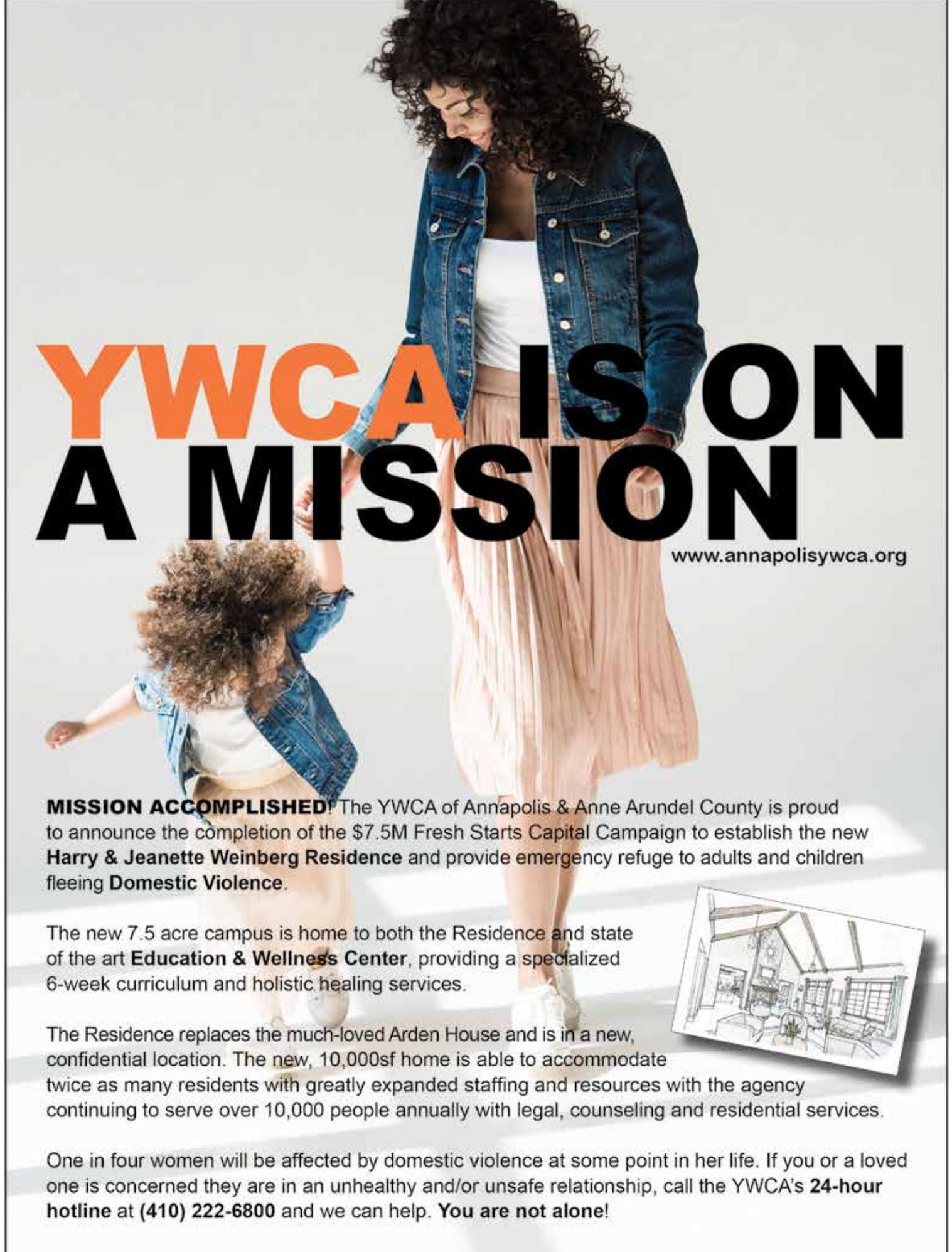
EVERYTHING YOU WANT TO KNOW ABOUT LIP THREADING

By Kelsey Casselbury

If you've been coveting plumper, fuller lips but don't want to go straight to fillers, you might consider lip threading as an alternative. This type of threading doesn't refer to hair removal as it does with eyebrow threading, but rather a way to create tension and lift in your lips. It's not necessarily a new technique—lip threading was popular in the early 2000s—but it's being revived as a viable way to get full lips. However, anyone considering lip threads should be aware of a few risks.

Lip threading is exactly what it sounds like: Tiny absorbable threads, about the diameter of human hair, that are made from poly-L-lactic acid (PLLA) are passed through the outer border of the lips to pull the skin up and create tension. PLLA is a biocompatible synthetic substance, which means it's nontoxic. The threads are also said to stimulate collagen production, which can also create the appearance of fuller lips.

Lip threading is FDA-approved and generally considered safe, but there are still a few caveats to consider. The process is reportedly more painful than standard fillers, and you might experience some bruising for up to two weeks afterward. Although the threads break down naturally, it takes a while for that to occur—therefore, if you have any unexpected side effects, like the development of small bumps or lumps, they can take a while for it to go away. On the other hand, the threads break down more slowly than hyaluronic acid-based filler, so it's a longer-lasting solution than injectables.



YWCA IS ON A MISSION

www.annapolisywca.org

MISSION ACCOMPLISHED! The YWCA of Annapolis & Anne Arundel County is proud to announce the completion of the \$7.5M Fresh Starts Capital Campaign to establish the new **Harry & Jeanette Weinberg Residence** and provide emergency refuge to adults and children fleeing **Domestic Violence**.

The new 7.5 acre campus is home to both the Residence and state of the art **Education & Wellness Center**, providing a specialized 6-week curriculum and holistic healing services.

The Residence replaces the much-loved Arden House and is in a new, confidential location. The new, 10,000sf home is able to accommodate twice as many residents with greatly expanded staffing and resources with the agency continuing to serve over 10,000 people annually with legal, counseling and residential services.



One in four women will be affected by domestic violence at some point in her life. If you or a loved one is concerned they are in an unhealthy and/or unsafe relationship, call the YWCA's **24-hour hotline** at (410) 222-6800 and we can help. **You are not alone!**

5 Nail Trends for Fall 2019

By Kelsey Casselbury

You might think of fashion shows as the place to spot the latest clothing and accessory trends, but the runway also provides a look at the latest in beauty—including the season's best nail trends. Whether you like to keep your manicure simple and chic or glam things up with a few embellishments, the top looks for this season makes it simple to stay on-trend.

ALL THAT GLITTERS

Last year's trends were all about shimmer, but in 2019, glitter is back in a big way. The key to making this look work is ensuring it doesn't look childish. Stick to metallic hues, such as silver, gold, or champagne, rather than painting on purple or blue glitter.



PAINT THE TOWN (DEEP) RED

The classics stay classic for a reason, and deep red nails are always in season. If you want to mix it up a bit, combine your deep red nails with another top trend, such as a single pearl applied to the center of each nail.



THE CREAM OF THE CROP

Winter is just around the corner, so if you're thinking of warm lattes and thick cable-knit sweaters, then paint your nails to match. Rather than bright snow white or bold steel gray, go for trendy neutrals like creamy light mochas, taupes, and nude hues.



STAY MINIMAL

Do more with less—at least when it comes to nail art. From half-moon manicures (that is, painting the semi-circle at the bottom of your nail with an eye-popping color) to low-key geometric shapes, minimalist nail art is big right now.



GIVES PEARLS A WHIRL

A little bit sassy and a little bit chic—that's the goal of these precious but not preppy pearls affixed to your tips. If pearls aren't your thing, take a page from native Annapolitan Christian Siriano, who chose to bedazzle with Swarovski crystals.

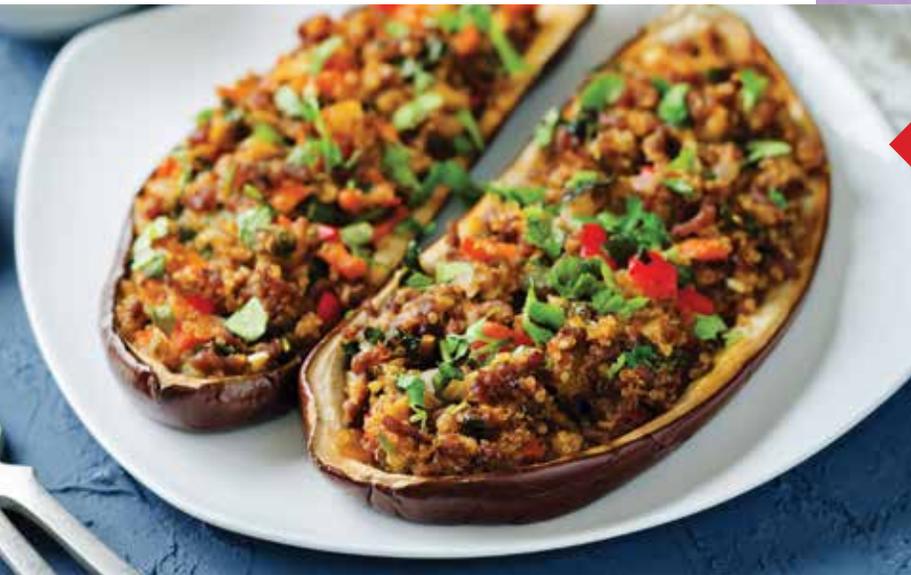


Fresh Take

EGGPLANT

By Kelsey Casselbury

For far too long, eggplant was just a substitute for chicken in classic dishes at fancy Italian restaurants. Eggplant Parmesan may be a bit healthier than the poultry variety, but given that it's still breaded and served over pasta, the dish does little for diners focused on smarter dinner choices. So, how did this funny-shaped, vibrant purple fruit find its way into the kitchens and diets of those health-conscious folks? Eggplant, in its natural state, is underrated as a healthy produce item. It's low in calories, and high in fiber, potassium, vitamins, and antioxidants. Eggplant has been linked to reducing the risk of heart disease, regulating blood sugar levels, aiding in weight



Grilled and Stuffed Eggplant

Serves 4

- 2 medium-size eggplants
- 2 tablespoons extra-virgin olive oil
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 14 ounces canned diced tomatoes, undrained
- 14 ounces canned chickpeas, drained
- 2 cups brown rice, cooked
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes (or to taste)
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground allspice
- 2 green onions, sliced
- 4 tablespoons prepared tzatziki
- 2 tablespoons Italian parsley, chopped
- Salt and pepper, to taste

Prepare the grill and set it to medium-high heat. If you don't have a grill available, you can also bake these in the oven by preheating to 425°F and preparing a baking sheet with parchment paper. Cut the eggplants in half lengthwise. Brush each half with olive oil and place them flesh side down on the grill. Cook for 4 to 5 minutes, then flip and grill for 2 more minutes. Remove from heat. If using an oven, bake for 20 to 30 minutes or until the eggplant is tender. Heat the remaining olive oil in a large skillet over medium-high heat. Add the onion and cook for 3 to 5 minutes until translucent. Add garlic and cook for 1 more minute. Add the tomatoes and bring to a simmer. When the eggplant is cool enough, scoop out the flesh and chop it. Add it to the tomato mixture along with the chickpeas and spices. Add salt and pepper to taste. Spoon half cup of brown rice into each eggplant half, and then divide the filling among the halves. Top with green onion slices, parsley, and 1 tablespoon of tzatziki.

NUTRITIONAL INFORMATION (PER SERVING)

427 calories, 13 grams protein, 13 grams fat, 65 grams carbohydrates, 15 grams fiber, 16 grams sugar, 431 milligrams sodium

*Nutritional information is for estimation purposes only and may vary based on brand and weight of individual ingredients.

loss, lowering blood pressure, and even preventing diabetes and some cancers. Incorporating eggplant into your diet is quite easy since it's such a versatile fruit. (Yes, it's a fruit, not a veggie!) Eggplant is somewhat bitter when raw, but it's best when cooked. If eggplants are too bitter for your taste, buy them young, ripe, and shiny; not matte-colored or squishy. When cooked, eggplants absorb the flavors of the ingredients surrounding them. Vegans often use eggplant as a substitute for meat in a variety of recipes. However, for the omnivores out there, eggplant is a smart option in place of or complementary to meat-based dishes.

Understanding the Rise in Autoimmune Diseases

By Kelsey Casselbury

If you traveled back in time 30 years or so, it'd be challenging to find anyone casually talking about autoimmune diseases. These days, however, they conversations about autoimmune diseases seem to be commonplace among folks suffering from celiac disease, inflammatory bowel disease, Hashimoto's thyroiditis, and other autoimmune conditions. What's the deal?

When it comes to the increase in autoimmune disease diagnoses—and whether that increase is real or perceived—there are a few factors in play. Autoimmune diseases still aren't widely understood, despite the fact that they affect at least 23.5 million Americans. (That number comes from the National Institutes of Health; however, the American Autoimmune Related Diseases Association claims that number is incredulously low. The real number, it reports, is around 50 million Americans.) They seem to occur when the immune system, which can typically distinguish between your own cells and foreign ones, erroneously attacks your body's tissues by releasing proteins known as autoantibodies. There are more than 80 known types of autoimmune diseases, though symptoms often overlap.

As medical research progresses and the health care industry advances, there's bound to be an increase in autoimmune disease diagnoses. Even if there's still a lack of information, there's certainly more available than two decades ago. However, that might not be the only reason it feels like everyone you know has been labeled with a condition, whether vasculitis, pernicious anemia, or rheumatoid arthritis. Researchers have a few other theories, including:

The effect of the Western diet that's higher in sugar, fat, and highly processed foods, which might increase inflammation and trigger an immune response. This could explain why rates of diagnoses are lower outside the Western world, though it's important to note that there's scant scientific evidence for this theory.

The hygiene hypothesis, which also applies to a rise in food allergies, suggests that people aren't exposed to germs as much as in the past. This type of cleanliness could cause the immune system to overreact to harmless substances.

Too much stress. A study published just last year in JAMA linked certain autoimmune diseases to persistent stress. However, this was an observational study and cannot prove causation.

Luckily, research continues to grow. Scientists have found a potential link between testosterone and protection against autoimmune diseases, which helps to explain why women are more than twice as likely to develop a condition.

Additionally, breakthrough research published just this past summer lays part of the blame on how women are having fewer pregnancies. Historically, when a woman had between eight and 12 pregnancies, the body evolved the immune system to not attack the placenta and the fetus, and learned to fight invaders in other ways. Women have significantly fewer babies these days—fewer than two, on average—but the immune system hasn't quite learned to cope.

COMMON AUTOIMMUNE DISEASES

Type 1 diabetes: The body attacks the pancreas, which produces the insulin that regulates blood sugar levels. Type 2 diabetes is not an autoimmune condition.

Rheumatoid arthritis (RA): The body attacks the joints, causing redness, pain, warmth, and stiffness.

Psoriasis/psoriatic arthritis: ↓ Skin cells multiply too rapidly, build up, and form inflamed red patches on the surface of the skin. When this causes swelling, stiffness, and joint pain, it's diagnosed psoriatic arthritis.

Multiple sclerosis: An attack of the myelin sheath, the protective coating that surrounds the nerve cells in the central nervous system, leading to numbness, weakness, balance issues, and trouble walking.

Systemic lupus erythematosus (SLE): The attack of a number of organs, including the joints, kidneys, brain, and heart.

Other common autoimmune diseases: Inflammatory bowel disease (IBD), Addison's disease, Graves' disease, Hashimoto's thyroiditis, pernicious anemia, and celiac disease.



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Products We Love

THIS MONTH'S PICKS FROM THE BEAUTY BUZZ TEAM

By Caley Breese

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

1

PURIFYING & HYDRATING FACE WASH BY MIRAI CLINICAL
\$25/5 fl. oz.

miraiclinical.com

Filled with skin-loving ingredients and free of preservatives, sulfates, and synthetic dyes, this mild face wash softens and hydrates skin without stripping away its natural oils. Grapefruit and coconut oil refresh and moisturize skin, while astaxanthin, which comes from micro-algae, protects against harmful free-radicals. To use, massage a small amount onto wet skin and rinse well. Gentle enough to include in both your daytime and nighttime skincare routine.



1.

"A little goes a long way with this cleanser. My face felt so soft after cleansing. This product helps to achieve the dewy feel with no oiliness. Absolutely love how my face feels after!" – Beauty Buzz Member Lara Mish, 46, Annapolis



2.

"If you are looking for some beachy, wavy hair with a nice fragrance, this is it. I just spritzed some into my newly-washed hair and scrunched up a bit. My daughter and granddaughter also love this product!" – Beauty Buzz Member Terrie Boucher, 61, Crownsville



3.

"This spray provides a breath of fresh air. It hydrates and cools down your skin. While only lasting seconds, it's a mini-vacation for your face. It's perfect for when you are fresh-shaven and don't necessarily need a fragrance; although you can add it to your post-shave routine." – What's Up? Media Web Specialist Brian Saucedo, 23, Easton



4.

"I have my mascara that I love, but this one definitely gives it a run for its money. One word for this mascara: DRAMATIC. It actually made me look like I put on false lashes—volume and length were amazing without looking clumpy like many mascaras do. One coat of this and I felt the confidence to go out without any other makeup!" – Beauty Buzz Member Denise Hadden, 37, Severna Park



2

THIS IS A SEA SALT SPRAY BY DAVINES

\$15.50/3.38 fl. oz.

\$28/8.45 fl. oz.

us.davines.com

Beach waves in the fall? Yes, please! This sea salt spray is paraben-free, and offers volume and texture for that tousled, beachy look we all crave. To achieve full-bodied waves, spray product on wet or dry hair and style as desired.



3

POST SHAVE ELIXIR BY HERBIVORE

\$22/4 fl. oz.

herbivorebotanicals.com

Relieve your post-shave skin with this hydrating elixir, formulated with natural, soothing ingredients. Witch hazel tightens skin and reduces redness, while aloe vera moisturizes and calms. This vegan and cruelty-free treatment can be used on your face, legs, or wherever you need a post-shave pick-me-up.



4

RUNWAY LASH AMPLIFYING MASCARA BY ECRU NEW YORK

\$22, ecrunewyork.com

Achieve dramatic lashes with this lengthening and volumizing mascara, formulated with conditioning argan oil. The unique, flat-curved brush curls and lifts, creating full lashes that are clump- and flake-free.



When 'I Do' Becomes 'I Don't'

NO MATTER THE CAUSE, A DIVORCE HAS RAMIFICATIONS FOR MENTAL AND PHYSICAL HEALTH

By Kelsey Casselbury



A divorce often calls for the services of a good lawyer. However, for the sake of both your physical and mental well-being, it might be just as important to enlist the services of good health care professionals. Whether or not there are kids in the mix, you were the one to initiate the divorce, or you think it's a good thing, the stress of breaking off a marriage can still negatively impact your life.

The Effect on Your Health

When you think about it, the effect divorce can have on your health makes sense. Divorce is incredibly stressful, and that tension can ramp up the risk of a serious health incident.

A 2015 study published in *Circulation: Cardiovascular Quality and Outcomes* found that women who have been through a divorce are 24 percent more likely to suffer from a heart attack, and 77 percent more likely if they've had more than once divorce. Additionally, research from the Johns Hopkins Bloomberg School of Public Health found that divorced people are more likely to develop a chronic condition, like heart disease or diabetes, as well as experience mobility issues.

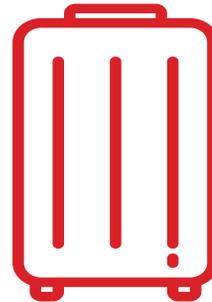
However, some of the health effects are within your control. During this period of stress, you're also more likely to ditch good habits, such as calling for takeout instead of enjoying a healthy dinner or downing a bottle of wine instead of sipping on sparkling water. Divorce takes a toll mentally, too. A study published in *Clinical Psychological Science* found that people

Divorced women are
24%
more likely to suffer
from a heart attack.

with a history of depression are more likely to relapse if they go through a divorce. Therefore, it's essential to understand the difference between normal grief and reaching the point where you need additional help with your mental health.

How to Cope with a Divorce

Plenty of people get through divorce without any long-term health ramifications, and you can, too. Yes, exercise is important—but you probably already know that, so there's no need to belabor the point. Here's what you can do:



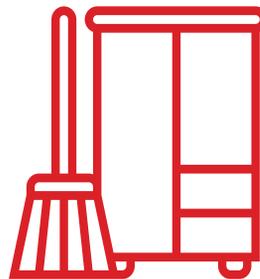
Be aware of impulsive behavior.

This can include rushing into a new relationship (you might be trying to fix old problems with a new person), moving to a new city, or starting a new job. Sure, take that trip you've always wanted to go on as a way of clearing your mind, but don't stray from routine too much.



Find new support groups that don't trigger memories of your ex-spouse.

Your friends, of course, can remain a source of support; however, it can be difficult to separate your memories of them from the times that you enjoyed with your former spouse on double dates. If the idea of a group dedicated solely to supporting divorcees doesn't sound like a good fit for you, find something else—anything else, whether it's a knitting group, a new fitness class (introduce yourself!), or getting to know a coworker better.



Declutter your life. You'll feel a lot lighter—and less stressed—if you get rid of what's weighing you down. That might mean sorting through a packed-to-the-brim closet, or it could refer to excusing yourself from social or charitable responsibilities that feel more like obligations rather than sources of enjoyment.

The good news: Two years after a divorce, people tend to feel better, both mentally and physically. The only real cure is time.



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Dining

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Photo by Stephen Buchanan



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**HARVEST
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DINING REVIEW

Trattoria Experience Awaits at Harvest Thyme

By Rita Calvert

Photography by Stephen Buchanan

The now well-established Harvest Thyme Tavern (open for two years) is a worthy dining option. It's not hard to find, slotted on Central Avenue. On this visit, the U-shaped bar was full. It's a friendly and popular place to stop by for happy hour (which runs from 3:30 p.m. to 6:30 p.m.). The large, main room is divided, but still feels quite open without being noisy. The red brick wall behind the bar and facing the front of the display kitchen—where the pizza aroma originates—gives a vibe of a casual place. We knew

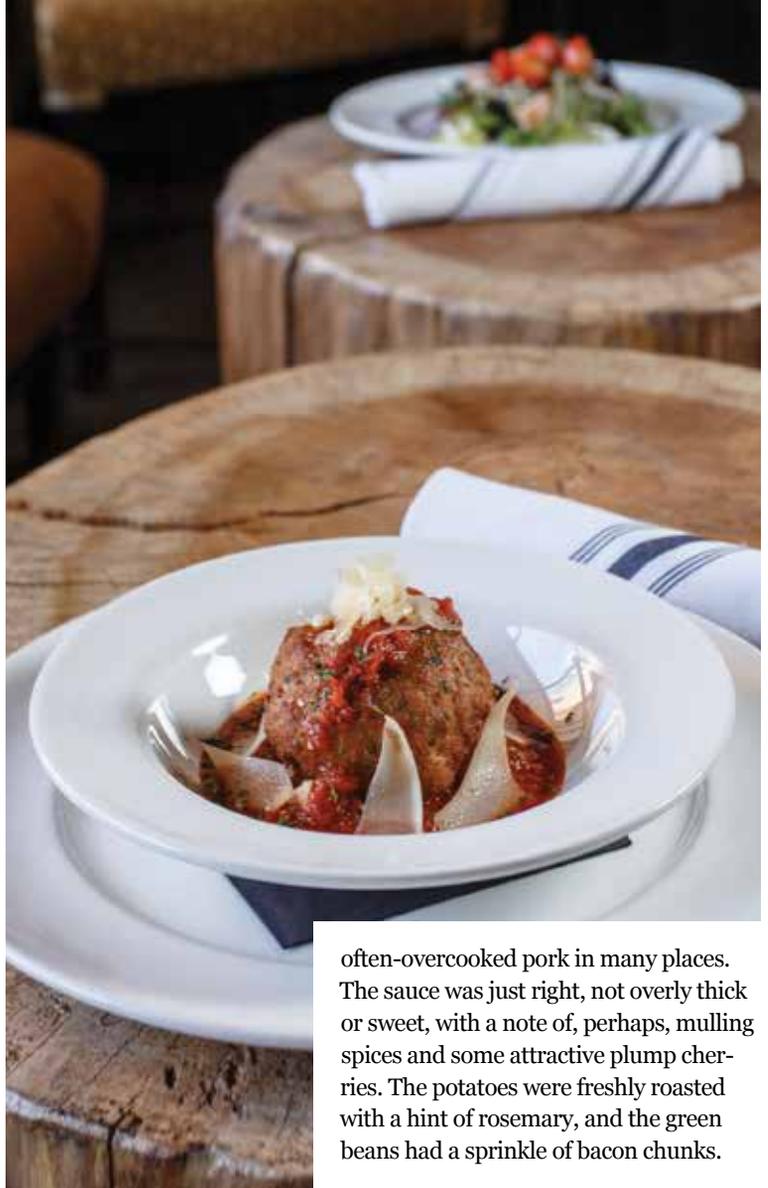
as soon as we walked into the Italian trattoria-themed establishment that wine is a big deal: there's a wall-length wooden rack displaying intriguing options. Polished cement floors, tables and cozy booths, light colored wood top tables, and cloth napkins conveyed an open convivial place. Quinton, our server, introduced himself and gave us a quick overview of the menu and some of his favorites.

There's a nice selection of wines by the (generous) glass, a lengthy list of varied domestic and imported bottles.

Clockwise: Panzanella Salad, Bone-in Pork Chop, Harvest Pizza, Meatball for Two, Craft Cocktail

It's a very welcome option for the adventurous or undecided to try two-ounce, four-ounce, or six-ounce pours. Many people don't realize it is the alcoholic beverages that make the most money at a restaurant. Owner and chef, Rik Squillari, has a wine program, which allows you to purchase a bottle at retail price to consume with your meal for a \$10 corkage fee. There's a wine club with exclusive access to some top choices. Not a wine drinker? There are 16 craft beers on draft with seasonal changes, and several inviting craft cocktails, including some novel herb-infused concoctions.

It's tough to narrow down a food choice to accompany those drinks. My companion selected a glass of very good Acacia Pinot Noir and chose an Italian starter: the meatball for two. It's a tasty behemoth that we split. The meatball is stuffed with a blend of mozzarella, parmesan, and romano cheeses in a bright chunky house-made tomato sauce and a side of Italian dipping bread with coarse texture and crunchy crust. We asked if this same delicious sauce would be used in the pasta dishes and our server said no, explaining the chef



often-overcooked pork in many places. The sauce was just right, not overly thick or sweet, with a note of, perhaps, mulling spices and some attractive plump cherries. The potatoes were freshly roasted with a hint of rosemary, and the green beans had a sprinkle of bacon chunks.

varies the sauce for different dishes. For example, he noted the pizza sauce is less spicy to please both adults and kids, while dishes like grilled seafood cioppino or plates of pastas have other spins to complement them.

We shared the classic, yet hard-to-find, panzanella salad with croutons, each with a nice robe of fresh goat cheese and capers. It is a bestseller at Harvest Thyme. The tomatoes on a winter salad added color to the field greens dressed with a very tangy red wine vinaigrette. We devoured every bite.

Next up were the entrées. The entrée menu offers seven choices, but each day, the chef adds new selections in the categories of butcher's cut, fresh catch, and pasta of the day, which Quinton recited. The butcher's cut tonight was what Quinton described as Airline Chicken Breast,

stuffed with herb cheese and topped with prosciutto and a bread crumb coating. Salmon En Papillote was the catch, while the pasta selection included angel hair with grilled chicken, red bell peppers, and mushrooms in an alfredo sauce. We vowed to return for a pizza sometime, since the aroma is tempting. It's clearly a house favorite with toppings that seem different than most places. I chose the Airline Stuffed Chicken. The golden boneless breast (complete with wing) had a pocket of cheese stuffing while the prosciutto, breadcrumbs, and herbs rode on the top. The stuffed zucchini accompanying the bird was actually a three-inch cut of a half zucchini boat.

My friend chose the bone-in pork chop, pan seared, with a black cherry demi-glaze, accompanied by roasted red potatoes and green beans. It was moist and succulent, a welcome change from the

Harvest Thyme's desserts are made in-house, and required. We were tempted by the bestselling Harvest Smash, a great-sounding riff on apple crisp. But in keeping with our Italian mood, we chose the tiramisu. A large slab was perfect for sharing. This version had a delicious blended topping of whipped cream and, perhaps, cream cheese, which gave the layered dessert more body. Unlike many variations that use rum or coffee liqueur, this was far from the heavy-handed boozy versions elsewhere. We liked it. And it paired magically with the coffee Americano (espresso and hot water). Smooth and perfect without the bitterness of many espresso coffees. Perhaps our next visit will be for Sunday Brunch and more Americano.

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



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**OLD
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Is the outside beer garden the restaurant's most popular area?

For sure. People just love the beer garden and they fill it up. It's a relaxing place, and they feel comfortable there. A lot of folks will come in, belly up to the bar and have a drink and share an appetizer before sitting down at a table. We have a late-night bar menu, so we don't close until midnight on the weekends. If someone comes in for dinner, they are not rushed. People are still hanging out at the beer bar.

You have about 80 beers. Do you have beers no one else has?

Some breweries and distributors have certain amounts of beers, whether they be seasonal or special release. They can kind of give beers to who they want to. We are on the list of getting the hard-sought-after release beers that a lot of people don't get.

How do you pick the German and craft beers?

We try a bunch of different beers. We go on the reputation of the brewery and the quality of the other stuff that they may have. We have a lot of sales reps that bring by samples that we painstakingly try with the staff to see what everybody likes. My managers and I have the final call, but we rely on the staff and if they are behind a beer or a wine and like it, they will be selling it and suggesting it to customers.

What is your best-selling food item?

Our definite standout is the Jägerschnitzel. It's pork or chicken and is breaded. During Oktoberfest, we also do veal. It's topped with Jäger,

DINING TASTE

Destination: Germany

By Tom Worgo
Photography by Stephen Buchanan

Twenty-six years ago, Mike Selinger came back from college in Florida during summer vacation to help his parents at their restaurant, Old Stein Inn in Edgewater. One thing led to another, and he ended up taking over the restaurant.

"I worked my way through college at different restaurants and with my business background, I thought I'd gathered enough knowledge that I could take it on," Selinger says.

More than two decades later, he still plans on running Old Stein Inn for years to come.

"I foresee doing this for another 10 or 20 years," says Selinger. "I have kids in middle school. I want to wait until they get out of college and then figure it out. If any of my three kids want to do the restaurant, that would be fantastic."

Selinger's parents emigrated from Germany in the 1950s, and opened the restaurant in 1983. A decade later, they turned it over to Selinger, who was born in Bethesda. "There are not very many German restaurants taken over by the next generation," Selinger says.

Old Stein is thriving. The outdoor beer garden is a big draw; so is the Oktoberfest menu. The selection of wild game is also popular. And it wouldn't be the Old Stein Inn without authentic German music. "We have people come from Virginia, Delaware, and Pennsylvania, so I guess you can call us a regional destination," Selinger says.

We recently talked to Selinger about the recognition his restaurant has received, Old Stein's seasonal menu, and his number one selling item.

Are there many German restaurants around like yours?

There are a handful of German restaurants between Baltimore and D.C. There is a resurgence of beer gardens, though. There are some new places in the Washington area that are capitalizing on the large tables like we do. I always say food styles come and go, but sitting at a long picnic table with family and friends never really goes out of style.



Lamb Doner Kabob

One 5-6 lb. bone-out lamb leg
 1 lb. unsalted butter, room temperature
 1/2 cup spicy brown mustard
 1/2 cup tomato paste
 3 tablespoons marjoram
 3 tablespoons thyme
 Salt and pepper

Tomato Cucumber Salad:

3 large tomatoes diced
 1 large cucumber, deseeded and diced
 1 teaspoon marjoram
 1 teaspoon oregano
 Salt and pepper

Yogurt Sauce:

1 cup Greek yogurt
 1 cup mayonnaise
 1 teaspoon garlic
 Salt and pepper to taste

Other items needed:

Pickled onion
 Mixed lettuce
 Flour tortilla

Preheat oven to 350°F degrees.

Soften butter and mix mustard, tomato paste, marjoram, and thyme in mixing bowl. Pat dry lamb leg and liberally salt and pepper, rub butter all over lamb leg to create a "butter crust." Place lamb in deep roasting pan and cover with aluminum foil. Cook until 140°F degrees about 1 1/2 hours.

Remove lamb and let rest for 30 minutes. Save jus from roasting pan for reheating lamb later.

Prepare tomato cucumber salad by mixing all ingredients in separate bowl. Prepare yogurt sauce by mixing all ingredients in separate bowl. In separate pot, bring lamb jus to just under a boil. Place shaved lamb in jus to reheat. Warm tortilla on grill to get a slight char. Build sandwich with sauce, lettuce, tomato cucumber salad, pickled onion, and lamb that has been reheated in jus. Roll up like a burrito and eat.

which translates to a hunter sauce. It's a brown sauce with mushrooms and onions.

What else do the customers crave?

Sauerbraten. It's marinated beef with dumplings. It's something a lot of German grandmothers make. It's a very time-consuming dish to make. We do a lot of it. It's easy for us to do. It's delicious. It has sour gravy. We do it over braised short ribs, but we use high-quality meat. It makes it more tender.

Can you talk about the fall and winter seasonal menus?

The fall menu will be a lot of traditional Oktoberfest items. We do an Oktoberfest platter, which is on the larger side. We will have a pork shank, a sausage, and usually a schnitzel with it. It's a robust, full dinner.

We also do a lot of German street food. That would be currywurst, Jäger fries, doner kabob, and obatzda. Then, in November, we will do a wild game menu. It will be venison, wild boar, duck, goose, and quail. They are all coming from vendors that specialize in game.

Your place was picked as one of the 100 Best Al Fresco Dining Restaurants in America in 2016 among 10,000 restaurants considered. How exciting was that?

That was huge. That was for outdoor tables for dining. We have live German music and a festive beer garden. That was generated by customer reviews. Diners rate restaurants from around the whole country they find on Open Table [online reservation service]. We generated positive reviews from Open Table that put us on that list.

What was it like appearing on *The Best Of* show on the Food Network?

It was a five-minute segment a couple of years ago. It brought us to the forefront regarding exposure to Washington, D.C. and Baltimore. We get a lot of business from people who were stationed in Germany and people in the military who have worked in D.C. or the government.

How do you go about hiring German chefs? Are they hard to find?

In the 36 years, other than my father and myself, we have only had about five chefs. Some work with the staff and come up with creative menu items. But we have our basic, core German menu. They don't want to fool with that too much because it's great the way it is. They will work on the beer bar menu.

Dining Guide

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

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🎵 Live Music

🐾 Dog Friendly

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

Armadillo's Bar & Grill

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

Bean Rush Café

112 Annapolis Street, Annapolis; 410-263-2592; Beanrushcafe.com; Coffee, baked goods, sandwiches; breakfast, lunch \$

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; Buddyonline.com; Seafood; lunch, dinner \$\$ 🍷 🐾

Café Normandie

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

Castlebay Irish Pub

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

Chick & Ruth's Delly

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 Brown'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 \$\$ 🍷 🍷

Latitude 38

12 Dock Street, Annapolis; 410-897-0190; Latitude38waterfront.com; American; lunch, dinner, Sunday brunch \$\$, 🍷 🍷 🍷 🍷

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; Middlontavern.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; O'Briensoysterbar.com; Seafood; lunch, dinner, late-night, brunch \$\$ 🍷 🍷 🍷 🍷

OB's Prime

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

Osteria 177

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

Preserve

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

Pusser's Caribbean Grille

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

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; Annapolissakuracafe.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 \$ 🍷 🍷 🍷 🍷

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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 \$\$ 🍷 🍸 🍹 🍺 🍻

Bean Rush Café
1015 Generals Highway, Crownsville; 410-923-1546; Beanrushcafe.com; Coffee, baked goods, sandwiches; breakfast, lunch \$

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 \$\$ 🍷 🍸 🍹 🍺 🍻

The Brass Tap
2002 Annapolis Mall Road, Annapolis; 833-901-2337; Brasstap-beerbar.com; american; lunch, dinner \$ 🍷 🍸 🍹 🍺 🍻

Broadneck Grill & Cantina
1364 Cape St Claire Road, Annapolis; 410-757-0002; Broadneck-grill.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 \$-\$\$ 🍷 🍸 🍹 🍺 🍻

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

Eggcellence

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

Evelyn's

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

Giolitti Delicatessen

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

Gordon Biersch

1906 Towne Centre Boulevard, Ste. 155, Annapolis; 410-266-5965; Gordongbiersch.com; American; lunch, dinner \$\$\$ 🍷 🍷 🍷 *

Grapes Wine Bar

1410 Forest Drive, Annapolis; 410-571-5378; Grapeswinebarannapolis.com; Mediterranean; lunch (Sat. only), dinner \$\$\$ 🍷 🍷 *

The Greene Turtle

177 Jennifer Road, Annapolis; 410-266-7474; Greenturtle.com; American, sports bar; lunch, dinner \$ 🍷 🍷 🍷 *

Herald Harbor Hideaway

400 Herald Harbor Road, Crownsville; 410-923-4433; Heraldharborhideaway.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 \$\$\$ 🍷 🍷 🍷

La Sierra

2625 Riva Road, Annapolis; 410-573-2961; Lasierrestaurantinc.com; Mexican; lunch, dinner \$\$\$ 🍷 🍷 🍷

Lebanese Taverna Café

2335 Forest Drive Ste. 46A, Annapolis; 410-897-1111; Lebanesetaverna.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 \$\$\$ 🍷 🍷 🍷

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 \$\$\$ 🍷 🍷 🍷

Mi Lindo Cancún Grill

2134 Forest Drive, Annapolis; 410-571-0500; Lindocancungrill.com; Mexican; breakfast, lunch, 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; Newks.com; Sandwiches, soups, salads, pizza; lunch, dinner \$ 🍷 🍷 🍷

Paladar Latin Kitchen & Rum Bar

1905 Towne Centre Boulevard, Ste. 100, Annapolis; 410-897-1022; Paladarlatinkitchen.com; Latin American; lunch, dinner, late-night, Weekend brunch \$\$\$ 🍷 🍷 🍷 *

Paul's Homewood Café

919 West Street, Annapolis; 410-267-7891; Paulshomewoodcafe.com; Mediterranean; lunch, dinner, brunch \$\$\$ 🍷 🍷 🍷 🍷 🍷 🍷 🍷

Pasticcio

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

Ports of Call

210 Holiday Court, Annapolis; 410-573-1350; 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; Adamsgrilleannapolis.com; Barbecue; lunch, dinner \$\$\$ 🍷 🍷 🍷

Annapolis Smokehouse & Tavern

107 Hillsmere Drive, Annapolis; 410-571-5073; Annapolis-smokehouse.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 \$ 🍷 🍷 🍷

Caliente Grill

907 Bay Ridge Road, Annapolis; 410-626-1444; Calientergrillannapolis.com; Latin; lunch, dinner \$\$\$ 🍷 🍷 🍷

Carroll's Creek

410 Severn Avenue, Annapolis; 410-263-8102; Carrolscreek.com; Seafood; lunch, dinner, Sunday brunch \$\$\$ 🍷 🍷 🍷 🍷



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

Eastport Kitchen
923 Chesapeake Avenue, Annapolis; 410-990-0000; Eastport-kitchen.com; American; breakfast, lunch, dinner \$\$ 🍷

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

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

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

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

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

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

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

Sammy's Pizza Kitchen
1007 Bay Ridge Ave, Annapolis; 410-990-9800; Sammyspiz-zakitchen.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 Steakhouse
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-tas-teofitaly.com; Italian; lunch, dinner \$ 🍷

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

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

Chad's BBQ
158 W Central Ave, Edgewater; 410-956-7774; chadsbbq.com; Authentic smoked barbecue; lunch, dinner \$ 🍷 🍴 🍷

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

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

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

Glory Days Grill
3 Lee Airpark Drive, Edgewater; 443-808-8880; Glorydaysgrill.com; American, sports bar; lunch, dinner \$ 🍷 🍴 🍷

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

Happy Harbor
533 Deale Road, Deale; 410-867-0949; Happyharbordeale.com; American; lunch, dinner \$ 🍷 🍴 🍷

Harvest Thyme Modern Kitchen & Tavern
1251 West Central Ave, Davidsonville; 443-203-6846; Harvest-thymetavern.com; American; lunch, happy hour, dinner \$ 🍷

Hispa Restaurant
183 Mayo Road, Edgewater; 410-956-7205; Latin American; breakfast, lunch, dinner \$

Killarney House
584 West Central Avenue, Davidsonville; 410-798-8700; Killarneyhousepub.com; Irish; lunch, dinner, late-night \$\$ 🍷 🍴 🍷
* 🍷

Ledo Pizza
3072 Solomons Island Road, Edgewater; 410-956-6700; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$\$ 🍷 🍴 🍷

M Thai Restaurant
181 Mitchells Chance Road, Edgewater; 410-956-0952; Thai; lunch, dinner \$

Mike's Bar & Crab House
3030 Riva Road, Riva; 410-956-2784; Mikescrabhouse.com; Seafood; lunch, dinner, late-night \$\$ 🍷 🍴 🍷
🍷 * 🍷

Nova Sushi Bar and Asian Fusion
3257 Solomons Island Road, Edgewater; 410-956-5326; Novasushi.com; Sushi, lunch, dinner \$-\$\$

Old Stein Inn
1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ 🍷 🍴 🍷

Petie Greens Bar and Grill
6103 Drum Point Road, Deale; 410-867-1488; Petiegreens.com \$\$ 🍷 🍴 🍷
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Pirate's Cove
4817 Riverside Drive, Galesville; 410-867-2300; Piratescovemd.com; Seafood; breakfast, lunch, dinner, Sunday brunch \$\$ 🍷 🍴 🍷
🍷 * 🍷

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

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

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

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

South County Café
5690 Deale Churchton Road, Deale; 410-867-6450; American; breakfast, lunch, dinner \$\$ 🍷

Stan & Joe's Saloon South
173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ 🍷 🍴 🍷 🍷

S & J Riverside
4851 Riverside Drive, Galesville; 410-867-7200; Seafood; lunch, dinner \$\$ 🍷 🍴 🍷 🍷

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

Arnold / Severna Park / Pasadena & Beyond

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

Ashling Kitchen & Bar
1286 Route 3 South Ste. 3, Crofton; 443-332-6100; Ashlingco.com; American; lunch, dinner \$\$ 🍷

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

Blackwall Barn & Lodge
329 Gambrills Road, Gambrills; 410-317-2276; Barnandlodge.com; American; lunch, dinner, weekend brunch \$\$\$ 🍷 🍴 🍷

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

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

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

WHAT'S UP? READERS'



RESTAURANT REVIEW

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WIN

Restaurant Name _____

Restaurant Location _____

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DINING GUIDE

Donnelly's Dockside

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

Founders Tavern & Grille

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

Gina's Cafe

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

La Posta Pizzeria

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 \$ Y

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 \$ Y 🍷

Mother's Peninsula Grill

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

O'Loughlin's Restaurant

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

Park Tavern

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

Pascal's Chophouse

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

The Point Crab House & Grill

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

Rico's Tacos and Tequila Bar

1266 Bay Dale Drive, Arnold; 410-571-3466; Ricostacos.co; Mexican; lunch, dinner, weekend brunch \$ 🍷 Y

Rips Country Inn

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

Romilo's Restaurant

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

Severna Park Taphouse

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

Sin Fronteras

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

Twains Tavern

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

Vida Taco Bar

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

Regional

Bistro St. Michaels

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

Hemingway's Restaurant

357 Pier 1 Road, Stevensville; 410-604-0999; Hemingwaysbay-bridge.com; Seafood; lunch, dinner \$ \$ 🍷 Y 🌊 🍷 *

The Island Hideaway

14556 Solomons Island Road S, Solomons; 410-449-6382; Theislandhideawaysolomons.com; American; lunch, dinner 🍷 Y 🍷 🌊 *

Knoxie's Table

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

Mason's - Redux 2017

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

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October Calendar

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

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

↓ For more than 50 years, the annual Maryland Avenue Fall Festival has been celebrating the Annapolis community and bringing neighbors and visitors together for an afternoon of fun. This year's festival will be held on Sunday, October 20th, 10 a.m. Enjoy live music, vendors, a Halloween dog parade, food, and more. For more information, visit Shopmarylandavenue.com.



Photo by Jimmy Amundson

Tuesday

1

SPECIAL EVENTS

Artists' Favorites at What's Up? Media Gallery, Annapolis. 8 a.m.-6 p.m. (Mon.-Fri.). Now through January 2020. 202-633-1000. Americanindian.si.edu

The Color of Light at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through October 13th, 2019. 410-222-1777. Fqwp.org

Breaking the Barriers at Quiet Waters Park, Annapolis. 9 a.m.-4 p.m. (Mon.-Fri.), 10 a.m.-4 p.m. (Sat. & Sun.). Now through October 13th, 2019. 410-222-1777. Fqwp.org

The Best of the Chesapeake at McBride Gallery, Annapolis. 12 p.m.-5:30 p.m. (Sun.), 10 a.m.-5:30 p.m. (Mon.-Wed. & Fri.-Sat.), 10 a.m.-9 p.m. (Thurs.). Now through October 20th, 2019. 410-267-7077. Mbridegallery.com

American Impressionism: Treasures from the Daywood Collection at St. John's College Mitchell Gallery, Annapolis. 12-5 p.m. (Tues.-Sun.). Now through October 27th, 2019. 410-626-2556. Sjc.edu

Patterns of Eastern Shore Life 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 July 28th, 2019. 410-778-6300. Chestertownriverarts.net

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

On Land and On Sea at Chesapeake Bay Maritime Museum, St. Michaels. 9 a.m.-5 p.m. daily. Now through March 1st, 2020. 410-745-2916. Cbmm.org

Bodyphones and Jiwa dan Raga at Academy Art Museum, Easton. 10 a.m.-8 p.m. (Tues.-Thurs.), 10 a.m.-4 p.m. (Fri.-Mon.). Now through May 31st, 2020. 410-822-2787. Academyartmuseum.org

Portraits of the World: Korea at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through November 17th, 2019. 202-633-8300. Npg.si.edu

Section 14: The Other Palm

Springs at The National Museum of the American Indian, D.C. 10 a.m.-5:30 p.m. daily. Now through January 2020. 202-633-1000. Americanindian.si.edu

Votes for Women: A Portrait of Persistence at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through January 5th, 2020. 202-633-8300. Npg.si.edu

Rise Up: Stonewall and the LGBTQ Rights Movement at Newseum, D.C. 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

American Myth and Memory at Smithsonian American Art Museum, D.C. 11:30 a.m.-7 p.m. daily. Free. Now through October 14th, 2019. 202-633-7970. Americanart.si.edu

David H. Koch Hall of Fossils - Deep Time at National Museum of Natural History, D.C. 10 a.m.-5:30 p.m. daily. 202-633-1000. Naturalhistory.si.edu

Women of Progress: Early Camera Portraits at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through May 31st, 2020. Free. 202-633-8300. Npg.si.edu

Illegal to Be You: Gay History Beyond Stonewall at National Museum of American History, D.C. 10 a.m.-5:30 p.m. daily. Now through January 2019. 202-633-1000. Americanhistory.si.edu

One Life: Marian Anderson at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through May 17th, 2020. Free. 202-633-8300. Npg.si.edu

By the Light of the Silvery Moon: A Century of Lunar Photographs to Apollo 11 at National Gallery of Art, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Now through January 5th, 2020. Nga.gov

Verrocchio: Sculptor and Painter of Renaissance Florence at National Gallery of Art, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 11 a.m.-6 p.m. (Sun.). Now through January 12th, 2020. Nga.gov

Judy Chicago-The End: A Meditation on Death and Extinction at National Museum of Women in the Arts, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through January 20th, 2020. 202-783-5000. Nmwa.org

Live Dangerously at National Museum of Women in the Arts, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through January 20th, 2020. 202-783-5000. Nmwa.org

Lee Ufan: Open Dimension at Hirshhorn Museum, D.C. 10 a.m.-5:30 p.m. daily. Now through September 13th, 2020. 202-633-1000. Hirshhorn.si.edu

Esther & The Dream of One Loving Human Family at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.), closed Mon. Now through March 1st, 2024. Prices vary. 410-244-1900. Avam.org

The Sights and Sounds of Abstraction by Christine Zmuda at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through November 16th, 2019. Free. 410-263-5544. Marylandhall.org

Four Artists: Moving through Abstraction, Annapolis 1950s to 1990s at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through October 26th, 2019. Free. 410-263-5544. Marylandhall.org

Creative Space: Work by Maryland Hall's Resident and In-House Artists at Maryland Hall for the Creative Arts, Annapolis. 10 a.m.-5 p.m. (Mon.-Sat.). Now through October 26th, 2019. Free. 410-263-5544. Marylandhall.org

Doing the Work: Celebrating 50 Years of MCAAHC at Bancker-Douglass Museum, Annapolis. 10 a.m.-4 p.m. (Tues.-Sat.). Now through December 29th, 2019. 410-216-6180. Bdmuseum.maryland.gov

Mr. Paca's Backyard Preschool Program at William Paca House and Garden, Annapolis. 10 a.m. 410-267-7619. Annapolis.org (F)

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

The Haun-Tour Part 2 at Cult Classic Brewing Company, Stevensville. 6 p.m. 410-980-8097.

PERFORMING ARTS

Jitney at Arena Stage, D.C. 12 p.m. 202-554-9066. Arenastage.org

Cats at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Doubt at Studio Theatre, D.C. 8 p.m. 202-332-3300. Studiotheatre.org

Miss You Like Hell at Baltimore Center Stage, Baltimore. 7:30 p.m. 410-332-0033. Centerstage.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

MUSIC

Justin Townes Earle at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Andy Grammer at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

Wednesday

2

SPECIAL EVENTS

Evolve: Painting by Jeff Huntington at Jo Fleming Contemporary Art, Annapolis. 12-5 p.m. (Wed., Fri., Sat.), 12-7 p.m. (Thurs.). Now through October 20th, 2019. 410-280-1847. Joflemingcontemporaryart.org

DIS I 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

Hitching Their Dreams To Untamed Stars: Joyce J. Scott & Elizabeth Talford Scott at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through December 1st, 2019. 443-573-1700. Artbma.org

Oletha DeVane: Traces of the Spirit at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through October 20th, 2019. 443-573-1700. Artbma.org

Every Day: Selections from the Collection at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 5th, 2020. 443-573-1700. Artbma.org

Melvin Edwards: The Architecture of Being at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 12th, 2020. 443-573-1700. Artbma.org

Time and Place 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 March 1st, 2020. Free. 410-547-9000. Thewalters.org

Generations: A History of Black Abstract Art at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 19th, 2020. 443-573-1700. Artbma.org

Melvin Edwards: Crossroads at Baltimore Museum of Art, Baltimore. 10 a.m.-5 p.m. (Wed.-Sun.). Now through January 19th, 2020. 443-573-1700. Artbma.org

TREES at the Carla Massoni Gallery, Chestertown. 11 a.m.-4 p.m. (Wed.-Fri.), 10 a.m.-5 p.m. (Sat.). Now through October 13th, 2019. 410-778-7330. Massoniart.com

Studio Tour Artists 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 October 27th, 2019. 410-778-6300. Chestertownriverarts.net

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Preschool Storytime at Linthicum Community Library, Linthicum. 10:30 a.m. 410-222-6265. Aacpl.net (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Crofton Farmers' Market at Crofton Country Club, Crofton. 4 p.m. Croftonfarmersmarket.com

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

MEMBER NIGHT: Kilihi Yuyan Journeys in the Arctic at Chesapeake Bay Maritime Museum, Saint Michaels. 5 p.m. 410-745-4960. Cbmm.org

PERFORMING ARTS

Dracula at Chesapeake Shakespeare Company, Baltimore. 8 p.m. 410-244-8570. Chesapeake-shakespeare.com

Jitney at Arena Stage, D.C. 12 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org

Cabaret at Olney Theatre, Olney. 2 p.m. & 8 p.m. 301-924-3400. Olneytheatre.org

Cats 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

Doubt at Studio Theatre, D.C. (See 10/1).

Miss You Like Hell at Baltimore Center Stage, Baltimore. 2 p.m. & 7:30 p.m. 410-332-0033. Centerstage.org

Proof at Everyman Theatre, Baltimore. 1 p.m. & 7:30 p.m. 443-615-7055. Everymantheatre.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Royale at Olney Theatre, Olney. 1:45 p.m. 301-924-3400. Olneytheatre.org

MUSIC

Sister Hazel at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Joseph at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Die Antwoord at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Thursday

3

SPECIAL EVENTS

United States Powerboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

Weems & Plath Annual Tent Sale at Weems & Plath, Annapolis. 8 a.m. 410-263-6700. Weems-plath.com (C)

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

100 Women Who Care Meeting at Ulmstead Barn, Arnold. 6:45 p.m. 100womenwhocareannapolis.com

The Great Movies: Night of the Living Dead (1968) with Intro. by Andy Wolverton at Severna Park Community Library, Annapolis. 6:30 p.m. 410-222-6290. Aacpl.net

Wine & Paint Night with Chelsea Collins at Layton's Chance Winery, Vienna. 6:30 p.m.

ART, BEER AND WINE

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

Chesapeake Film Festival at Dorchester County, Cambridge. 4 p.m. 410-822-3500. Chesapeakefilmfestival.com

PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Annapolis. 8 p.m. 410-224-2065. Thecolonialplayers.org

Jitney at Arena Stage, D.C. 8 p.m. 202-554-9066. Arenastage.org

Cabaret at Olney Theatre, Olney. 8 p.m. 301-924-3400. Olneytheatre.org

Cats at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Doubt at Studio Theatre, D.C. (See 10/1).

Merce Cunningham at 100 at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

Miss You Like Hell at Baltimore Center Stage, Baltimore. (See 10/1).

Proof at Everyman Theatre, Baltimore. 7:30 p.m. 443-615-7055. Everymantheatre.org

The Artist Will Be With You In A Moment By Parallel Exit at Theatre Project, Baltimore. 8 p.m. 410-752-8558. Theatreproject.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Royale at Olney Theatre, Olney. 7:45 p.m. 301-924-3400. Olneytheatre.org

Joseph and the Amazing Technicolor Dreamcoat at Woods Memorial Presbyterian Church, Severna Park. 12 p.m.

Dracula at Chesapeake Shakespeare Company, Baltimore. (See 10/2).

MUSIC

Brandt Dunn Thursday Live at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

Caravan Palace at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

Emeli Sandé at Lincoln Theatre, D.C. 6:30 p.m. Theincolndc.com

The Head And The Heart at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Iyanla Vanzant at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. 410-900-1150. Modell-lyric.com

Symphonic Fairy Tales at Strathmore, North Bethesda. 8 p.m. 301-581-5100. Bso-music.org

Mt. Joy at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

National Symphony Orchestra: Carmina Burana at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

Renée Fleming VOICES: Gavin Creel at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org



Friday

4

SPECIAL EVENTS

United States Powerboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolis-boatshows.com

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Special Historic Hauntings at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

Mid-Atlantic Small Craft Festival XXXVI at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

2019 Chestertown HP Festival Weekend at Garfield Center for the Arts, Chestertown. 12 p.m. 410-810-2060. Garfieldcenter.org

First Weekend at Historic Downtown Easton, Easton. 410-690-4395. Discover-easton.com

Chesapeake Film Festival at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

October First Friday at Downtown Chestertown, Chestertown. 5 p.m. 443-282-0246. Kentcounty.com (F)

RiverArts 20th Annual Studio Tour Opening Reception at Chestertown RiverArts, Chestertown. 5 p.m. 410-778-6300. Chestertownriverarts.net

First Friday Gallery Walk at Downtown Easton, Easton. 5 p.m. 410-690-4395. Discover-easton.com

Easton Ghost Walk at Tidewater Inn, Easton. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

Smithsonian Craft2Wear Show at National Building Museum, D.C. 10:30 a.m. 202-633-5006. Smithsonian-craft2wear.org (C)

Elephants and Us: Considering Extinction at National Museum of American History, D.C. 10 a.m.-5:30 p.m. daily. 202-633-1000. Americanhistory.si.edu

To Fool the Eye, Trompe L'oeil Paintings by Jorge Alberto at Traika Gallery, Easton. 10 a.m.-5:30 p.m. (Mon.-Sat.). Now through June 4th, 2019. 410-770-9190. Traikagallery.com

PERFORMING ARTS

Arsenic and Old Lace at The Colonial Players, Annapolis. (See 10/3).

Hamlet at Annapolis Shakespeare Company, Annapolis. 8 p.m. 410-415-3513. Annapolisshakespeare.org

Jitney at Arena Stage, D.C. (See 10/3).

Cabaret at Olney Theatre, Olney. (See 10/3).

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/3).

Doubt at Studio Theatre, D.C. (See 10/1).

DREAM THEATER: Distance Over Time Tour at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. France-merrickpac.com

Garfield Improv Group @ First Friday at Garfield Center for the Arts, Chestertown. 6 p.m. 410-810-2060. Garfieldcenter.org

Joe Chambers, M'Boom at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. & 9 p.m. 202-467-4600. Kennedy-center.org

Merce Cunningham at 100 at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/3).

Miss You Like Hell at Baltimore Center Stage, Baltimore. 8 p.m. 410-332-0033. Centerstage.org

Proof at Everyman Theatre, Baltimore. 8 p.m. 443-615-7055. Everymantheatre.org

The Artist Will Be With You In A Moment By Parallel Exit at Theatre Project, Baltimore. (See 10/3).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Royale at Olney Theatre, Olney. (See 10/3).

MUSIC

The Doobie Others: A Tribute to The Doobie Brothers at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Steve Matthews Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

Zaz at Lincoln Theatre, D.C. 6:30 p.m. Theincolndc.com

Carrie Underwood with Special Guests Maddie & Tae and Runaway Jane at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com

Zedd at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Science Of Speech Ft Talib Kweli, Jay Electronica, Styles P, Dead Prez at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilverpring.com

Built To Spill at 9:30 Club, D.C. 8 p.m. 202-265-0930. 930.com

Boulet Brothers' Dracula Tour at Rams Head Live!, Baltimore. 8 p.m. 410-244-1131. Ramsheadlive.com

Symphonic Fairy Tales at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bso-music.org

National Symphony Orchestra: Carmina Burana at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org



Saturday

5

SPECIAL EVENTS

NAMI Anne Arundel's Second Annual Mental Health Gala at Crowne Plaza Annapolis Hotel, Annapolis. 6 p.m. Whatsuptix.com (C) (TIX)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

United States Powerboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolis-boatshows.com

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Special Tour: Disease, Death, and Mourning in Early America at William Paca House and Garden, Annapolis. 12 p.m. 410-267-7619. Annapolistours.com

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Special Historic Hauntings at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiolondontown.org

Fall Fest 2019 at Homestead Gardens, Davidsontonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

2019 Chestertown HP Festival Weekend at Garfield Center for the Arts, Chestertown. 12 p.m. 410-810-2060. Garfieldcenter.org

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

Outdoor Art Fair at Kent Island Federation of Arts, Stevensville. 9 a.m. 410-643-7424. Qac.org

Apple Festival at St. Luke's United Methodist Church, St. Michaels. 9 a.m. 410-745-2534. Tourtalbot.org

Old Wye Mill Grinding Days at Wye Grist Mill, Wye Mills. 10 a.m. 410-827-3850. Oldwye-mill.org (F)

Chesapeake Film Festival at Dorchester County, Cambridge. 10 a.m. 410-822-3500. Chesapeakefilmfestival.com

Centreville Rotary Artisans Festival - 48th Annual at Chesapeake College, Wye Mills. 10 a.m. 410-978-0198. Centrevillerotary.org (C) (F)

First Saturday Guided Walk at Adkins Arboretum, Ridgely. 10 a.m. Adkinsarboretum.org

ARToberFest 2019 at Stevensville Pocket Park, Stevensville. 11 a.m. 410-604-2100. Stevensvilleartsandentertainment.org (F)

Eastern Shore Natural Hair Expo at Wicomico Youth & Civic Center, Salisbury. 11 a.m. 410-548-4900. Wicomicociviccenter.org

First Saturday in Historic Stevensville at Historic Stevensville, Stevensville. 12 p.m. Stevensvilleartsandentertainment.org

Easton Beer Fest at Easton Volunteer Fire Department, Easton. 12 p.m. 410-822-4848. Eastonvfd.org

Historic House Tour at Bordley History Center, Chestertown. 1 p.m. 410-778-3499. Kentcountyhistory.org

Collecting & Processing Native Seeds Workshop at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Crabtoberfest at Sailwinds Park, Cambridge. 3 p.m. Choosecambridge.com

Historic Ghost Walks at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcountyhistory.org (F)

Casino Royale at Oxford Community Center, Oxford. 7 p.m. 410-226-5904. Oxfordcc.org

St. Michaels Ghost Walk at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

Tucker Carlson at Modell Performing Arts Center at the Lyric, Baltimore. 5 p.m. 410-900-1150. Modell-lyric.com

The Secret Life of Earth: Alive! Awake! (and possibly really Angry!) at American Visionary Art Museum, Baltimore. 10 a.m.-6 p.m. (Tues.-Sun.), closed Mon. Now through September 5th, 2020. 410-244-1900. Avam.org

PERFORMING ARTS

Hamlet at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. Annapolisshakespeare.org

All That Jazz at Annapolis Shakespeare Company, Annapolis. 8 p.m. 410-415-3513. Annapolisshakespeare.org

Arsenic and Old Lace at The Colonial Players, Annapolis. (See 10/3).

Jitney at Arena Stage, D.C. 2 p.m. & 8 p.m. 202-554-9066. Arenastage.org

Cabaret at Olney Theatre, Olney. (See 10/2).

Cats at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/2).

Doubt at Studio Theatre, D.C. 2 p.m. & 8 p.m. 202-332-3300. Studiotheatre.org

Let's Talk Dance: Dancing for Merce Cunningham at The John F. Kennedy Center for the Performing Arts, D.C. 4 p.m. 202-467-4600. Kennedy-center.org

Merce Cunningham at 100 at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/3).

On Stage

Annapolis

Arsenic and Old Lace

Colonial Players; Now through October 5th, 2019; Prices vary; Thecolonialplayers.org; 410-268-7373

The Brewster family is a once-elite American bloodline that has now descended into homicidal insanity. Mortimer Brewster, a drama critic and the most ostensibly normal of his clan, is forced to cover up for his sadistic kin while being torn between family loyalty and his desire to marry the woman he loves. Exploring motifs of family loyalty, nature versus nurture, and whether we can ever truly break away from our family's influence, *Arsenic and Old Lace* is a dark, screwball comedy declared one of the funniest plays ever by *The New York Times*.

The White Rose

Colonial Players; October 25th through November 16th, 2019; Prices vary; Thecolonialplayers.org; 410-268-7373 Across the world, the 1940s look very different. In *The White Rose*, by Lillian Garrett-Groag, a group of university students in Nazi-controlled Munich form an intellectual resistance. This true story examines the complex relationships that develop among a group of people all clinging to beliefs that ultimately cannot be fulfilled at this point in time.

Hamlet

Annapolis Shakespeare Company; Now through October 27th, 2019; Prices vary; Annapolis-shakespeare.org; 410-415-3513 Considered to be one of the greatest tragedies of all time, Shakespeare's tale of murder, revenge, and self-doubt is brought to life in this modern, edgy, and visually striking production.

All That Jazz!

Annapolis Shakespeare Company; October 5th through October 20th, 2019; Prices vary; Annapolisshakespeare.org; 410-415-3513 This singing, dancing, glittering salute to the best of Broadway features ASC's full line-up of Broadway performers accompanied by the Unified Jazz Ensemble. Come enjoy this interpretation of a Bob Fosse classic.

Carrie – The Musical

Chesapeake Arts Center; October 25th through November 9th; \$22.09; Chesapeakearts.org; 410-636-6597 Carrie White is a misfit. At school, she's an outcast who's bullied by the popular crowd, and virtually invisible to everyone else. At home, she's at the mercy of her loving but cruelly over-protective mother. But Carrie's just discovered she's got a special power, and if pushed too far, she's not afraid to use it.

The Snow Queen

Maryland Hall for the Creative Arts; October 18th through October 29th, 2019; \$30-53; Balletmaryland.org; 410-224-5644 Ballet Theatre of Maryland creates another world premiere ballet based on the famous Hans Christian Andersen fairytale, *The Snow Queen*—the inspiration for Disney's blockbuster favorite *Frozen*. Fearless optimist Gerda sets off an epic journey, teaming up with the rugged, but gentle, mountain man Kai to free their kingdom from the icy powers that have trapped everyone in an eternal blanket of winter. Mystical trolls, princesses, fairies, magic, and humor combine to help Gerda battle the elements in a race to save the kingdom and free those she loves.

The Last Night of Ballyhoo

Bowie Community Theatre; October 11th through October 27th, 2019; \$17-22; Bctheatre.com; 301-805-0219 It is December of 1939. *Gone with the Wind* is having its world premiere, and Hitler is invading Poland, but Atlanta's elitist German Jews are much more concerned with who is going to Ballyhoo, the social event of the season. Especially concerned is the Frietag family. The family gets pulled apart and then mended together with plenty of comedy, romance, and revelations along the way. Events take several unexpected turns as the characters face where they come from and are forced to deal with who they really are.

D.C.

Everybody

Shakespeare Theatre Company; October 15th through November 17th, 2019; Prices vary; Shakespearetheatre.org; 202-547-1122 This modern riff on the fifteenth-century morality play *Everyman* follows Everybody (Chosen from amongst the cast by lottery at each performance) as they journey through life's greatest mystery—the meaning of living.

Right to Be Forgotten

Arena Stage; October 11th through November 10th; Prices vary; Arenastage.org; 202-554-9066 The internet never forgets. A young man's mistake at 17 haunts him online a decade later. Desperate for a normal life, he goes to extraordinary lengths to erase his indiscretion. But freedom of information is big business, and the tech companies aren't going down without a fight. Secrets, lies and political backstabbing abound in this riveting new drama about one man's fierce battle to reclaim his right to privacy.

Jimmy Buffett's Escape to Margaritaville

National Theatre; October 8th through October 13th, 2019; \$54-114; Thenationaldc.com; 202-628-6161 Welcome to Margaritaville, where people come to get away from it all and stay to find something they never expected. *Escape to Margaritaville* is the musical comedy featuring both original songs and your most-loved Jimmy Buffett classics.

Footloose

John F. Kennedy Center for the Performing Arts; October 9th through October 13th, 2019; \$59-175; Kennedy-center.org; 202-467-4600 Set to the rockin' rhythm of the film's Oscar®- and Tony®-nominated top 40 score and augmented with dynamic new songs for the stage musical, *Footloose* celebrates the wisdom of listening to young people and guiding them with a warm heart and an open mind.

Baltimore

Dracula

Chesapeake Shakespeare Company; October 4th through November 2nd, 2019; Prices vary; Chesapeakeshakespeare.com; 410-244-8570 The mesmerizing and classic tale of horror and romance: Sinister events in a sanatorium reveal the lurking presence of the greatest vampire of all time.

Thoughts of a Colored Man

Baltimore Center Stage; October 10th through November 10th, 2019; Prices vary; Centerstage.org; 410-332-0033

A world-premiere play from Keenan Scott II, one of today's boldest new voices, *Thoughts of a Colored Man* blends language, music, and dance. Welcome to the vibrant inner life of being black, proud, and thriving in the 21st century. Set over a single day, this richly theatrical mosaic goes beyond the rhythms of the basketball court and the boisterousness of the barbershop to shed brilliant light into the hearts and minds of a community of men searching for their most triumphant selves.

Radio Golf

Everyman Theatre; October 15th through November 17th, 2019; Prices vary; Everymantheatre.org; 410-752-2208

Successful real estate developer Harmond Wilks is on a mission to become Pittsburgh's first black mayor by doing whatever it takes to transform his childhood neighborhood from blighted to bustling. But when he learns the truth about his family's legacy, he is forced to decide whether he will finish what he started or fight to preserve his community's history.

In the Blood

Fells Point Corner Theatre; October 11th through November 3rd, 2019; \$20; Fpct.org

In this modern-day riff on *The Scarlet Letter*, Hester, a young, homeless mother of five, must find a way to provide and protect for her children while living on the streets. While Hester's children fill her life with joy—providing loving comedy in a harsh world of poverty—everyone else in her life takes everything they can. A parable of injustice and cruelty, this play stares into a story that the world all too often looks away from.

The Phantom of the Opera

The Hippodrome Theatre; October 9th through October 20th, 2019; Prices vary; France-merrick-pac.com; 410-837-7400

Cameron Mackintosh's spectacular new production of Andrew Lloyd Webber's *The Phantom of the Opera* comes to a city near you as part of a brand new North American Tour. This production, which retains the beloved story and thrilling score, boasts exciting new special effects, scenic and lighting designs, staging, and choreography.

Miranda Sings- Who Wants My Kid? at The Hippodrome Theatre, Baltimore. 7 p.m. 410-837-7400. France-merrickpac.com

Miss You Like Hell at Baltimore Center Stage, Baltimore. 2 p.m. & 8 p.m. 410-332-0033. Centerstage.org

NEMR at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

Proof at Everyman Theatre, Baltimore. 2 p.m. & 8 p.m. 443-615-7055. Everymantheatre.org

The Artist Will Be With You In A Moment By Parallel Exit at Theatre Project, Baltimore. 3 p.m. & 8 p.m. 410-752-8558. Theatreproject.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. 6 p.m. & 9 p.m. 202-467-4600. Kennedy-center.org

The Royale at Olney Theatre, Olney. 1:45 p.m. & 7:45 p.m. 301-924-3400. Olneytheatre.org

MUSIC

Symphonic Fairy Tales at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

Boulet Brothers - Dragula Tour at Lincoln Theatre, D.C. 7 p.m. Thelincolndc.com

Luna at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

Lauv at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Technicolor Motor Home: A Steely Dan Tribute at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Theo Von: Dark Arts Tou at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharborimgre-sorts.com

Saved by the 90s at Rams Head Live!, Baltimore. 9 p.m. 410-244-1131. Ramsheadlive.com

Bombay Bicycle Club at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

Music Box: Autumn Colors at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. 410-783-8000. Bsomusic.org

Mason Jennings at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Rams-headonstage.com

SPORTS

Navy vs. Air Force at Navy-Marine Corps Memorial Stadium, Annapolis. 3:30 p.m. 1-800-874-6289. Navysports.com (F)

Sunday

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SPECIAL EVENTS

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

United States Powerboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

First Sunday Arts Festival at Downtown Annapolis, Annapolis. 11 a.m. 410-858-5884. Firstsundayarts.com

Fall Fest 2019 at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Escape London Town:

Ferguson Tavern at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondonatown.org

2019 Lifeline 100 Bicycle Event at Kinder Farm Park, Millersville. 6 a.m. 410-222-7316. Lifeline100.org (C)

Chesapeake Film Festival at Dorchester County, Cambridge. 11 a.m. 410-822-3500. Chesapeakefilmfestival.com

Centreville Rotary Artisans Festival - 48th Annual at Chesapeake College, Wye Mills. 11 a.m. 410-978-0198. Centrevillerotary.org (C) (F)

Anything Can Happen Day! **Walk** at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

2019 Baltimore Out of the Darkness Walk at Inner Harbor - West Shore Park, Baltimore. 8 a.m. 443-452-7109. Afsp.donordrive.com (C) (F)

Designing the New: Charles Rennie Mackintosh and the Glasgow Style 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. 410-547-9000. Thewalters.org

PERFORMING ARTS

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Jitney at Arena Stage, D.C. 6 p.m. 202-554-9066. Arenastage.org

Cabaret at Olney Theatre, Olney. 2 p.m. 301-924-3400. Olneytheatre.org

Cats at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. 202-467-4600. Kennedy-center.org

Doubt at Studio Theatre, D.C. 2 p.m. & 7 p.m. 202-332-3300. Studiotheatre.org

Miss You Like Hell at Baltimore Center Stage, Baltimore. 2 p.m. 410-332-0033. Centerstage.org

Proof at Everyman Theatre, Baltimore. 2 p.m. & 7 p.m. 443-615-7055. Everymantheatre.org

The Artist Will Be With You In A Moment By Parallel Exit at Theatre Project, Baltimore. 3 p.m. 410-752-8558. Theatreproject.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. 3 p.m. & 7 p.m. 202-467-4600. Kennedy-center.org

The Royale at Olney Theatre, Olney. (See 10/2).

MUSIC

Young Thug & Machine Gun Kelly at MECU Pavilion, Baltimore. 7:30 p.m. 800-653-8000. Livenation.com

Marwan Khoury Live in Concert at Lincoln Theatre, D.C. 6:30 p.m. Thelincolndc.com

Blue Oyster Cult at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

Young Thug & Machine Gun Kelly at MECU Pavilion, Baltimore. 7:30 p.m. 410-547-7200. Mecupavilion.com

Blue Oyster Cult at Maryland Hall for the Creative Arts at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-268-4545. Ramsheadonstage.com

Langhorne Slim at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

SPORTS

Redskins vs Patriots at FedExField, Landover. 1 p.m. 301-276-6800. Redskins.com (F)

D.C. United vs. FC Cincinnati at Audi Field, D.C. 4 p.m. Dcunited.com (F)

Monday

7

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Gigi's Playhouse Golf Tournament at Crofton Country Club, Crofton. 9 a.m. Gigisplayhouse.org/Annapolis (C)

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

Chesapeake Film Festival at Dorchester County, Cambridge. 2 p.m. 410-822-3500. Chesapeakefilmfestival.com

Monday Night Trivia @ the Pub at Market Street Public House, Denton. 7:30 p.m.

MUSIC

Bluegrass Jam at St. Andrew's Episcopal Church, Hurluck. 7 p.m. 4109434900.

Mainstay Monday featuring Joe Holt and guest Sylvia Frasier at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

Noah Kahan at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Maggie Rogers at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Justin Hayward at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Tuesday

8

SPECIAL EVENTS

Public Garden Tour at William Paca House and Garden, Annapolis. 10 a.m. 410-267-7619. Annapolis.org

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Chesapeake Film Festival at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

PERFORMING ARTS

Jitney at Arena Stage, D.C. 7:30 p.m. 202-554-9066. Arenastage.org

Mariinsky Ballet: Paquita at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Miss You Like Hell at Baltimore Center Stage, Baltimore. (See 10/1).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

Working Rehearsal: Mariinsky Ballet at The John F. Kennedy Center for the Performing Arts, D.C. 12:30 p.m. 202-467-4600. Kennedy-center.org

MUSIC

Kero Kero Bonito at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Maggie Rogers at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Keiko Matsui at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Wednesday

9

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Power of 100: Chesapeake Women Who Care at Prospect Bay County Club, Grasonville. 6:30 p.m. Powerof100chesapeake.com (C)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Jane Austen Tour at Hammond-Harwood House Museum, Annapolis. 2 p.m. 410-263-4683. Hammond-harwoodhouse.org

Crafton Farmers' Market at Crafton Country Club, Crafton. 4 p.m. Craftonfarmersmarket.com
Farmers Markets

Apollo 11 (2019) with an Introduction by Andy Wolverton at Severna Park Community Library, Annapolis. 6:30 p.m. 410-222-6290. Aacpl.net

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

Chesapeake Film Festival at Dorchester County, Cambridge. 8 a.m. 410-822-3500. Chesapeakefilmfestival.com

PERFORMING ARTS

Jitney at Arena Stage, D.C. (See 10/2).

Broadway Center Stage: Footloose at The John F. Kennedy Center for the Performing Arts, D.C. 8:30 p.m. 202-467-4600. Kennedy-center.org

Disney On Ice at Royal Farms Arena, Baltimore. 7:30 p.m. 410-347-2020. Royalfarmsarena.com

Mariinsky Ballet: Paquita at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/8).

Miss You Like Hell at Baltimore Center Stage, Baltimore. (See 10/1).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. 8 p.m. 410-837-7400. France-merrickpac.com

The Royale at Olney Theatre, Olney. (See 10/3).

MUSIC

Shovels & Rope at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Avril Lavigne "Head Above Water" Tour at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

Rickie Lee Jones at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Thursday

10

SPECIAL EVENTS

United States Sailboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Director's Talk at Hammond-Harwood House Museum, Annapolis. 12 p.m. 410-263-4683. Hammond-harwoodhouse.org

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Risking All In Early Maryland: Disease, Death, and Demography at William Paca House and Garden, Annapolis. 6:30 p.m. 410-267-7619. Annapolis.org

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

On Land and On Sea: A Talk with the Author (Fall Speaker Series 2019) at Chesapeake Bay Maritime Museum, Saint Michaels. 2 p.m. 410-745-4960. Cbmm.org

"Ask a Master Gardener" Plant Clinic at Christ Church, Stevensville. 3:30 p.m. Extension.umd.edu

Chesapeake Film Festival at Dorchester County, Cambridge. 1 p.m. 410-822-3500. Chesapeakefilmfestival.com

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

A Discussion with Author Ta-Nehisi Coates at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. 410-783-8000. Bsomusic.org

PERFORMING ARTS

Jitney at Arena Stage, D.C. (See 10/3).

Broadway Center Stage: Footloose at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/9).

Disney On Ice at Royal Farms Arena, Baltimore. (See 10/9).

Mariinsky Ballet: Paquita at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/8).

Miss You Like Hell at Baltimore Center Stage, Baltimore. (See 10/1).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. 2 p.m. & 8 p.m. 410-837-7400. France-merrickpac.com

The Royale at Olney Theatre, Olney. (See 10/3).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. 7:30 p.m. 410-332-0033. Centerstage.org

MUSIC

SHAED at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Lagwagon and Face To Face with MakeWar at Fillmore Silver Spring, Silver Spring. 7:30 p.m. 301-960-9999. Fillmoresilverpring.com

The Nat King Cole Songbook at Strathmore, North Bethesda. 8 p.m. 301-581-5100. Bsomusic.org

RACHEL BLOOM: What Am I Going to Do with My Life Now? Tour at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Renaissance at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

National Symphony Orchestra: Janowski conducts Bruckner's Seventh / Steinbacher plays Mozart at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

Friday

11

SPECIAL EVENTS

United States Sailboat Show at Downtown Annapolis, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Sins & Secrets at Historic London Town and Gardens, Edgewater. 6:30 p.m. Historiclondontown.org

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 6:30 p.m. 410-222-1919. Historiclondontown.org

Special Historic Hauntings at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

St. Michaels Ghost Walk at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

2019 Academy Art Museum Craft Show at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyartmuseum.org

Women Artists of the Dutch Golden Age at National Museum of Women in the Arts, D.C. 10 a.m.-5 p.m. (Mon.-Sat.), 12-5 p.m. (Sun.). Now through January 6th, 2020. 202-783-6000. Nmwa.org

Picturing the American Buffalo: George Catlin and Modern Native American Artists at Smithsonian American Art Museum, D.C. 11:30 a.m.-7 p.m. daily. Free. Now through April 12th, 2020. 202-633-7970. Americanart.si.edu

PERFORMING ARTS

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/4).

Broadway Center Stage: Footloose at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/9).

Disney On Ice at Royal Farms Arena, Baltimore. 10:30 a.m. & 7:30 p.m. 410-347-2020. Royalfarmsarena.com

In the Blood at Fells Point Corner Theatre, Baltimore. 8 p.m. 410-276-7837. Fpct.org

Jitney at Arena Stage, D.C. (See 10/3).

Kiss of the Spider Woman at Olney Theatre, Olney. 8 p.m. 301-924-3400. Olneytheatre.org

Mariinsky Ballet: Paquita at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/8).

Miss You Like Hell at Baltimore Center Stage, Baltimore. (See 10/4).

Proxy at Theatre Project, Baltimore. 8 p.m. 410-752-8558. Theatreproject.org

Right to Be Forgotten at Arena Stage, D.C. 8 p.m. 202-554-9066. Arenastage.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. 8 p.m. 301-805-0219. Botheatre.com

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. (See 10/9).

The Price Is Right Live - Stage Show at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

The Royale at Olney Theatre, Olney. (See 10/3).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. 8 p.m. 410-332-0033. Centerstage.org

MUSIC

Phil Vassar: Histeria Tour at Rams Head On Stage, Annapolis. 5 p.m. & 8 p.m. 410-268-4545. Rams-headonstage.com

Chance The Rapper - The Big Day at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com

United States Naval Academy Band: Navy Birthday Concert at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

The Nat King Cole Songbook at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

Pat Owens Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

Grand Funk Railroad at Live! Casino & Hotel, Hanover. 9 p.m. Livecasinohotel.com

Perpetual Groove at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

National Symphony Orchestra: Janowski conducts Bruckner's Seventh / Steinbacher plays Mozart at The John F. Kennedy Center for the Performing Arts, D.C. 11:30 a.m. 202-467-4600. Kennedy-center.org

SPORTS

Johnstown Tomahawks @ Maryland Black Bears at Piney Orchard Ice Arena, Annapolis. 7 p.m. Pineycerink.com

Saturday

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SPECIAL EVENTS

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslhs.org (C)

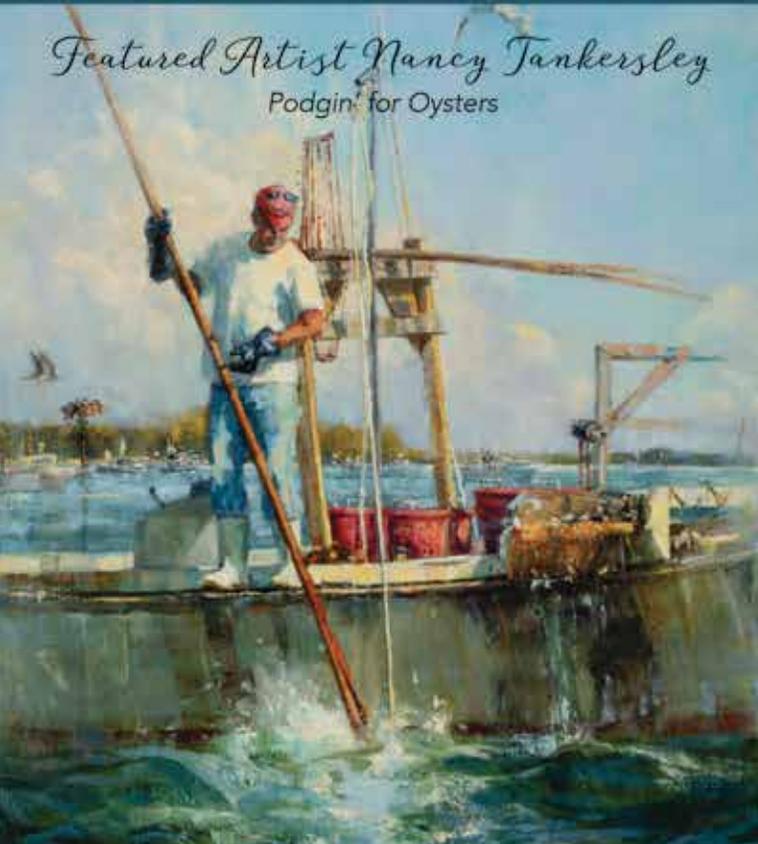
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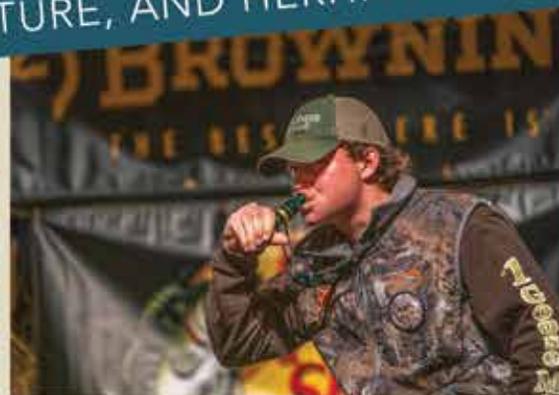
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Maryland Renaissance

Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

United States Sailboat Show at DOWNTOWN ANNAPOLIS, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

“Lafayette’s Annapolis”

Walking Tour at The Maryland Inn, Annapolis. 10:30 a.m. & 1 p.m. 410-267-7619. Annapolis.org

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Fall Fest 2019 at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

Fall Harvest Festival at Kinder Farm Park, Millersville. 10 a.m. Kinderfarmpark.org (F)

Easton Farmers Market at Easton Farmers’ Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com

Decommissioning Your Motor at Chesapeake Bay Maritime Museum, Saint Michaels. 9 a.m. 410-745-4960. Cbmm.org

Rock Hall FallFest at Town of Rock Hall, Rock Hall. 10 a.m. Rockhallfallfest.org (F)

Nanticoke River Jamboree at Handsell Historic Site, Vienna. 10 a.m. Restorehandsell.org (F)

2019 Academy Art Museum Craft Show at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyartmuseum.org

Fairyfest at Adkins Arboretum, Ridgely. 11 a.m. 410-634-2847. Adkinsarboretum.org (F)

Special Tour: Disease, Death, and Mourning in Early America at William Paca House and Garden, Annapolis. 12 p.m. 410-267-7619. Annapolis.org

10th Annual Fall Italian Wine & Food Celebration at Simpatico, St. Michaels. 12 p.m. 410-745-0345. Simpaticost-michaels.com (F)

Harvest Festival at Layton’s Chance Winery, Vienna. 12 p.m. 410-228-1205. Laytonchance.com (F)

Family Day @ CBMM at Chesapeake Bay Maritime Museum, Saint Michaels. 1 p.m. 410-745-4960. Cbmm.org (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Escape London Town:

Ferguson Tavern at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

Historic Ghost Walks at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcountyhistory.org (F)

Special Historic Hauntings at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

PERFORMING ARTS

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Broadway Center Stage: Footloose at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. & 8:30 p.m. 202-467-4600. Kennedy-center.org

Disney On Ice at Royal Farms Arena, Baltimore. 10:30 a.m., 3:30 p.m., and 6:30 p.m. 410-347-2020. Royalfarmarena.com

In the Blood at Fells Point Corner Theatre, Baltimore. (See 10/11).

Jitney at Arena Stage, D.C. (See 10/5).

Mariinsky Ballet: Paquita 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

Miss You Like Hell at Baltimore Center Stage, Baltimore. 2 p.m. & 8 p.m. 410-332-0033. Centerstage.org

Proxy at Theatre Project, Baltimore. (See 10/11).

Right to Be Forgotten at Arena Stage, D.C. (See 10/11).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/5).

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. (See 10/11).

The Met: Live in HD 2019-20 Season at Avalon Theatre, Easton. 1 p.m. 410-822-7299. Avalonfoundation.org

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. (See 10/10).

The Price Is Right Live - Stage Show at MGM National Harbor, Oxon Hill. 2 p.m. & 7 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

The Royale at Olney Theatre, Olney. (See 10/5).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/11).

MUSIC

Johnny A. & Kasim Sultan: Songs & Stories at Rams Head On Stage, Annapolis. 1 p.m. 410-268-4545. Rams-headonstage.com

Brantley Gilbert at Jiffy Lube Live, Bristow. 5 p.m. 703-754-6400. Bristowamphitheater.com

Lewis Capaldi at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

Pressing Strings LIVE @ Cult Classic at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097. Cultclassic.simplexix.com

The Black Keys at The Anthem, D.C. 7 p.m. 202-888-0020. Theanthemdc.com

Vince Gill at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

Mitchell Tenpenny at Rams Head Live!, Baltimore. 7:30 p.m. 410-244-1131. Ramshead-live.com

Jimmie Vaughan at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Post Malone - Runaway Tour at Capital One Arena, D.C. 8 p.m. 202-628-3200. Capitalonearena.com

Rich Brian at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilver-spring.com

The Nat King Cole Songbook at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

Mamie Minch Trio at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstayrock-hall.org

Tim Atkinson Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. Riverbayroadhouse.com

Mashrou’ Leila at 9:30 Club, D.C. 10 p.m. 202-265-0930. 930.com

National Symphony Orchestra: Janowski conducts Bruckner’s Seventh / Steinbacher plays Mozart at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

SPORTS

Johnstown Tomahawks @ Maryland Black Bears at Piney Orchard Ice Arena, Annapolis. 7:45 p.m. Piney-icerink.com

Sunday
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SPECIAL EVENTS

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

United States Sailboat Show at DOWNTOWN ANNAPOLIS, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

More Than Pink Walk at Columbia Gateway, Columbia. 7 a.m. Komenmd.org (C)

12th Annual Salisbury Kidney Walk at Winterplace Park, Salisbury. 9 a.m. Kidneywalk.org (C)

Friends of the Lighthouse Pumpkin Patch at St. Martin’s Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslshs.org (C)

2019 Academy Art Museum Craft Show at Academy Art Museum, Easton. 10 a.m. 410-822-2787. Academyart-museum.org

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Fall Fest 2019 at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

Hoopers Island Gun Bash at Governors Hall at Sailwinds Park, Cambridge. 11 a.m.

Harvest Hoedown at Pickering Creek Audubon Center, Easton. 11 a.m. 410-822-4903. Pickeringcreek.org (F)

Rock Hall Fall BikeFest at The Bulkhead, Rock Hall. 1 p.m. Rockhallmd.com (F)

Four Centuries Walking Tour at Market House Park, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

Exploring the Tree in the History of Art (Session 1: Renaissance) at Adkins Arboretum, Ridgely. 1:30 p.m. 410-634-2847. Adkinsarboretum.org

Alonso Berruguete: First Sculptor of Renaissance Spain at National Gallery of Art, D.C. 10 a.m.-5 p.m. (Mon-Sat.), 11 a.m.-6 p.m. (Sun.). Now through February 17th, 2020. Nga.gov

PERFORMING ARTS

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Broadway Center Stage: Footloose at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. & 7 p.m. 202-467-4600. Kennedy-center.org

Disney On Ice at Royal Farms Arena, Baltimore. 12 p.m. & 4 p.m. 410-347-2020. Royal-farmsarena.com

In the Blood at Fells Point Corner Theatre, Baltimore. 2 p.m. 410-276-7837. Fpct.org

Jitney at Arena Stage, D.C. 2 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org

Mariinsky Ballet: Paquita at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 p.m. 202-467-4600. Kennedy-center.org

Miss You Like Hell at Baltimore Center Stage, Baltimore. 2 p.m. 410-332-0033. Centerstage.org

Proxy at Theatre Project, Baltimore. 3 p.m. 410-752-8558. Theatreproject.org

Right to Be Forgotten at Arena Stage, D.C. 2 p.m. & 7:30 p.m. 202-554-9066. Arenastage.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. 5 p.m. & 8 p.m. 202-467-4600. Kennedy-center.org

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. 2 p.m. 301-805-0219. Bctheatre.com

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. 1 p.m. & 6:30 p.m. 410-837-7400. France-merickpac.com

The Price Is Right Live - Stage Show at MGM National Harbor, Oxon Hill. 2 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

The Royale at Olney Theatre, Olney. (See 10/2).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. 2 p.m. 410-332-0033. Centerstage.org

Dracula at Chesapeake Shakespeare Company, Baltimore. 2 p.m. 410-244-8570. Chesapeakeshakespeare.com

MUSIC

The Nat King Cole Songbook at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. 410-783-8000. Bsomusic.org

United States Naval Academy Band: Superintendent’s Combo at Maryland Hall for the Creative Arts, Annapolis. 4:30 p.m. 410-263-5544. Marylandhall.org

Amon Amarth with Arch Enemy, At the Gates, Grand Magus at Fillmore Silver Spring, Silver Spring. 7 p.m. 301-960-9999. Fillmoresilver-spring.com

Small Town Murder at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Tiffany at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Washington Performing Arts presents Pink Martini with special guest Meow Meow at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

SPORTS

Ravens vs Bengals at M & T Bank Stadium, Baltimore. 1 p.m. Baltimore Ravens.com

Monday

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SPECIAL EVENTS

B2C Mastermind at Anne Arundel Chamber of Commerce, Annapolis. 9 a.m. 703-439-7804. Annapolis-mcb2c.eventbrite.com

United States Sailboat Show at DOWNTOWN ANNAPOLIS, Annapolis. 10 a.m. 410-268-8828. Annapolisboatshows.com

Space Exploration Series at Cult Classic Brewing Company, Stevensville. 6 p.m. 410-725-6782. Whatsuptix.com (C) (TIX)

Plein Air Golf Tournament at River Marsh Golf Club, Cambridge. 11 a.m. Dorchesterarts.org (C)

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Estate Treasures Fashion Show at Prospect Bay Country Club, Grasonville. 10:30 a.m. 443-262-4106. Qac.org (C)

Friends of the Lighthouse Pumpkin Patch at St. Martin’s Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

PERFORMING ARTS

Proxy at Theatre Project, Baltimore. (See 10/11).

MUSIC

Natasha Bedingfield at Lincoln Theatre, D.C. 6:30 p.m. TheLincolnDC.com
IDLES at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com
Mainstay Monday featuring Joe Holt and guest Phillip Dutton at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

Steven Page Trio Formerly of Barenaked Ladies at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Rams-headonstage.com

Tuesday

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SPECIAL EVENTS

Mr. Paca's Backyard Preschool Program at William Paca House and Garden, Annapolis. 10 a.m. 410-267-7619. Annapolistouers.com (F)

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistouers.com (F)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

New Works at John A. Cade Center for Fine Arts Gallery, Arnold. 8 a.m. (Mon.-Sat.) Now through November 14th, 2019. 410-777-7105. Aacc.edu

PERFORMING ARTS

206 Tuesdays at Six at Queen Anne's County Centre for the Arts, Centreville. 6 p.m. 410-758-2520. Qac.org

David Sedaris at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

Everybody at Shakespeare Theatre Company, D.C. 7:30 p.m. 202-547-1122. Shakespearetheatre.org

Fortas Chamber Music Concerts: Takács Quartet I at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Jitney at Arena Stage, D.C. (See 10/8).

Radio Golf at Everyman Theatre, Baltimore. 7:30 p.m. 443-615-7055. Everymantheatre.org

Right to Be Forgotten at Arena Stage, D.C. 7:30 p.m. 202-554-9066. Arenastage.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. (See 10/9).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

MUSIC

The Band Perry at Lincoln Theatre, D.C. 6:30 p.m. TheLincolnDC.com

Twenty One Pilots at Royal Farms Arena, Baltimore. 7 p.m. 410-347-2020. Royal-farmsarena.com

The Chainsmokers 2019: World War Joy at Capital One Arena, D.C. 7 p.m. 202-628-3200. Capitalonearena.com

Bethel Music Victory Tour at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. 410-900-1150. Modell-lyric.com

Wilco at The Anthem, D.C. 7:30 p.m. 202-888-0020. Theanthemdc.com

JJ Grey: Front Porch Sessions Tour at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Wednesday

16

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistouers.com (F)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

Decorative Arts Tour at William Paca House and Garden, Annapolis. 1:30 p.m. 410-267-7619. Annapolis.org

Mezcal 101: Illegal Mezcal at Vida Taco, Severna Park. 7 p.m. 410-647-7363. whatsapp.com (TIX)

There's No Make-up in Kandahar: In Uniform and in Command in the U.S. Navy (Fall Speaker Series 2019) at Chesapeake Bay Maritime Museum, Saint Michaels. 2 p.m. 410-745-4960. Cbmm.org

Crofton Farmers' Market at Crofton Country Club, Crofton. 4 p.m. Croftonfarmersmarket.com

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

PERFORMING ARTS

Everybody at Shakespeare Theatre Company, D.C. (See 10/15).

Fortas Chamber Music Concerts: Takács Quartet II at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Jitney at Arena Stage, D.C. (See 10/8).

Radio Golf at Everyman Theatre, Baltimore. (See 10/15).

Right to Be Forgotten at Arena Stage, D.C. (See 10/15).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. (See 10/9).

The Royale at Olney Theatre, Olney. (See 10/3).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

MUSIC

The Black Keys at The Anthem, D.C. 7 p.m. 202-888-0020. Theanthemdc.com

Moonchild at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Ray LaMontagne - Just Passing Through at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. Modell-lyric.com

JJ Grey: Front Porch Sessions Tour at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Washington Performing Arts presents Melbourne Symphony at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

Thursday
17

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistouers.com (F)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

Schooner Cruise at Annapolis City Dock, Annapolis. 12 p.m. 410-268-7601. Cruisesonthebay.com

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org

Literary House Series: A Talk by Eric Thomas at Rose O'Neill Literary House, Chestertown. 4:30 p.m. 410-810-5768. Washcoll.edu

HA Happy Hour: Ghostly Garden Mystery at William Paca House and Garden, Annapolis. 5 p.m. 410-267-7619. Annapolis.org

Third Thursdays in Downtown Denton at Downtown Denton, Denton. 5 p.m.

Open Boatshop at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960. Cbmm.org

James Michener Book Discussion at Dorchester County Public Library, Cambridge. 6 p.m. 410-228-7331. Visitdorchester.org

PERFORMING ARTS

Everybody at Shakespeare Theatre Company, D.C. (See 10/15).

Jitney at Arena Stage, D.C. (See 10/3).

Proxy at Theatre Project, Baltimore. (See 10/11).

Radio Golf at Everyman Theatre, Baltimore. (See 10/15).

Right to Be Forgotten at Arena Stage, D.C. (See 10/11).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. (See 10/9).

The Royale at Olney Theatre, Olney. (See 10/3).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

MUSIC

Casting Crowns - Only Jesus Tour at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4900. Wicomicociviccenter.org

Yungblud at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

BON IVER at The Anthem, D.C. 7:30 p.m. 202-888-0020. Theanthemdc.com

Lee Ann Womack: Solitary Thinkin' Acoustic Tour at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Brahms Symphony No. 4 at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m. 410-783-8000. Bsomusic.org

NSO Pops: Nat King Cole at 100 at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. Kennedy-center.org

Friday

18

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistouers.com (F)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslhs.org (C)

Historic Candlelight Ghost Stories Tour @ the Rising Sun Inn at Historic Rising Sun Inn, Crownsville. 6 p.m. 410-365-4489. (F)

2019 Bountiful Harvest - A Masquerade For A Cause at Westin Annapolis Hotel, Annapolis. 6 p.m. 443-569-4209. Friendslhs.org (C)

Color Pencil at Adkins Arboretum, Ridgely. 10 a.m. 410-634-2847. Adkinsarboretum.org

Sins & Secrets at Historic London Town and Gardens, Edgewater. 6:30 p.m. Historiclondontown.org

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 6:30 p.m. 410-222-1919. Historiclondon-town.org

Special Historic Hauntings at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistouers.com

PERFORMING ARTS

The Snow Queen at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. 410-263-5544. Marylandhall.org

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/4).

A Tell-Tale Tale: The Stories and Poems of Edgar Allan Poe at Garfield Center for the Arts, Chestertown. 10 a.m. 410-810-2060. Garfieldcenter.org

Everybody at Shakespeare Theatre Company, D.C. 8 p.m. 202-547-1122. Shakespearetheatre.org

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. 7 p.m. 302-227-2270. Clearspacetheatre.org

In the Blood at Fells Point Corner Theatre, Baltimore. (See 10/11).

Jitney at Arena Stage, D.C. (See 10/3).

Mystery Science Theater 3000 at The National Theatre, D.C. 7 p.m. 202-628-6161. Thenationaldc.com

Proxy at Theatre Project, Baltimore. (See 10/11).

Right to Be Forgotten at Arena Stage, D.C. (See 10/11).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. (See 10/11).

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. (See 10/9).

The Royale at Olney Theatre, Olney. (See 10/3).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/11).

MUSIC

Bianca Del Rio at Lincoln Theatre, D.C. 6:30 p.m. TheLincolnDC.com

Eaglemania & Journeyman at Wicomico Youth & Civic Center, Salisbury. 7 p.m. 410-548-4900. Wicomicociviccenter.org

Brother's Keeper LIVE @ Cult Classic at Cult Classic Brewing Company, Stevensville. 7 p.m. 410-980-8097. Cultclassic.simplitetix.com

Exhibitions

Annapolis and West County

Artists' Favorites

What's Up? Media; Now through December 13th, 2019; Free admission; Whatsupmag.com; 410-266-6287 What's Up? Media, in partnership with the Arts Council of Anne Arundel County, presents its newest exhibition, *Artists' Favorites*. Artists are often asked to make work to fit a theme or to try to fit an existing piece into a themed show. This exhibition is about giving artists an opportunity to step outside the constraints of a theme, and to share their favorite pieces that might not have been a good fit with a previous show.

Doing the Work: Celebrating 50 Years of MCAAHC

Banneker-Douglass Museum; Now through December 29th, 2019; Free; Bdmuseum.maryland.gov; 410-216-6180 This exhibit showcases ephemera, photographs, and archival documents to detail the history and impact of Maryland Commission on African American History and Culture (MCAAHC). *Doing the Work* invites visitors to learn about the Commission's impact on their local communities and consider their personal role in preserving Maryland's African American heritage.

The Best of the Chesapeake

McBride Gallery; Now through October 20th, 2019; Free; McBridegallery.com; 410-267-7077 This annual exhibition features paintings and sculptures by noted marine and landscape artists focused on the Chesapeake Bay. From visiting historic square-riggers, pleasure boats, and workboats, the Bay has a lot to offer the artist. Life continues to thrive around this body of water, not just the human variety, but great blue herons, egrets, and osprey that live on and around the water. The small family farms and harbor towns add a quaintness and character along the many miles of sandy and marshy shorelines.



Bruce Handford, *Tilghman Island Houses*, watercolor

Four Artists: Moving through Abstraction, Annapolis 1950s to 1990s

Maryland Hall for the Creative Arts; Now through October 26th, 2019; Free; Marylandhall.org; 410-263-5544 *Four Artists: Moving Through Abstraction, Annapolis 1950-1990* showcases the avant-garde work of Michel Freinek, Esther Levy, Virginia Ochs, and Missy Weems, four women living and painting in Annapolis during the period 1950 to 1990. The exhibition will incorporate between four and eight oil paintings from each artist, resulting in an exhibition of approximately 25 to 30 works, large and small.

Creative Space: Work by Maryland Hall's Resident and In-House Artists

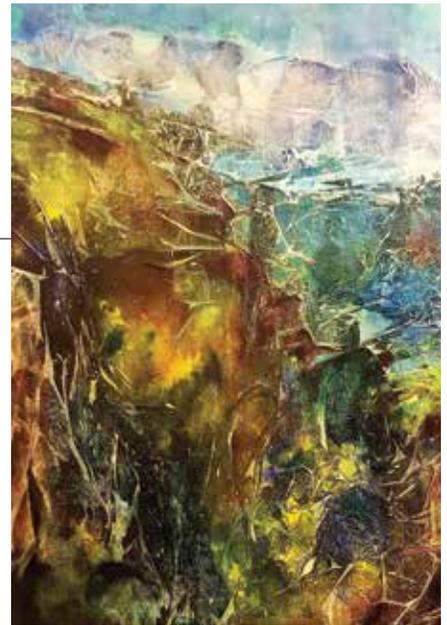
Maryland Hall for the Creative Arts; Now through October 26th, 2019; Free; Marylandhall.org; 410-263-5544 Maryland Hall celebrates the third-floor studio artists with this group exhibition of both Artists-in-Residence and In-House artists. Though the artists have their own individual studios and work in a wide-range of styles and mediums, this exhibition showcases Maryland Hall's diverse community of both professional and emerging artists.

The Sights and Sounds of Abstraction by Christine Zmuda

Maryland Hall for the Creative Arts; Now through November 16th, 2019; Free; Marylandhall.org; 410-263-5544 Driven by a soul deep connection to music, Abstract artist Christine Zmuda leverages sounds and music lyrics to produce a visual abstract language. Explore with your sight and sound how music has an impact on the artist's creativity process and resulting work. See how jazz, Motown, rock and indie music surface on the canvas.

Breaking the Barriers

The Galleries at Quiet Waters Park; Now through October 13th, 2019; \$6; Fqwp.org; 410-222-1777 *Breaking the Barriers* is an exhibit from the Open Eye Gallery at Arundel Lodge. The Gallery creates a safe, supportive environment for a community of artists to explore and develop their creative visions. Creating expressive works provides opportunities for growth, transformation, to help cope with trauma, and aids in overall recovery and wellness



Martha A. Walker, "Untold Vista," Mixed Media, *The Color of Light*, West River Artists, Quiet Waters Park

The Color of Light

The Galleries at Quiet Waters Park; Now through October 13th, 2019; \$6; Fqwp.org; 410-222-1777 *The Color of Light* will feature artwork the West River Artists. This group, founded in 1984, features about 20 artists from Annapolis/D.C. area who meet weekly in Galesville Community Center to paint and to critique.

American Impressionism: Treasures from the Daywood Collection

Mitchell Gallery, St. Johns Colleg; Now through October 27th, 2019; Free; Sjc.edu; 410-626-2556 American art changed significantly between the late 19th and early 20th centuries when artists moved from European-style landscapes and monumental portraits to intimate subjects of the American countryside and portraits of those around them. This exhibition of over 40 works highlights this shift through the visions of artists Arthur Bowen Davies, Henry Ward Ranger, George Inness, Ernest Lawson, Willard Metcalf, Edward Redfield, Charles Hawthorne, George Luks, and John Sloan.

New Works: A Showcase of AACC Visual Arts Faculty

Cade Gallery at Anne Arundel Community College; October 15th through November 14th, 2019; Opening reception: October 23rd, 5-7 p.m.; Free; Aacc.edu; 410-777-7105 The annual Anne Arundel Community College visual arts faculty exhibit will explore a wealth of new work created by AACC's faculty members. This fall's exhibit, *New Works*, includes works created in the last two years by the vibrant artists teaching in the college's Visual Arts department. Works will include photography, drawing, sculpture, painting, ceramics, and video.

Baltimore

The Secret Life of Earth: Alive! Awake! (and possibly really Angry!)

American Visionary Art Museum; October 5th, 2019 through September 5th, 2020; Opening reception: October 4th, 7-10 p.m.; Prices vary; Avam.org; 410-244-1900 It is very hard to value, let alone cherish, anything without first really understanding and respecting its preciousness. *The Secret Life of Earth: Alive! Awake! (and possibly really Angry!)* aims to inspire a deeper love and protectiveness of our planet through carving a personal path of amazement and appreciation for our visitors—nourishment that they can take with them for the rest of their lives. The exhibition is peppered with fascinating, little-known nature facts, humor, and findings that help illustrate an invisible, interdependent harmony for which we are wholly dependent.

Designing the New: Charles Rennie Mackintosh and the Glasgow Style

The Walters Art Museum; Opens October 6th, 2019; Free; Thewalters.org; 410-547-9000 *Designing the New: Charles Rennie Mackintosh and the Glasgow Style* will be the first U.S. exhibition in a generation to highlight the architect and designer's innovative work, and explore the larger circle of artists and craftspeople with whom he collaborated. The exhibition will highlight the process of making, the international influences and impact of the Glasgow Style, and the Glasgow School of Art's support and encouragement of women artists.

D.C.

Elephants and Us: Considering Extinction

National Museum of American History; Opens October 4th, 2019; Free; Americanhistory.si.edu; 202-633-1000 Marking the 30th anniversary of the historic African Elephant Conservation Act, *Elephants and Us* will explore Americans' relationship with elephants as it has evolved over centuries from one of exploitation to stewardship, and the leadership role the United States has taken in wildlife protection. The African elephant is the largest land animal in the world and is now subject to unsustainable levels of illegal killing and trade practices. This exhibit will feature the opening and signature pages from the 1988 African Elephant Conservation Act, on loan from the National Archives and Records Administration.

Women Artists of the Dutch Golden Age

National Museum of Women in the Arts; October 11 through January 5th, 2020; \$10 for adults, \$8 for seniors and students, free for youth under 18; Nmwa.org; 202-783-5000 This focus exhibition examines the lives and works of several highly successful artists in the Netherlands during the 17th and early 18th centuries, including Judith Leyster, Maria Sibylla Merian, Maria Moninckx, Magdalena van de Passe, Clara Peeters, Rachel Ruysch, Maria Schalcken, Anna Maria van Schurman, and Alida Withoos.

**The Outwin 2019:
American Portraiture Today**
National Portrait Gallery; October 26th through August 30th, 2020; Free; Npg.si.edu; 202-633-8300 Every three years, artists living and working in the United States are invited to submit one of their recent portraits to a panel of experts chosen by the museum. The finalists' work will be presented in *The Outwin 2019: American Portraiture Today*, a major exhibition premiering at the National Portrait Gallery. This year's competition received entries in a variety of media, and the winning artworks reflect the very compelling and diverse approaches that today's artists are using to tell the American story through portraiture.

Pat Steir

Hirshhorn Museum and Sculpture Garden; October 24th through September 7th, 2020; Free; Hirshhorn.si.edu; 202-633-1000 The Hirshhorn will host the largest site-specific exhibition to date by the acclaimed abstract painter Pat Steir. The exhibition is an expansive new suite of paintings by the artist, spanning the entire perimeter of the museum's second-floor inner-circle galleries, extending nearly four hundred linear feet.

BON IVER at The Anthem, D.C. 7:30 p.m. 202-888-0020. Theanthemdc.com

Charli XCX at 9:30 Club, D.C. 8 p.m. 202-265-0930. 930.com

Hiroshima at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Tank and The Bangas at Rams Head Live!, Baltimore. 8 p.m. 410-244-1131. Ramsheadlive.com

Off The Cuff: Brahms Symphony No. 4 at Strathmore, North Bethesda. 8:15 p.m. 301-581-5100. Bsomusic.org

Steel Panther at Fillmore Silver Spring, Silver Spring. 8:30 p.m. 301-960-9999. Fillmoresilverpring.com

Troll Tribe Duo at Riverbay Roadhouse, Annapolis. 9 p.m. 410-757-2919. Riverbayroadhouse.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. Hideawayodenton.com

NSO Pops: Nat King Cole at 100 at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

Vocal Arts DC presents Christian Gerhaer, baritone, and Gerald Huber, piano, in Recital at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Chesapeake Bay Crossing Study Open Houses

As part of the Chesapeake Bay Crossing Study: Tier 1 NEPA (Bay Crossing Study), the Maryland Transportation Authority (MDTA) invites all interested parties to learn more about the project at upcoming 2019 Bay Crossing Study Open Houses. Open House attendees will learn about:

- the environmental review process for the Bay Crossing Study
- the overall study schedule
- public comments received to date
- the alternatives development, screening process and results.

Open Houses scheduled this month, include:

10/1 at Middle River Middle School, 6-8 p.m.
10/2 at Anne Arundel Community College, 6-8 p.m.
10/3 at Talbot County Community Center, 6-8 p.m.
10/9 at Kent Island High School, 6-8 p.m.

There will not be a formal presentation. Staff will be available to answer questions. The same information will be provided at each Open House. All meeting materials also are available at baycrossingstudy.com.

Saturday

19

SPECIAL EVENTS

Hope Re-Imagined at Crowne Plaza Annapolis Hotel, Annapolis. 6:30 p.m. 443-443-5900. Whatsuptix.com (C) (TIX)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslshs.org (C)

Art @ the Park at Quiet Waters Park, Annapolis. 10 a.m. Fqwp.org (C) (F)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

Hearth Cooking Workshop with Rebecca Suerdieck at Historic London Town and Gardens, Edgewater. 9:45 a.m. 410-222-1919. Historiclondontown.org (F)

Rev. Callie Scholarship Walk at Susan Campbell Park, Annapolis. 9 a.m. Annapolis.gov (C)

Water/Ways at Dorchester Center for the Arts, Cambridge. 12-4 p.m. (Sun.), 12-6 p.m. (Tues.-Thurs.), 10 a.m.-6 p.m. (Fri.-Sat.). Now through November 30th, 2019. 410-228-3575. Visitdorchester.org

Dank Day Beer Festival at Governors Hall at Sailwinds Park, Cambridge. Rarbrewing.com

Conquest Preserve 5k Trail Run & 1 Mile Fun Run/Walk at Conquest, Centerville. 8 a.m. 410-758-0835. Qac.org (C)

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. Avalonfoundation.org

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. Townofchestertown.com



Art @ the Park
2019

Quiet Waters Park
29th Annual Art & Music Festival

Saturday & Sunday
October 19th & 20th
10:00am til 5:00pm

Featuring original artwork from 60+ unique artists, live music, specialty local food trucks, art demonstrations, wine, & beer!

600 Quiet Waters Park Rd
Annapolis, MD 21403
410.222.1777 / fqwp.org

\$6 entry fee per vehicle

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OPEN HOUSES:
November 16, 2019
February 22, 2020 • April 25, 2020

Guided Kayak on Little Blackwater River at Blackwater Adventures, Cambridge. 9 a.m. 410-901-9255. Blackwateradventuresmd.com

Delmarva Genealogy & Heritage Conference at Wicomico Youth & Civic Center, Salisbury. 9 a.m. 410-548-4900. Wicomocovicenter.org

Frederick Douglass Walking Tour at Dorchester County Historical Society, Cambridge. 9 a.m.

Tilghman Island Day at Tilghman Island, Tilghman Island. 10 a.m. Tilghmanmd.com (F)

Old Wye Mill Grinding Days at Wye Grist Mill, Wye Mills. 10 a.m. 410-827-3850. Oldwye-mill.org (F)

Pull and Haul at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. Cbmm.org

Fall into St. Michaels at Town of St. Michaels. 10 a.m. 410-745-0411. Stmichaelsmd.org (F)

James Brice Hard Hat Tour at William Paca House and Garden, Annapolis. 10:30 a.m. 410-267-7619. Annapolis.org

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Fall Fest 2019 at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

Rock Hall Kite Extravaganza at The Bulkhead, Rock Hall. 11 a.m. Rockhallmd.com (F)

Regency Park Health & Family Fun Day at Regency Park Senior Living Community, Gambrills. 11 a.m. 410-923-1200. Regencyparkassist-edliving.com (F)

Dazzling Fall Color Soup 'n Walk at Adkins Arboretum, Ridgely. 11 a.m. 410-634-2847. Adkinsarboretum.org

Fall Foliage Bay Lighthouse Cruise at Annapolis City Dock, Annapolis. 11:15 a.m. 410-268-7601. Cruisesonthebay.com

Special Tour: Disease, Death, and Mourning in Early America at William Paca House and Garden, Annapolis. 12 p.m. 410-267-7619. Annapolis.org

Wine on the Water at Kurtz's Beach, Pasadena. 12 p.m. Wineonthewaterfest.com (C)

Mactoberfest at Caroline County 4-H Park, Denton. 12 p.m. Carolinechamber.org

Four Centuries Walking Tour at Information Booth, Annapolis. 1:30 p.m. 410-268-7601. Annapolistours.com (F)

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

Oktoberfest Dinner at Immanuel United Church of Christ, Cambridge. 4:30 p.m. 410-228-4640. Immanuelucc.com

Annual Bash to support the Eastern Shore Community Rowers at Hager House, Easton. 5 p.m. 410 924-6621. Escrowers.org (C)

Historic Ghost Walks at Bardley History Center, Chestertown. 6:30 p.m. 410-778-3499. Kentcounty-history.org (F)

Contra Dancing at Annapolis Friends Meeting Hall, Annapolis. 6:30 p.m. 443-540-0867. Contradancers.com/atds

St. Michaels Ghost Walk at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. Chesapeakeghostwalks.com

Special Historic Hauntings at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. Annapolistours.com

PERFORMING ARTS

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

The Snow Queen at Maryland Hall for the Creative Arts, Annapolis. 7 p.m. 410-263-5544. Marylandhall.org

Everybody at Shakespeare Theatre Company, D.C. 2 p.m. & 8 p.m. 202-547-1122. Shakespearetheatre.org

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. (See 10/18).

In the Blood at Fells Point Corner Theatre, Baltimore. (See 10/11).

Jitney at Arena Stage, D.C. (See 10/5).

Kid Prince and Pablo at The John F. Kennedy Center for the Performing Arts, D.C. 2:30 p.m. & 4 p.m. 202-467-4600. Kennedy-center.org

Mystery Science Theater 3000 at The National Theatre, D.C. 3 p.m. & 8 p.m. 202-628-6161. Thenationaldc.com

Proxy at Theatre Project, Baltimore. (See 10/11).

Radio Golf at Everyman Theatre, Baltimore. 2 p.m. & 8 p.m. 443-615-7055. Everymantheatre.org

Right to Be Forgotten at Arena Stage, D.C. 2 p.m. & 8 p.m. 202-554-9066. Arenastage.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/5).

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. 2 p.m. & 8 p.m. 301-805-0219. Bottheatre.com

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. (See 10/10).

The Royale at Olney Theatre, Olney. (See 10/5).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. 2 p.m. & 8 p.m. 410-332-0033. Centerstage.org

MUSIC

Leonid & Friends Performing The Music of Chicago, Earth, Wind & Fire and Blood, Sweat & Tears Show Added! at Rams Head On Stage, Annapolis. 3 p.m. 410-268-4545. Ramsheadonstage.com

All That Remains and Lacuna Coil at Rams Head Live!, Baltimore. 6:30 p.m. 410-244-1131. Ramsheadlive.com

Off The Cuff: Brahms Symphony No. 4 at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m. 410-783-8000. Bsomusic.org

Leonid & Friends Performing The Music of Chicago, Earth, Wind & Fire and Blood, Sweat & Tears Show Added! at Rams Head On Stage, Annapolis. 7 p.m. 410-268-4545. Ramsheadonstage.com

Bishop Briggs at 930 Club, D.C. 8 p.m. 202-265-0930. 930.com

Ledisi: Nina & Me at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. 410-900-1150. Modell-lyric.com

Isley Brothers and WAR at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. Mgmnationalharbor.mgmresorts.com

Hendrik Meurkens Quartet at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. Mainstay-rockhall.org

Candlebox at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmoresilver-spring.com

NSO Pops: Nat King Cole at 100 at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. 202-467-4600. Kennedy-center.org

SPORTS

Navy vs. University of South Florida at Navy-Marine Corps Memorial Stadium, Annapolis. 3:30 p.m. 1-800-874-6289. Navysports.com

Sunday 20

SPECIAL EVENTS

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. Friendslshs.org (C)

Art @ the Park at Quiet Waters Park, Annapolis. 10 a.m. Fqwp.org (C) (F)

DOGTOBERFEST Homebrew Fall Festival at Annapolis Maritime Museum, Annapolis. 2 p.m. 410-798-4776. Whatsuptix.com (TIX) (C)

Delmarva Genealogy & Heritage Conference at Wicomico Youth & Civic Center, Salisbury. 9 a.m. 410-548-4900. Wicomicociviccenter.org

Hearth Cooking Workshop with Rebecca Suerdieck at Historic London Town and Gardens, Edgewater. 9:45 a.m. 410-222-1919. Historiclondontown.org (F)

Maryland Renaissance Festival at Renaissance Festival, Annapolis. 10 a.m. 410-266-7304. Marylandrenaissancefestival.com (F)

Fall into St. Michaels at Town of St. Michaels. 10 a.m. 410-745-0411. Stmichaelsmd.org (F)

Boys' Latin Open House at Boys' Latin School of Maryland, Baltimore. 10 a.m. 410-377-5192. Boyslatinmd.com

Maryland Avenue Fall Festival at Maryland Avenue, Annapolis. 10 a.m. (F)

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Fall Fest 2019 at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. Homesteadgardens.com (F)

Hogshead Living History: Coffee Talk with Mary Howard at Hogshead, Annapolis. 12 p.m. 410-267-7619. Annapolis.org (F)

Wine on the Water at Kurtz's Beach, Pasadena. 12 p.m. Wineonthewaterfest.com (C)

Exploring the Tree in the History of Art (Session 2: Romantic era) at Adkins Arboretum, Ridgely. 1:30 p.m. 410-634-2847. Adkinsarboretum.org

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 1:30 p.m. 410-222-1919. Historiclondontown.org

Lost History: Frederick Douglass in Queen Anne's County at Queen Anne's County Free Library - Centreville Branch, Centreville. 1:30 p.m. 410-643-8161. Qac.org (F)

PERFORMING ARTS

All That Jazz at Annapolis Shakespeare Company, Annapolis. (See 10/5).

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

The Snow Queen at Maryland Hall for the Creative Arts, Annapolis. 2 p.m. 410-263-5544. Marylandhall.org

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. 3 p.m. 302-227-2270. Clearspace theatre.org

In the Blood at Fells Point Corner Theatre, Baltimore. 2 p.m. 410-276-7837. Fpct.org

Jitney at Arena Stage, D.C. (See 10/13).

Kid Prince and Pablo at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/19).

Proxy at Theatre Project, Baltimore. (See 10/13).

Radio Golf at Everyman Theatre, Baltimore. 2 p.m. & 7 p.m. 443-615-7055. Everymantheatre.org

Right to Be Forgotten at Arena Stage, D.C. (See 10/13).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/6).

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. (See 10/13).

The Phantom of the Opera at The Hippodrome Theatre, Baltimore. 1 p.m. 410-837-7400. France-merrickpac.com

The Royale at Olney Theatre, Olney. (See 10/2).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/13).

Dracula at Chesapeake Shakespeare Company, Baltimore. (See 10/13).

MUSIC
Brahms Symphony No. 4 at Strathmore, North Bethesda. 3 p.m. 301-581-5100. Bso-music.org

THE ORCHESTRA Starring Former Members of Electric Light Orchestra at Rams Head On Stage, Annapolis. 4:30 p.m. & 7:30 p.m. 410-268-4545. Ramsheadonstage.com

"Democrats Singles Get2gether for all 30s and over": Meet that special some... at Washington D.C., Washington, D.C. 6:30 p.m.

In This Moment at Rams Head Live!, Baltimore. 7:30 p.m. 410-244-1131. Ramsheadlive.com

Peter Bence at Lisner Auditorium at Rams Head Live!, Baltimore. 8 p.m. 410-244-1131. Ramsheadlive.com

Pan American Symphony Orchestra presents Forever Piazzolla at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

SPORTS

Redskins vs 49ers at FedExField, Landover. 1 p.m. 301-276-6800. Redskins.com Sports & Recreation

Monday 21

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C) =

Open Portrait Studio at Academy Arts Museum Of Easton, Easton. 1 p.m. 410-822-2787. Academyartmuseum.org

MUSIC

Mainstay Monday featuring Joe Holt with guest Zach Lambert at The Mainstay, Rock Hall. 7 p.m. 410-639-9133. Mainstayrockhall.org

Anthony Brown & Group Therapy at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Sabrina Claudio at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

Crime of Thrones: We Kill. You Laugh. at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Tuesday 22

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

Chesterton Academy of Annapolis Open House at Chesterton Academy of Annapolis, Annapolis. 6:30 p.m. 240-508-9866. Chestertonacademyofannapolis.org

PERFORMING ARTS

Radio Golf at Everyman Theatre, Baltimore. (See 10/15).

Right to Be Forgotten at Arena Stage, D.C. (See 10/15).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

MUSIC

Oliver Tree at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

The Bros. Landreth at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Young Thug, Machine Gun Kelly at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Wednesday 23

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Fall Foliage Bay Lighthouse Cruise at Annapolis City Dock, Annapolis. 11:15 a.m. 410-268-7601. Cruisesonthebay.com

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

Life Line Screening Health Screenings at Wicomico Youth & Civic Center, Salisbury. 11 a.m. 410-548-4900. Wicomicoivcivcenter.org

Crofton Farmers' Market at Crofton Country Club, Crofton. 4 p.m. Croftonfarmersmarket.com

FARMERS MARKETS

Reconsidering the Roles of Women on the Chesapeake (Fall Speaker Series 2019) at Chesapeake Bay Maritime Museum, Saint Michaels. 5:30 p.m. 410-745-4960. Cbmm.org

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandlivecasino.com

PERFORMING ARTS

Everybody at Shakespeare Theatre Company, D.C. (See 10/15).

Radio Golf at Everyman Theatre, Baltimore. (See 10/15).

Right to Be Forgotten at Arena Stage, D.C. (See 10/15).

So You Think You Can Dance Live! 2019 at MGM National Harbor, Oxon Hill. 7:30 p.m. 844-346-4664. Mgmnationalharbormgmresorts.com

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Royale at Olney Theatre, Olney. 10:15 a.m. & 7:45 p.m. 301-924-3400. Olneytheatre.org

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

MUSIC
SOFI TUKKER at 9:30 Club, D.C. 6 p.m. 202-265-0930. 930.com

Jesse Cook at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Dermot Kennedy at Fillmore Silver Spring, Silver Spring. 8 p.m. 301-960-9999. Fillmore-silverspring.com

Thursday 24

SPECIAL EVENTS

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. Annapolistours.com (F)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Annapolis Harbor & USNA Cruise at Annapolis City Dock, Annapolis. 2 p.m. 410-268-7601. Cruisesonthebay.com

Cambridge Farmers Market at Long Wharf Park, Cambridge. 3 p.m. Visitdorchester.org Farmers Markets

BOONanza at Talbot County Community Center, Easton. 6 p.m. 410-770-8050. Talbot-countymd.gov (F)

Pat Steir at Hirshhorn Museum, D.C. 10 a.m.-5:30 p.m. daily. Now through September 7th, 2020. 202-633-1000. Hirshhorn.si.edu

PERFORMING ARTS

Everybody at Shakespeare Theatre Company, D.C. (See 10/15).

Radio Golf at Everyman Theatre, Baltimore. (See 10/15).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Prisoner of Second Avenue at Tred Avon Players, Oxford. 7:30 p.m. 410-226-0061. Tredavonplayers.org

The Royale at Olney Theatre, Olney. (See 10/3).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

Dracula at Chesapeake Shakespeare Company, Baltimore. 7:30 p.m. 410-244-8570. Chesapeake-shakespeare.com

MUSIC
Against Me! at Rams Head Live!, Baltimore. 7 p.m. 410-244-1131. Ramsheadlive.com

Josh Abbott Band at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

The Doo Wop Project at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Friday 25

SPECIAL EVENTS

Pumpkin Walk at Hammond-Harwood House Museum, Annapolis. 4 p.m. 410-263-4683. Hammond-harwoodhouse.org (F)



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Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. [Annapolistours.com](#) (F)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. [Friendslhs.org](#) (C)

Fall Respite for Adults with Disabilities at Camp Pecometh, Centerville. 410-556-6900. [Pecometh.org](#)

Lie-Nielsen Hand Tool Event at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. [Cbmm.org](#)

Color Pencil at Adkins Arboretum, Ridgely. 10 a.m. 410-634-2847. [Adkinsarboretum.org](#)

Quota Club Christmas Gift and Craft Show at Wicomico Youth & Civic Center, Salisbury. 4 p.m. 410-548-4900. [Wicomicoiviccenter.org](#) (F) (C)

Sins & Secrets at Historic London Town and Gardens, Edgewater. 6:30 p.m. [Historiclondontown.org](#)

Escape London Town: Ferguson Tavern at Historic London Town and Gardens, Edgewater. 6:30 p.m. 410-222-1919. [Historiclondon-town.org](#)

SPCC Spooky Splash at Severna Park Community Center, Annapolis. 7 p.m. 4106475843. [Spcccommunity-center.org](#) (F)

Special Historic Hauntings at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. [Annapolistours.com](#)

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. [Hideaway-odenton.com](#)

PERFORMING ARTS

The White Rose at The Colonial Players, Annapolis. 8 p.m. 410-224-2065. [Thecolonialplayers.org](#)

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/4).

Carrie - The Musical at Chesapeake Arts Center, Brooklyn Park. 7 p.m. 410-636-6597. [Chesapeakearts.showare.com](#)

DEMO by Damian Woetzel: BalletX at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. [Kennedy-center.org](#)

Everybody at Shakespeare Theatre Company, D.C. (See 10/18).

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. (See 10/18).

In the Blood at Fells Point Corner Theatre, Baltimore. (See 10/11).

Kid Prince and Pablo at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. [Kennedy-center.org](#)

Night Of The Living Dead - film at Garfield Center for the Arts, Chestertown. 7 p.m. 410-810-2060. [Garfieldcenter.org](#)

Radio Golf at Everyman Theatre, Baltimore. 8 p.m. 443-615-7055. [Everymantheatre.org](#)

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/11).

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. (See 10/11).

The Prisoner of Second Avenue at Tred Avon Players, Oxford. (See 10/24).

The Royale at Olney Theatre, Olney. (See 10/3).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/11).

Walk two Moons at Baltimore Center Stage, Baltimore. 10:30 a.m. 410-332-0033. [Centerstage.org](#)

Bert Kreischer - Body Shots World Tour at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. 410-900-1150. [Modell-lyric.com](#)

MUSIC

Cigarettes After Sex at 9:30 Club, D.C. 6 p.m. 202-265-0930. [930.com](#)

USNA Halloween Concert at U.S. Naval Academy Chapel, Annapolis. 7 p.m. & 9 p.m. 410-293-8497. [Usna.edu](#)

Against Me! at Rams Head Live!, Baltimore. 7 p.m. 410-244-1131. [Ramsheadlive.com](#)

Sleater-Kinney at The Anthem, D.C. 8 p.m. 202-888-0020. [Theanthemdc.com](#)

ZZ Top at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. [Mgmnationalharbor.mgmresorts.com](#)

Last Frequencies (Live) at 9:30 Club, D.C. 10:30 p.m. 202-265-0930. [930.com](#)

SPORTS

Wilkes-Barre/Scranton Knights @ Maryland Black Bears at Piney Orchard Ice Arena, Annapolis. 7:45 p.m. [Pineycerink.com](#)

Saturday
26

SPECIAL EVENTS

Ride For a Cause at Rommel Harley-Davidson of Annapolis, Annapolis. 8 a.m. 443-837-1531. [Hospicechesapeake.org](#) (C)

Oysterfest Cruise at Annapolis City Dock, Annapolis. 9:30 a.m. 410-268-7601. [Cruisesonthebay.com](#)

Rock the Choptank Fishing Tourney at Long Wharf Park, Cambridge. 6 a.m. [Visitdorchester.org](#)

Howl-O-Ween 5K Run-Walk at Martin Sutton Park, Ridgely. 8 a.m. [Carolinehumane.org](#) (C)

Easton Farmers Market at Easton Farmers' Market, Easton. 8 a.m. 410-822-7299. [Avalonfoundation.org](#)

Chestertown Farmers Market at Fountain Park, Chestertown. 8 a.m. [Townofchestertown.com](#)

FARMERS MARKETS

Howl-O-Ween Paw-ty at Animal Care & Control, Millersville. 10 a.m. [Acounty.org](#) (F) (C)

OysterFest at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4960. [Cbmm.org](#) (C)

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. [Friendslhs.org](#) (C)

Quota Club Christmas Gift and Craft Show at Wicomico Youth & Civic Center, Salisbury. 10 a.m. 410-548-4900. [Wicomicoiviccenter.org](#) (F) (C)

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. [Annapolistours.com](#) (F)

Fall Fest 2019 at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. [Homesteadgardens.com](#) (F)

SCC 2019 Family Fall Festival at Severn Christian Church, Severn. 11 a.m. 410-969-0384. [Severnchristian.org](#) (F)

Special Tour: Disease, Death, and Mourning in Early America at William Paca House and Garden, Annapolis. 12 p.m. 410-267-7619. [Annapolis.org](#)

Soup & Sip! Crab Soup Competition & Wine Tasting at The Kitchen at the Imperial, Chestertown. 12 p.m. 410-798-5000. [Imperialchestertown.com](#) (C)

Four Centuries Walking Tour at Information Booth, Annapolis. 1:30 p.m. 410-268-7601. [Annapolistours.com](#) (F)

Scarecrow Wizardry at Martinik State Park, Denton. 5 p.m. 410-479-8120. (F)

Historic Ghost Walks at Bordley History Center, Chestertown. 6:30 p.m. 410-778-3499. [Kentcountymuseum.org](#) (F)

St. Michaels Ghost Walk at Chesapeake Bay Maritime Museum, Saint Michaels. 7 p.m. 443-735-0771. [Chesapeakeghostwalks.com](#)

Special Historic Hauntings at Historic Annapolis Museum and Store, Annapolis. 7:30 p.m. 410-268-7601. [Annapolistours.com](#)

The Outwin 2019: American Portraiture Today at Smithsonian National Portrait Gallery, D.C. 11:30 a.m.-7 p.m. daily. Now through August 30th, 2020. 202-633-8300. [Npg.si.edu](#)

PERFORMING ARTS

Hamlet at Annapolis Shakespeare Company, Annapolis. 2 p.m. & 8 p.m. 410-415-3513. [Annapolisshakespeare.org](#)

The White Rose at The Colonial Players, Annapolis. (See 10/25).

Carrie - The Musical at Chesapeake Arts Center, Brooklyn Park. (See 10/25).

DEMO by Damian Woetzel: BalletX at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/25).

Dragons Loves Tacos at Olney Theatre, Olney. 10 a.m., 12 p.m., and 3 p.m. 301-924-3400. [Olneytheatre.org](#)

Everybody at Shakespeare Theatre Company, D.C. (See 10/19).

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. (See 10/18).

In the Blood at Fells Point Corner Theatre, Baltimore. (See 10/11).

Kid Prince and Pablo at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/19).

PAW Patrol Live! "Race to the Rescue" at The Hippodrome Theatre, Baltimore. 10 a.m., 2 p.m., & 6 p.m. 410-837-7400. [France-merrickpac.com](#)

Radio Golf at Everyman Theatre, Baltimore. (See 10/19).

Right to Be Forgotten at Arena Stage, D.C. (See 10/19).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/5).

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. (See 10/11).

The Met: Live in HD 2019-20 Season at Avalon Theatre, Easton. 1 p.m. 410-822-7299. [Avalonfoundation.org](#)

The Prisoner of Second Avenue at Tred Avon Players, Oxford. (See 10/24).

The Royale at Olney Theatre, Olney. (See 10/5).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/19).

Walk two Moons at Baltimore Center Stage, Baltimore. 1 p.m. 410-332-0033. [Centerstage.org](#)

MUSIC

Corey Jenkins Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. [Riverbayroadhouse.com](#)

Jay And The Americans at Rams Head On Stage, Annapolis. 4 p.m. & 8 p.m. 410-268-4545. [Rams-headonstage.com](#)

Lemony Snicket's The Composer Is Dead at Joseph Meyerhoff Symphony Hall, Baltimore. 11 a.m. 410-783-8000. [Bsomusic.org](#)

USNA Halloween Concert at U.S. Naval Academy Chapel, Annapolis. 7 p.m. 410-293-8497. [Usna.edu](#)

The Temptations and The Four Tops at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. 410-900-1150. [Modell-lyric.com](#)

Alessia Cara at The Anthem, D.C. 7:30 p.m. 202-888-0020. [Theanthemdc.com](#)

Mozart Violin Concerto at Strathmore, North Bethesda. 8 p.m. 301-581-5100. [Bso-music.org](#)

Sue Matthews at The Mainstay, Rock Hall. 8 p.m. 410-639-9133. [Mainstayrock-hall.org](#)

Washington National Opera: Otello at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. 202-467-4600. [Kennedy-center.org](#)

SPORTS

Navy vs. Tulane University at Navy-Marine Corps Memorial Stadium, Annapolis. 3:30 p.m. 1-800-874-6289. [Navysports.com](#) (F)

Wilkes-Barre/Scranton Knights @ Maryland Black Bears at Piney Orchard Ice Arena, Annapolis. 7:45 p.m. [Pineycerink.com](#)

Sunday
27

SPECIAL EVENTS

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 10 a.m. 443-569-4209. [Friendslhs.org](#) (C)

Colonial Stroll at Annapolis Visitors Center, Annapolis. 10:30 a.m. 410-268-7601. [Annapolistours.com](#) (F)

Fall Fest 2019 at Homestead Gardens, Davidsonville. 11 a.m. 410-384-7966. [Homesteadgardens.com](#) (F)

Quota Club Christmas Gift and Craft Show at Wicomico Youth & Civic Center, Salisbury. 10 a.m. 410-548-4900. [Wicomicoiviccenter.org](#) (F) (C)

Kite Festival at Sailwinds Park at Dorchester County Visitor Center, Cambridge. 12 p.m. (F)

Exploring the Tree in the History of Art (Session 3: Contemporary era) at Adkins Arboretum, Ridgely. 1:30 p.m. 410-634-2847. [Adkinsarboretum.org](#)

PERFORMING ARTS

Hamlet at Annapolis Shakespeare Company, Annapolis. (See 10/5).

The White Rose at The Colonial Players, Annapolis. 3 p.m. 410-224-2065. [Thecolonialplayers.org](#)

22nd Annual Mark Twain Prize for American Humor at The John F. Kennedy Center for the Performing Arts, D.C. 5 p.m. 202-467-4600. [Kennedy-center.org](#)

Carrie - The Musical at Chesapeake Arts Center, Brooklyn Park. 2 p.m. 410-636-6597. [Chesapeakearts.showare.com](#)

Dragons Loves Tacos at Olney Theatre, Olney. 12 p.m. & 3 p.m. 301-924-3400. [Olneytheatre.org](#)

Everybody at Shakespeare Theatre Company, D.C. 2 p.m. & 7 p.m. 202-547-1122. [Shakespearetheatre.org](#)

Ghost the Musical at Clear Space Theatre, Rehoboth Beach. (See 10/20).

In the Blood at Fells Point Corner Theatre, Baltimore. (See 10/13).

Kid Prince and Pablo at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/19).

PAW Patrol Live! "Race to the Rescue" at The Hippodrome Theatre, Baltimore. 11 a.m. & 3 p.m. 410-837-7400. [France-merrickpac.com](#)

Radio Golf at Everyman Theatre, Baltimore. (See 10/20).

Right to Be Forgotten at Arena Stage, D.C. (See 10/13).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/6).

The Last Night of Ballyhoo at Bowie Playhouse, Bowie. (See 10/13).

The Prisoner of Second Avenue at Tred Avon Players, Oxford. 2 p.m. 410-226-0061. Tredavonplayers.org

The Royale at Olney Theatre, Olney. (See 10/2).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/13).

Dracula at Chesapeake Shakespeare Company, Baltimore. (See 10/13).

MUSIC

Mozart Violin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m. 410-783-8000. Bsomusic.org

Tegan and Sara at Lincoln Theatre, D.C. 7 p.m. TheLincolndc.com

Julia Michaels at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

RuPaul's Drag Race: Werq the World Tour 2019 at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Splash'N Boots Kids Concert! at Rams Head On Stage, Annapolis. 11 a.m. 410-268-4545. Ramsheadonstage.com (F)

National Symphony Orchestra - An American in Paris at The Anthem, D.C. 8 p.m. 202-888-0020. Theanthemdc.com

Young Concert Artists presents Maxim Lando, piano at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Tuesday
29

SPECIAL EVENTS

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

Mr. Paca's Backyard Preschool Program at William Paca House and Garden, Annapolis. 10 a.m. 410-267-7619. Annapolis.org/media/48-570-mr-pacas-backyard-preschool-program (F)

PERFORMING ARTS

Everybody at Shakespeare Theatre Company, D.C. (See 10/15).

Right to Be Forgotten at Arena Stage, D.C. (See 10/15).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

MUSIC

Midweek Concert: Lemony Snicket's The Composer Is Dead at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. 410-783-8000. Bsomusic.org

X Ambassadors at Lincoln Theatre, D.C. 6 p.m. TheLincolndc.com

Big Freedia at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

Washington Performing Arts presents Spektral Quartet: Looking Skyward at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Wednesday
30

SPECIAL EVENTS

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

Karaoke Live! at Rams Head Center Stage, Hanover. 8 p.m. 443-842-7000. Marylandivecasino.com

Midweek Concert: Lemony Snicket's The Composer Is Dead at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m. 410-783-8000. Bsomusic.org

PERFORMING ARTS

Everybody at Shakespeare Theatre Company, D.C. 12 p.m. & 7:30 p.m. 202-547-1122. Shakespearetheatre.org

Radio Golf at Everyman Theatre, Baltimore. (See 10/15).

Right to Be Forgotten at Arena Stage, D.C. 12 p.m. 202-554-9066. Arenastage.org

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. 2 p.m. & 7:30 p.m. 410-332-0033. Centerstage.org

MUSIC

Bret Michaels at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. Ramsheadonstage.com

Fortas Chamber Music Concerts: Kalichstein-Laredo-Robinson Trio at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Washington National Opera: Otello at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. 202-467-4600. Kennedy-center.org

Thursday
31

SPECIAL EVENTS

Friends of the Lighthouse Pumpkin Patch at St. Martin's Lutheran Church, Annapolis. 12 p.m. 443-569-4209. Friendslshs.org (C)

Hammond-Harwood House's St. Anne's Cemetery Tour at Hammond-Harwood House Museum, Annapolis. 12 p.m. 410-263-4683. Hammond-harwoodhouse.org

Time Travel for Homeschoolers (ages 6-8) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Maryland's Mammals for Homeschoolers (ages 9-12) at Adkins Arboretum, Ridgely. 1 p.m. 410-634-2847. Adkinsarboretum.org (F)

Easton Ghost Walk at Tidewater Inn, Easton. 8 p.m. 443-735-0771. Chesapeakeghostwalks.com

PERFORMING ARTS

The White Rose at The Colonial Players, Annapolis. (See 10/25).

Carrie - The Musical at Chesapeake Arts Center, Brooklyn Park. (See 10/25).

Everybody at Shakespeare Theatre Company, D.C. (See 10/15).

Puddles Pity Party at Lincoln Theatre, D.C. 6:30 p.m. 202-888-0050. TheLincolndc.com

Radio Golf at Everyman Theatre, Baltimore. (See 10/15).

Right to Be Forgotten at Arena Stage, D.C. (See 10/11).

The Improvised Shakespeare Company at The John F. Kennedy Center for the Performing Arts, D.C. (See 10/1).

The Prisoner of Second Avenue at Tred Avon Players, Oxford. (See 10/24).

Thoughts of a Colored Man at Baltimore Center Stage, Baltimore. (See 10/10).

Dracula at Chesapeake Shakespeare Company, Baltimore. (See 10/24).

MUSIC

Jukebox The Ghost presents HalloQueen at 9:30 Club, D.C. 7 p.m. 202-265-0930. 930.com

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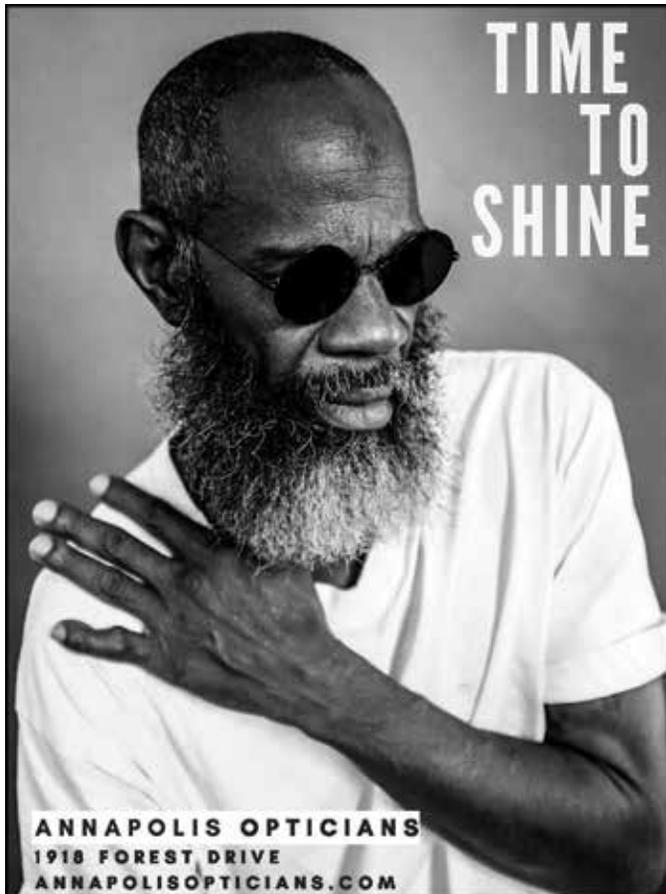




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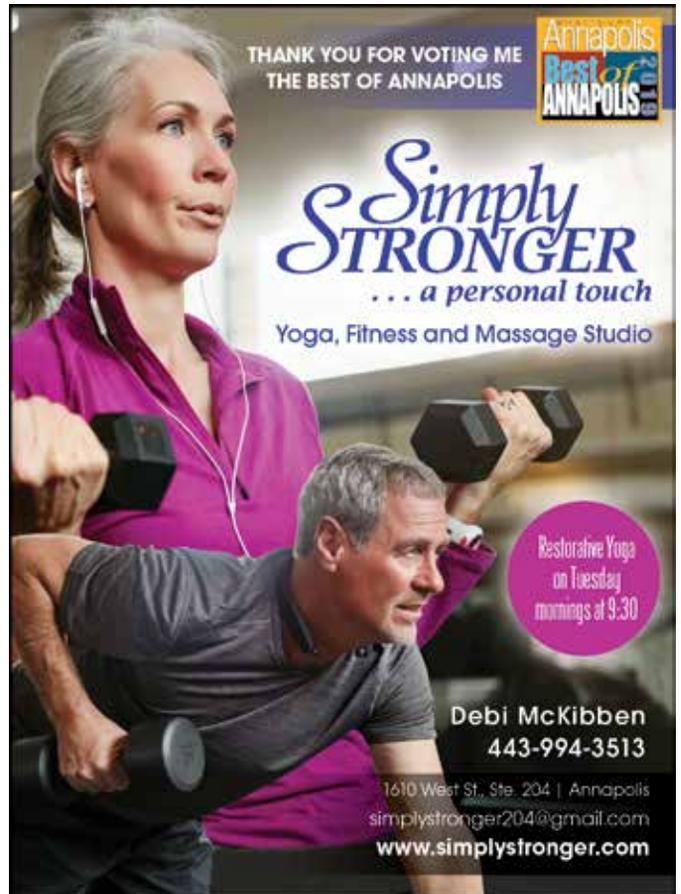
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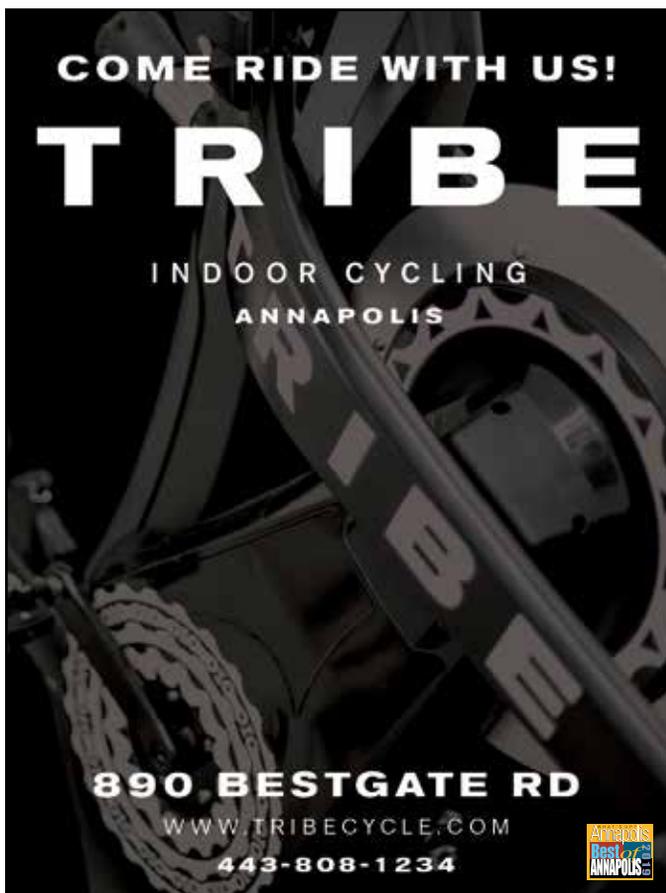
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Where's Wilma?

FIND WILMA AND WIN!

Break out the Halloween decorations, cozy fall clothing, and pumpkin-scented candles because it's finally October! Follow Wilma to the Out on the Towne section for ideas on some fun fall events and activities, including pumpkin patches and harvest festivals. Gather around the bonfire with some family and friends, and relax in the crisp, autumn air. Let's make this October one to remember!

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at whatsupmag.com/promotions for another opportunity to win a prize.

Congratulations to this month's winner: John Moran of Arnold, who won a gift certificate to O'Learys Seafood Restaurant!

Mail entries to: Where's Wilma? Annapolis, 201 Defense Highway, Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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Entries must be received by October 31st, 2019. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

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Photo by Gage Skidmore

Carolyn D. Meadows became the NRA's president in April 2019 and was quoted in an interview shortly after her election, saying, "We're going to work...to be politically active, to bring gun-toters into the fold, to get more gun-toters to join NRA...It's a powerful lobby, not just for gun rights, but for rights."

educational tactics. Original supporters of the federal gun control legislation of 1934 and 1968, the NRA now wanted to overturn the laws. Led by Texan Harlon Carter, a career professional with Border Control and Immigration who, early in his youth, murdered a 15-year-old, the NRA moved to be politically active in lobbying against any regulation in the gun business. Education and marksmanship, while verbally proclaimed as their mantra from 1980 on, was definitely a back-burner goal.

In 1986, the NRA legislative arm was successful in securing the Firearm Owners Act, which reduced the power of the ATF and forbid the federal government from creating a national registry of gun ownership. They then set about aligning with the Republican Party, reducing or eliminating bipartisan non-political actions of its founding mission 100 years earlier. The new lobbying efforts only legislative defeat in the last 40 years was the 1994 banning of assault rifles and high capacity magazines, which expired in 2004.

With only 5,000,000 members, one could question why the NRA changed its tactics to a premier lobbying group that opposed any regulation on gun controls. Why would they oppose banning of high capacity magazines and military assault weapons in private hands? The rapid rise of power is a quandary.

In 2005, in negotiation with one of the largest gun manufacturers, Smith & Wesson, President Bill Clinton granted them immunity from product liability lawsuits in exchange for agreeing to install safety devices, not to sell to unscrupulous dealers, to limit hard gun sales, and to make "smart gun" technology available within three years.

The gun lobby exploded. Enraged by the industry bigwigs for what was viewed as surrender (to what?), the NRA's called for a boycott of Smith & Wesson. The corporation suffered a 40 percent loss in sales and eventually reneged on the Clinton deal.

Within a year, Smith & Wesson became a member of the NRA exclusive "Golden Ring of Freedom Club" for those contributing one million dollars or more to the NRA. With income nearing \$500,000,000, the lobbying group had plenty to pass around.

Unlike the responses to the past cultural misdeeds of 1930s outlaw criminals and 1960s assassinations of national leaders, which supported the federal gun control acts of 1934 and 1968, the actions of the NRA to pass legislation restricting gun regulation has effectively paralyzed national elected leaders from addressing the mass shooting epidemic in U.S. today.

The question remains... what is the NRA's goal in successfully opposing what some call common sense measures to promote gun use safety?

Could it be that life within the NRA isn't at all what it seems to be?



What do you think and why?

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