

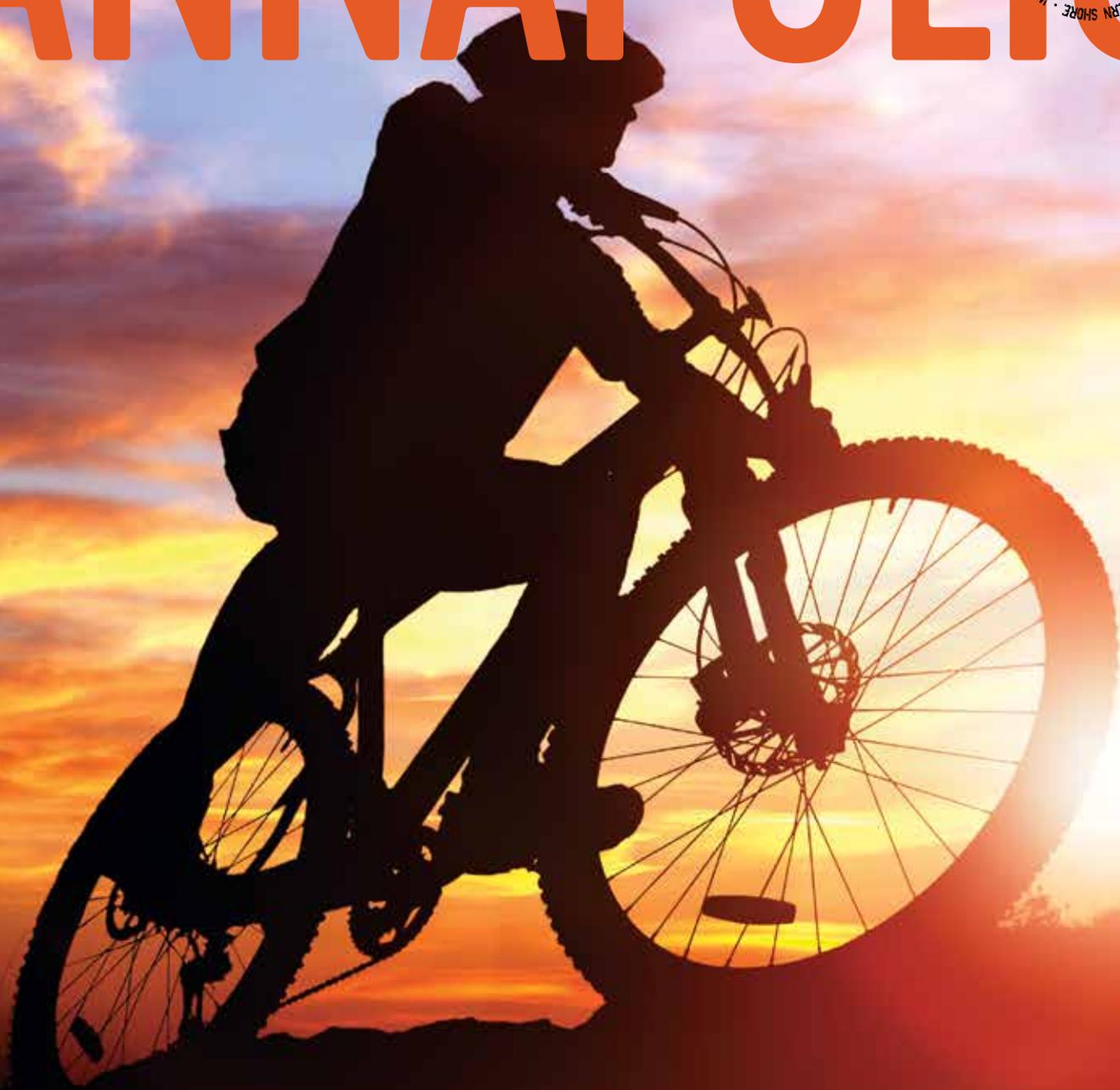
WHAT'S UP?

THE ART OF PUBLIC SPEAKING

LOCAL GOATS WEAR MANY HATS

ANNAPOLIS

WHAT'S UP? MEDIA • ANNAPOLIS • EASTERN SHORE • WEST COUNTY • WEDDINGS • HOME GROWN LOCALLY OWNED



MOUNTAIN BIKING YOUTH

BLAZING TRAILS

WHAT'S UP? MEDIA MARCH 2020

\$4.95

03>



0 74851 08748 0



SULLIVAN

SURGERY & SPA

PLASTIC AND RECONSTRUCTIVE SURGERY



Dr. Kelly Sullivan MD, FACS

Board Certified - American Board of Plastic Surgery
Fellow - American College of Surgeons
Education - Harvard, MIT, Emory

With offices in both Annapolis and Easton

410.571.1280 (Annapolis) 443.221.2700 (Easton) SullivanSurgery.com



Voted Best Facial Rejuvenation,
Best Medical Grade Skin Products,
Best Mommy Makeover



Voted Best Facial Contouring,
Best Laser Skin Treatment



Smile, Speak and Eat Confidently Again!

YOUR SMILE AND SELF-CONFIDENCE ARE VALUABLE ASSETS.

But as you age, they can become severely compromised by tooth decay, tooth loss and health and psychological problems that are often accompanied by major dental issues.



Dr. Kian Djawdan
Board-Certified DMD



Dr. Kian Djawdan (pronounced Jav-dan) is Board Certified by the American Board of Implantology/ Implant Dentistry and is considered an expert in implant dentistry. He is specially trained and licensed to administer IV sedation for any dental procedure. Dr. Djawdan has created a unique patient experience where adult patients with complex dental problems can have all of their dental treatment (surgical and restorative) in one office with one dentist.



DENTURE

- Ruins food's taste
- Unnatural looking: bulky plastic
- Weak bite, poor chewing
- Staining and embarrassing odor
- Continued loss of jaw bone
- Requires gooey adhesives
- Can break

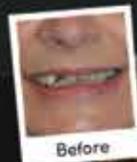


PRETTAU™ ALL CERAMIC IMPLANT BRIDGE

- Taste your food again
- Beautiful natural smile
- Eat what you want
- No staining or odor
- Maintains jaw bone
- No messy adhesive required
- Unbreakable

Djawdan Center
for Implant and Restorative Dentistry
Restoring Hope & Confidence

If you are ready to eat without pain, speak without embarrassment and smile confidently again call to schedule your consultation.



Why Choose Djawdan Center?

- Comfortable IV sedation for any procedure
- Caring doctor and team
- Compassionate, non-judging
- Warranty with treatment for peace of mind
- Board Certified expert in implant dentistry
- One office for all treatment
- In-office lab means 50% fewer visits

200 Harry S. Truman Parkway, Ste 210
Annapolis, Maryland 21404

410.266.7645

www.smileannapolis.com

Dr. Djawdan's
Professional Training
& Dental Credentials



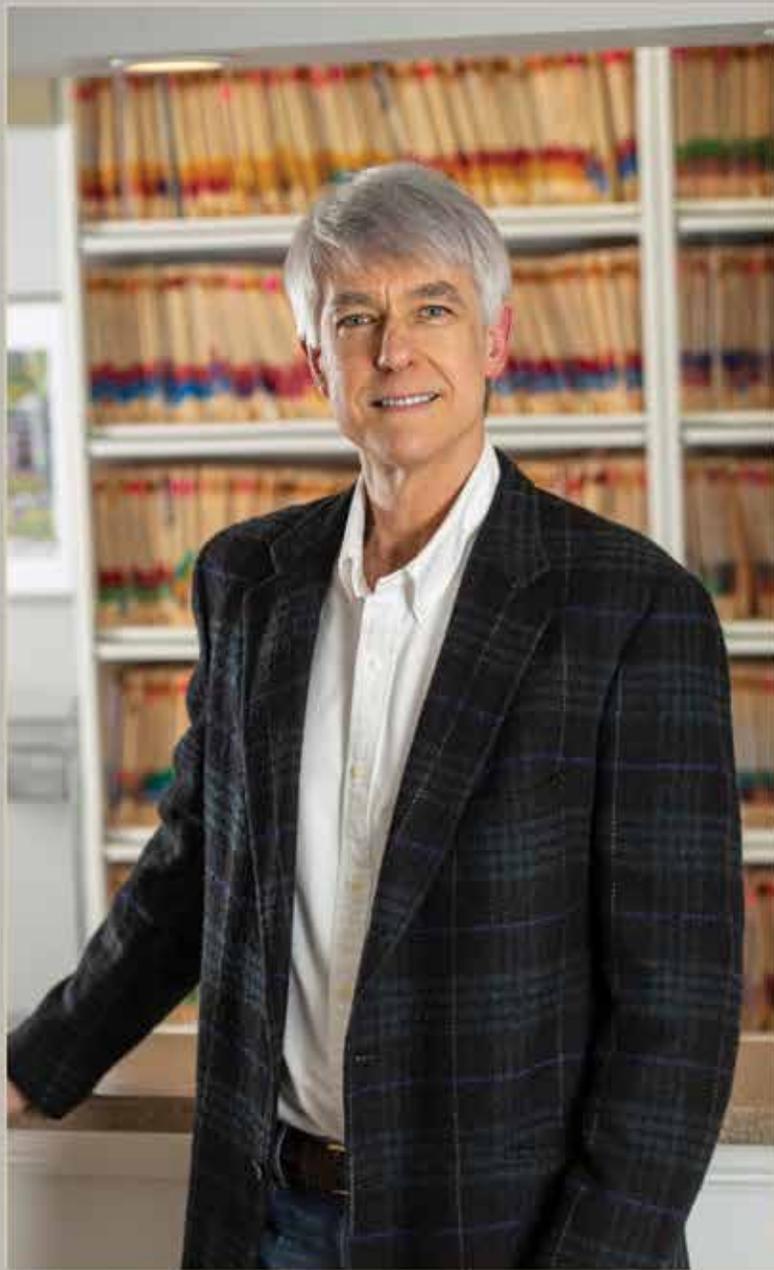
GRADUATE
KOOS CENTER

ICOI
International Congress of Oral Implantologists



*Based on fracture toughness, Vickers, and flexural strength in University tests.

Henrik L. Anderson, DDS



**Broadneck Medical Center
269 Peninsula Farm Road
Suites B & C
Arnold, MD 21012
410-923-6866
www.henriklandersondds.net**

Dr. Anderson offers conservative, personalized, comprehensive and preventative patient care in a warm, relaxed and friendly environment. Known for his calm, gentle chairside manner, he and his highly trained and dedicated team will ensure you a positive dental experience. He offers treatment plan options that fit your individual needs.

Dr. Anderson's office is located just outside Annapolis. The newly expanded and renovated office is equipped for all facets of dentistry including cosmetic, endodontic, implant and all phases of restorative.

Dr. Anderson is an omega class graduate from Georgetown University School of Dentistry, having earned a degree in Biochemistry from NYU. The office is celebrating over 25 years as a family-owned and operated business and is here to stay! We are always welcoming new patients and all major plans are accepted. His passion is to provide his patients with optimal oral health.

Alternating Saturday Hours
8:00 a.m. - 2:00 p.m.



REPUTATION • EXPERIENCE • TRUSTED RESULTS

Sandel Duggal

CENTER FOR PLASTIC SURGERY



THANK YOU
FOR VOTING US



BEST COSMETIC SURGERY (FACIAL)



BEST RECONSTRUCTION
BEST PLASTIC SURGERY
RECONSTRUCTION



BEST COSMETIC SURGERY
2009 - 2019

Claire S. Duggal, MD
Plastic & Reconstructive Surgeon
Board Certified Plastic Surgeon

Henry D. Sandel IV, MD, FACS
Facial Plastic Surgeon
Double Board Certified • Fellowship Trained



The Sandel Duggal Med Spa - Annapolis' Premiere Medical Spa

Our medical spa services are designed to complement our wide range of cosmetic skin care treatments and procedures. For more information or to schedule your complimentary skin care analysis, call us today!

 #sandelduggalplasticsurgery

104 RIDGELY AVENUE • ANNAPOLIS, MD 21401 • 410.266.7120 • sandelduggal.com

West END ROW

NOW OPEN FOR SALE



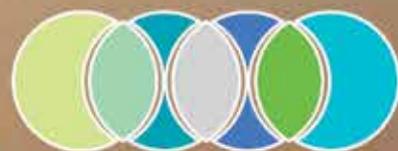
Luxury Comes Standard

West End Row by Bozzuto brings sophisticated, elevator townhomes to Annapolis' adored West Street. With an elegant design and first-class finishes, this boutique community is designed for those with a keen eye for the exquisite.

WESTENDROW.COM

 BOZZUTO

annapolis



PLASTIC SURGERY

SUMMER IS COMING!

BREAST ENHANCEMENT

If you desire more shapely breasts, cosmetic breast enhancement can add or restore a more youthful appearance to the breasts. Breast implants can be inserted through small, inconspicuous incisions during a brief procedure. Breast lift, also known as mastopexy, removes excess skin and raises the breast to a more youthful position. Both of these procedures can be combined to instantly help reverse the effects of time and childbearing.



BEFORE



AFTER

*Actual Patient of Dr. James Chappell
Breast Augmentation*

Visit our website to see more before and after photos

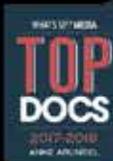


#1 most requested non-surgical
body-sculpting procedure

*"My expectation was exceeded.
I am completely satisfied."*

Ask about
Dr. Chappell's
Pre-Summer
Specials

(Not actual patient)



Dr. James Chappell

Board Certified
Plastic Surgeon

410.266.7215

2002 Medical Parkway, Suite 215 | Annapolis
www.annapolisplasticsurgery.com



Annapolis Plastic Surgery is home to Dr. Bryan Ambro, a double board certified facial plastic surgeon, and Dr. James Chappell, a board certified plastic surgeon. Together they provide expert care and comprehensive options for facial rejuvenation and body contouring. Our top priority is to deliver patients with the most natural looking results in a comfortable, spa-like environment.





The Right School is **KEY**

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.
- For a complete list of 2019 college acceptances and matriculations, please visit keyschool.org/Classof2019



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.

534 HILLSMERE DR. • ANNAPOLIS, MD • 21403 • 410.263.9231 • [KEYSCHOOL.ORG](https://keyschool.org)

W

hether it's developing new college-

level courses like Calculus 2/3 to challenge our most tenacious mathematicians, or building a 70-acre athletic park to meet the needs of a growing, championship-caliber athletic program—Key School is constantly evolving programming to best prepare the leaders and innovators of tomorrow. Come see why Key is one of the most sought-after educations in Maryland, why 82% of 2019 graduates earned merit scholarships to college, and why 98% of parents of recent alums recommend the school to friends and family.

KEY GRADUATES ARE:

- Independent thinkers
- Intrinsically motivated
- Creative innovators
- Effective collaborators
- Tenacious problem-solvers
- Articulate leaders

VISIT US!

Now is the time to begin planning your child's next educational adventure!

Individual weekday tours available year-round for all grade levels.

keyschool.org/visitkey

Enjoy a special low **0% introductory APR*** for 18 billing cycles on purchases and balance transfers. Thereafter, a variable APR, currently **13.99%-22.99%***, when you apply by May 31, 2020

Shape up
your finances,
too!



 **Essex Bank**

Smart money banks here.

ANNAPOLIS • BOWIE • CROFTON • EDGEWATER
(800) 443-5524

Apply online at EssexBank.com

*The 0% introductory APR applies to Purchases and Balance Transfers and is valid for the first 18 billing cycles. The 0% introductory APR applies to Balance Transfers made within 558 days of account opening and is valid for the first 18 billing cycles. The introductory rate does not apply to Cash Advances. Thereafter, the APR may vary and as of 06/16/19, the unforgiven variable APR for Purchases and Balance Transfers is 13.99%-22.99% (based on your creditworthiness). Business Card: The variable Penalty APR is 29.99%. The introductory APR will end early and increase to the Penalty APR if you make a late payment, make a payment that is returned, or your account exceeds its credit limit. Platinum Card and Business Card: The variable APR for Cash Advances is 25.99%. Cash Advance fee: 4% of each advance amount, \$10 minimum. Convenience Check fee: 3% of each check amount, \$5 minimum. Cash Equivalent fee: 4% of each cash amount, \$20 minimum. Balance Transfer fee: 3% of each transfer amount, \$5 minimum. There is a \$2 minimum interest charge when interest is due. The annual fee is \$0. Foreign Transaction fee: 2% of each foreign purchase transaction or foreign ATM advance transaction in U.S. Dollars, 3% of each foreign purchase transaction or foreign ATM advance transaction in a foreign currency. Platinum Card: We apply your minimum payment to balances with lower APRs first, including promotional APRs. Amounts paid over the minimum payment will be applied in the order of highest to lowest APR balances. Business Card: We apply your payments to balances with lower APRs, including promotional APRs, before balances with higher APRs. Platinum Card and Business Card: We may change APRs, fees and other Account terms in the future based on your experience with Bae Financial Services and its affiliates as provided under the Cardmember Agreement and applicable law. This offer is valid only for new Visa Platinum and Visa Business Card accounts with this Financial Institution and the application must be submitted by May 31, 2020, through a branch office or call center. The creditor and issuer of these cards is Bae Financial Services, pursuant to a license from Visa U.S.A. Inc.





Annapolis, MD
410-990-1700

Middleburg, VA
540-687-4646



PURPLE CHERRY
architects

Architecture + Interior Design

Charlottesville, VA
434-245-2211

Greenbrier, WV
304-956-5151

ORAL SURGERY SPECIALISTS

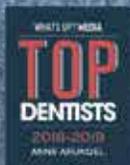
SKILLED | BOARD CERTIFIED | PROGRESSIVE | ARTISTIC

Trained Minds...Caring Hands.



Drs. Kurt Jones, Neil Sullivan, Chris Chambers, Cliff Walzer, Borek Hlousek,
are all Board Certified Oral and Maxillofacial Surgeons that specialize in:

Dental Implant Surgery • Wisdom Teeth Removal • Orthognathic Surgery (Corrective Jaw Surgery)
General Anesthesia • Oral Pathology



Annapolis
Pasadena



Kent Island
Waugh Chapel



Please call or visit our website at www.annapolisOSS.com | 410-268-7790

CHESAPEAKE Dental Arts

FAMILY | COSMETICS | IMPLANTS

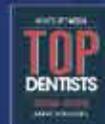
OFFERING COMPREHENSIVE GENERAL AND COSMETIC DENTAL CARE FOR THE ENTIRE FAMILY.



Contact us today to schedule your appointment

410-757-6200 • ChesDentalArts.com

1509 Ritchie Highway, Arnold, MD 21012



Dr. Meredith Esposito DMD

The Jaklitsch Law Group



“BEST Personal Injury Trial Firm – USA”

AI Magazine

855-Big-Dog1
BigDogsSmallFirm.com

On the Cover: Mountain biking in Anne Arundel County has never been better. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. Please recycle this magazine.

March contents



130 Home Design: Vines
The good, the bad, and the ugly *By Janice F. Booth*

134 Real Estate Stunning examples of recent home sales throughout Anne Arundel County *By Lisa J. Gotto*

Health & Beauty

140 Does Beer Have Secret Health Benefits? We'll drink to that thought *By Dylan Roche*

141 Brain Power Reading and other cognitive exercises benefit your mind and body *By Dylan Roche*

142 Fresh Take: Pizza Make this popular dish a healthy option for pi day *By Dylan Roche*

Plus:
144 The Importance of Getting Enough Zs
145 Telehealth: What's That?
146 App Happy
147 Lather Up

Features

56 Year of the Woman: Lighting the Torch of Universal Suffrage How black suffragists blazed the trail for black men and white women to secure voting rights *By Maya Davis*

68 Fantastic Goats From weed wacker to yoga partner, local goats wear many, many hats *By Rita Calvert*

76 The Art of Oration How to feel and look comfortable while speaking in public *By Gary Jabson*

96 Happy Campers Tales and tips to ensure your children have fond memories of summer sleep-over camp *By Janice F. Booth*

103 Trail Blazers Building the sport of mountain biking and new trails in Anne Arundel County *By Kat Spitzer*

Home & Garden

112 Ultimate Weekend Retreat The story behind creating a pool house oasis on the South River waterfront *By Lisa J. Gotto*

120 Home Design: Trending Interiors Spring 2020 Taking Chesapeake-style décor to the next level *By Lisa J. Gotto*

124 Home Design: In the Swim! Five signs you are ready for an inground pool *By Lisa J. Gotto*



ANNAPOLIS

Publisher & President

Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Raymond (x1115)

Entertainment Editor

Megan Kotelchuck (x1129)

Editorial Intern

Amanda Vu

Contributing Editors

Lisa J. Gotta, Dylan Roche

Staff Writers

Diana Love, Frederick Schultz

Contributing Writers

Anirban Basu, Janice Booth, Caley Breese,

Rita Calvert, Maya Davis, Gary Jobson,

Ellen Moyer, Kat Spitzer, Tom Worgo

Staff Photographer

Steve Buchanan

Art Director

August Schwartz (x1119)

Graphic Designers

Matt D'Adamo (x1117), Lauren VanSickle (x1123)

Web Content Specialist

Brian Saucedo (x1116)

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Beth Kuhl (x1112),

Rick Marsalek (x1124), Nina Peake (x1106)

Michelle Roe (x1113), Susan Weller (x1137)

Special Events Director

Melanie Quinn (x1132)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Administrative Assistant

Kristen Awad (x1126)

WHATSUPMAG.COM



Wellness House
of Annapolis
Proud Partner

What's Up? Annapolis is published by What's Up? Media 201 Defense Highway, Suite 203, Annapolis, MD 21401 410-266-6287. Fax: 410-224-4308. No part of this magazine may be reproduced in any form without express written consent of the publisher. Publisher disclaims any and all responsibility for omissions and errors. All rights reserved. Total printed circulation is 50,706 copies with an estimated readership of 164,550. @2020 What's Up? Media

Home Grown, Locally Owned: This issue of What's Up? Annapolis employs more than 40 local residents.

32 Years

SCOTT FINLAY DDS & ASSOCIATES
GENERAL DENTISTRY | COSMETIC | RESTORATIVE

LEADERS IN THE INDUSTRY

Dr. Finlay is recognized as one of the premier cosmetic and restorative dentists in the country. His practice is known for exemplary patient care and will be for many years to come.

FREE WHITENING KIT FOR NEW PATIENTS!
Please Call For More Information

AnnapolisSmiles.com
410-202-8996

1460 RITCHIE HIGHWAY, SUITE 203, ARNOLD, MD

COMING UP IN
APRIL 2020

Year of the Woman:
Divisive Policy & Action
Exploring P.A.N.D.A.S.
Our Evolving Carbon Footprint
"Spring Cleaning" Financial Advice
Home Resource Guide 2020

March contents

Dining

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

152 Taste: Cutting Edge Experience We interview Blackwall Barn & Lodge's executive chef Neil Langermann *By Tom Worgo*

154 Readers Restaurant Guide More than 125 regional restaurants listed

In Every Issue

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

20 Editor's Letter James shares his thoughts

23 What's Up? Media Upcoming Events Highlighting can't miss events that celebrate community



25 Out on the Towne Previews of special events and activities to enjoy in March *By Megan Kotelchuck*

30 Towne Social Photographs of charity events and endeavors

42 Towne Salute Meet Hank Libby with Anne Arundel Community College Foundation *By Caley Breese*

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

48 Towne Athlete Meet Sammy Dupcak of Broadneck High School *By Tom Worgo*

50 Towne Interview Talking Terps basketball with star player Anthony Cowan *By Tom Worgo*

52 Economics & Finance Acclaimed economist Anirban Basu explores positive indications of an economic rebound *By Anirban Basu*



161 March Calendar of Events Our extensive calendar of special events and entertainment taking place this month *By Megan Kotelchuck*

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

176 What Do You Think? Hedy Lamarr Syndrome and the forgotten genius of many women *By Ellen Moyer*



Center for
Eye & Laser Surgery

ADORO
medical spa

ELBA M. PACHECO, M.D.



We are thrilled to introduce ProNox™
a quick, safe way to reduce anxiety during
spa treatments and injectables.

ELBA M. PACHECO, M.D.

BOARD CERTIFIED, FELLOWSHIP TRAINED, EXPERIENCED EYELID SURGEON, INJECTABLES ARTIST

Dr. Pacheco is a trusted eyelid surgeon, respected author and teacher. With over 25 years on the Johns Hopkins' Wilmer Eye Institute faculty, she is known in the region as one of the premier cosmetic and reconstructive eyelid surgeons. Highly skilled and with an artistic eye, she is also a master with injectables and non-invasive techniques. Her reputation is grounded on combining medical experience with the artistry of subtlety and detail.

ADORO
medical spa

Voted Best of Annapolis 2013 - 2018!



Our experience and industry leading equipment sets the standard!

Cosmetic and Reconstructive Eyelid Surgery • Botox® • Dysport® • Restylane® Silk, Lyft • Juvederm® • Voluma® • Vollure • Volbella
Thermage CPT® • Liposonix® • Kybella™ • Halo™ • IPL/BBL Photorejuvenation • Contour Laser • CO₂ Laser Resurfacing • Glycolic Peels • VI Peels
Medical Skin Care • Hydrafacial® • Microneedling • Dermaplaning

Open Your Eyes to the Possibilities...

WWW.MYEYELIDS.COM | 410-647-0123 | 692A RITCHIE HIGHWAY, SUITE 2B | SEVERNA PARK 21146

GRAND OPENING



COMMUNITY DAY

SATURDAY, MAY 2ND from 10am-4pm



You are cordially invited to the Grand Opening Community Day of the



MICHAEL E. BUSCH ANNAPOLIS LIBRARY

10:00 - ENGRAVED BRICK WALKWAY UNVEILING
11:00 - ARCHITECT STORY TIME AND ACTIVITY
12:30 - JOE ROMANO MAGIC SHOW

1:00-3:00 - ACTIVITIES IN THE KIDS' SPACE
3:30 - MUSICAL REVIEW FROM
CHILDREN'S THEATRE OF ANNAPOLIS

LEARN MORE ABOUT THE NEW BUSCH ANNAPOLIS LIBRARY AT AACPL.NET/NEW-ANNAPOLIS



TAISHOFF FAMILY
FOUNDATION

ANNAPOLIS
Yacht Sales



Tony
Wheeler

Silver Sponsors: Comcast, Greg & Trish Strott, Council Baradel, Martha O. Blaxall & Joe Dickey

Bronze Sponsors: James W. Cheevers, Patricia Edwards, Al & Ginger From, Gloria & Jonathan Harberts, Stephen Holt - PPGWealth, Lucie Lehmann, Thea and Howard Pinsky, The Brick Companies, Watermark, Day Weitzman - Coldwell Banker Residential Brokerage, RB Digital, Anna E. Greenberg

RAMS HEAD On Stage

MARCH HIGHLIGHTS

BE THE FIRST TO FIND OUT ABOUT NEW CONCERTS BY SUBSCRIBING TO OUR EMAIL LIST! VISIT RAMSHEADONSTAGE.COM

📧 RAMSHEADONSTAGE 📱 RAMSHEADONSTAGE 📺 RAMSHEADONSTAGE



MARCH 3
JOHN LODGE
OF THE MOODY BLUES



MARCH 8
MICHAEL GLABICKI
W. PRESSING STRINGS



MARCH 10
ROME & DUDDY
FRIENDS & FAMILY ACOUSTIC TOUR



MARCH 12
LEZ ZEPPELIN
ALL GIRLS ALL ZEPPELIN



MARCH 13
CALEB JOHNSON WINNER
OF AMERICAN IDOL SEASON 14



MARCH 15
THE HIGH KINGS
IRISH FOLK GROUP



MARCH 17
CASEY ABRAMS
OF AMERICAN IDOL



MARCH 18
ZZ-KC
ZZ TOP TRIBUTE!



MARCH 19
10,000 MANIACS
"THESE ARE DAYS"



MARCH 20
JEFF RICHARDS
OF SNL



MARCH 21
THE IDES OF MARCH
FEAT. JIM PETERIK



MARCH 22
THE FIFTH DIMENSION
"AQUARIUS LET THE SUNSHINE IN"



MARCH 23
BBMAK
"BACK HERE"



MARCH 24
AL DI MEOLA
RECORD RELEASE PARTY



MARCH 25
CHARLES ESTEN
ACTOR, MUSICIAN & COMEDIAN



MARCH 26
ABBARAMA
THE ABBA EXPERIENCE



MARCH 28
SHENANDOAH
ALL AGES MATINEE



MARCH 28
KAT EDMONSON
"VINTAGE POP" SINGER SONGWRITER



MARCH 29
MAYSA
R&B/SOUL SINGER



MARCH 30
RODRIGUEZ
SUGAR MAN IS BACK!

RAMSHEADONSTAGE.COM • 33 WEST STREET | ANNAPOLIS, MD • 410.268.4545

ILLUSIONIST RICK THOMAS

APR 8 AT MARYLAND HALL
TICKETS AVAILABLE AT MARYLANDHALL.ORG

RAMS HEAD
PRESENTS





For **Exceptional Vision Care**, Meet our Top-notch Specialists.

Since 1993, Chesapeake Eye Care and Laser Center's Medical Director Dr. Maria Scott and our team of nationally known vision specialists have been proud to offer the latest procedures, technologies and surgical techniques to patients across the Mid-Atlantic region. Experience our commitment to excellence and hands-on attention today, and see why we're the trusted choice for exceptional vision care.



**THE CLEAR CHOICE
FOR YOUR VISION**
2002 Medical Parkway
Sajak Pavilion
Suite 320
Annapolis, MD 21401
877-DR4-2020

www.ChesapeakeEyeCare.com



(L-R): **Gaurav Srivastava, MD**, Cataract; **Prisca A. Diala, MD**, Medical Retina; **Olivia Dryjski, MD**, Cataract & Cornea; **Maria C. Scott, MD**, Medical Director, Cataract & Refractive Surgery; **Orin M. Zwick, MD**, Oculofacial Plastic & Reconstructive Surgery; **Heather A. Nesti, MD**, Glaucoma & Cataract Surgery; **Tamara K. Fackler, MD**, Medical Retina; **Erin Benjamin, DO**, General Ophthalmology & Strabismus

LASIK | Laser Cataract Surgery | Dry Eye | Glaucoma | Retina | Eyelid Surgery



UPCOMING **MARCH** EVENTS ON

whatsuptix.com

2

What's Up? for Lunch Networking

What's Up? Media
The Blackwall Barn & Lodge
11:30am - 1:00pm | **FREE**

13

Best Girlfriends Night Out!

Haven Ministries
Prospect Bay Country Club
6:00pm - 9:00pm | **\$65-\$100**



18

What's Up? for Happy Hour Networking

What's Up? Media
Mamma Roma
5:00pm - 7:00pm | **FREE**

21

Annapolis Oyster Roast & Sock Burning

Annapolis Maritime Museum
Annapolis Maritime Museum
12:00pm - 4:00pm | **\$15-\$85**

27

Win a Trip for Two worth \$12,000! The Baltic Music Experience Tour Raffle!

Friends of Annapolis Symphony Orchestra
Maryland Hall for the Creative Arts
7:00pm - 8:30pm | **\$60-\$100**



3, 10,
17, 24

What's Up? for Lunch Networking in Talbot

What's Up? Media
Washington Street Pub
11:30am - 1:00pm | **FREE**

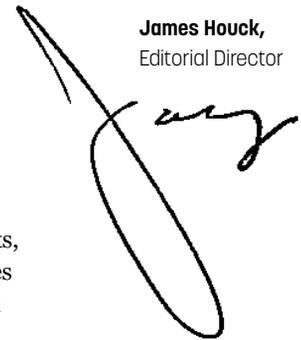
Our goal is to host tickets for all organizations, from small charity groups, artists and entrepreneurs to the region's largest festivals, concerts and playhouses. So, no matter what you're interested in attending—cooking lessons, networking lunches, concerts, fundraisers, food and wine festivals and so much more—we've got you covered. Call 410.266.6287 or visit whatsuptix.com.



From the editor

pool—to keep the dream alive of a more fulfilling and enjoyable living space. Our health and beauty section piggy-backs this theme (and even considers the secret benefits of a good beer—perhaps best enjoyed after all that home-work).

Often, I can be seen on my back deck in the mornings and evenings, coffee in hand in the a.m. or maybe a cold one at night, looking over the railing into the yard, the trees, the neighborhood...all the while pondering the space that I call home. “What can I do to improve it?” is a question I find myself asking over and over again. And what’s funny is that, when you think about it...what we do on the home-front becomes an extension of what we enjoy and how we are, beyond the front door. So, as I rev myself up to rake the yard clean, prep the mower for it’s first run, and draw out landscaping plans—knowing full-well I’ll utter more than a few curse words during it all—I’ll take comfort that this is a means toward a satisfying end. To enjoy the Spring season at home with a peace of mind that, in turn, frees me up to get out there and enjoy the best that our community has to offer...events, friends, camaraderie, the riches of Chesapeake Bay living...and all of it sans socks, finally.



James Houck,
Editorial Director

“You’re in Chesapeake country now!”

Ryelled with a sly grin over cheers and hollers to my buddy who was witnessing his first sock burning God-knows-how-many-years ago. Could have been 15 or so. It’s an annual rite of Spring in Annapolis and, now, at many more harbors regionwide; doffing one’s socks and tossing them into a bonfire while quaffing swills of heady beer and slurping fresh-shucked oysters. Welcoming boating season...Spring...in a most jovial way. It’s one of the many quirky and unique traditions that locals have come to love this time of year.

Seems to me, the month of March ushers in the year’s first consistent rush of celebrations: the aforementioned; the Spring Equinox; St. Patrick’s Day of course, Women’s History Month; NCAA March Madness basketball, and events...lots of events. After our winter hibernation, do we ever come out of the woodwork! And this issue of *What’s Up? Annapolis* highlights a number of them: speaking events, a film festival, home and garden shows, bull and oyster roasts, wildlife festivals, culinary festivals...festival this, festival that. The time is nigh to get outside and celebrate community many times over.

Beyond all this fun and celebration, there’s also work to be done. Like it or lump it, we all know it. With Spring comes cleaning, indoors and out (heck, there’s even a decluttering seminar in this month’s calendar). There’s a big focus on organizing our homes and, in turn, our lives. I know when I push on through a day of cleaning or yardwork, somehow my entire livelihood feels more at peace (if only until the kids and dog undo it all). This issue has a batch of home and garden ideas—from interior design trends to revealing signs that you may be ready for an inground

Letters to What’s Up?

Dear What’s Up?, I want to thank you for such a great January edition of Eastern Shore Magazine. I really enjoyed the well written, engaging and educational articles in the magazine. I especially enjoyed the Year of the Woman: Sirens

Call (I never knew that passage of the amendment for a woman to vote came down to one vote in one State!), “Striving for 100” (what inspirational women, we can all learn from) and Disappearing Act (well written explanation about the fate of the Chesapeake Islands). I’m looking forward to the next edition and more information about Women Suffrage- it’s amazing how little is taught in schools about it. Thanks for your good work- we are all a little better for it.

—Lynn Mayo, Chestertown

Thank you Lynn Mayo for your kind words!



This is a selection of readers’ responses and questions sent to editors and staff at large. To send your comment or question, email editor@whatsupmag.com or assistant@whatsupmag.com.

- For Over 30 Years -

DEDICATED TO YOU.



- Your Board-Certified Surgeons & Skin Care Experts -

Dr. Christopher J. Spittler, Dr. D. Paul Buhner & PSS MediSpa

PLASTICSURGERYSPEC.COM • 800-570-7600



Annapolis • Easton • Prince Frederick



Kitchens, Baths, Countertops, Entertainment Centers, and creative uses of cabinetry for other rooms

Great Quality • Great Price

Cabinet
Discounters[®]
www.CabinetDiscounters.com

Annapolis

910-A Bestgate Road
(ACROSS FROM ANNAPOLIS MALL)

410-266-9195

MHIC #27947

Columbia

9500 Berger Road
(AT THE CORNER OF SNOWDEN RIVER PKWY)

410-381-8172

Also Showrooms in Mt. Airy, Olney, Gaithersburg, Springfield and Chantilly

WHAT'S UP? MEDIA upcoming events

What's Up? Media Best of Eastern Shore Party 2020

Presented by Chaney Homes

Prospect Bay Country Club
6:00pm - 9:00pm | \$60-\$100

We've found a way to make Monday sound good! Come out to Prospect Bay Country Club on Monday, May 11th for our What's Up? Media Best of Eastern Shore Party! Celebrate with the best restaurants on the shore by sampling freshly prepared food and drink all under one roof. This year's party is going coastal so wear your best seaside attire. The silent auction proceeds will benefit **Talbot Hospice**.

There are VIP tickets available that will allow early access to the party, a private VIP room, unlimited drinks throughout the night, and a swag bag filled with goodies.

Thank you to our presenting sponsor Chaney Homes. This is a 21+ event.

Tickets are available at whatsuptix.com



EASTERN SHORE

5/11



ANNAPOLIS

6/3

What's Up? Media Best of Party 2020

Doordan Institute Conference Center
6:00pm - 9:00pm | \$85-\$135

Kick off summer with the best party in Annapolis! Don't miss our annual What's Up? Media Best Of Party happening on June 3rd at the Doordan Institute Conference Center at Belcher Pavilion located at Anne Arundel Medical Center. Enjoy entertainment, music, and freshly prepared food and drink samples from the best local restaurants. This year's party is going coastal so wear your best seaside attire. The silent auction for this year's event will benefit **GIGI's Playhouse**. There are VIP tickets available that will allow early access to the party, valet parking, a private VIP room, unlimited drinks throughout the night, and a swag bag filled with goodies. This is a 21+ event.

Tickets are available at whatsuptix.com





▶ **WINTER SPECIAL** **SAVE \$300 ON TREATMENT***

- Affordable
- Payment options available
- Interest free in-house financing
- Complimentary benefits check
- New patients welcome- children & adults



Dr. Ora Reinheimer & Dr. Philip Philbin



410-263-5600
marylandbraces.com

Annapolis - 802 Bestgate Road, Suite B
Kent Island - 101 St. Claire Place, Suite 104

*Must complete complimentary consultation by 3/31/2020. Some exclusions apply. New patients only.

Out on the **TownE**

+

25 EVENT PICKS | **30** SOCIAL | **42** SALUTE | **46** SPOTLIGHT | **48** ATHLETE

↓ **Annapolis Restaurant Week**

Annapolis' 12th Restaurant Week is the first week of March this year (February 29–March 8). Make your way through Annapolis by visiting over 40 restaurants in the Annapolis area and Downtown. The participants will be offering two-course, price-fixed meals for breakfast and lunch, as well as three-course meals for dinner. For more information, and a list of participating restaurants, visit downtownannapolispartnership.org.

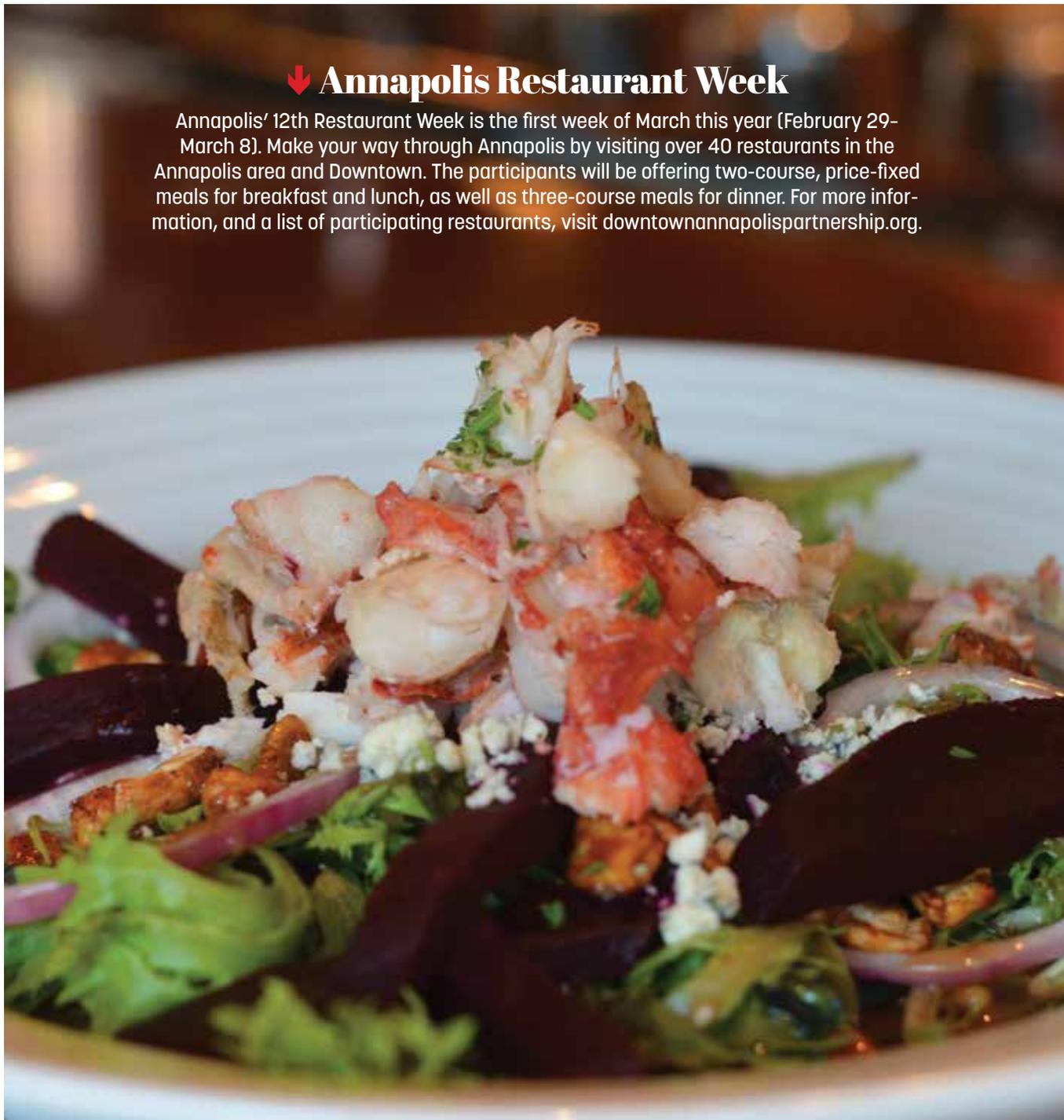


Photo by Rams Head Tavern.

← Oyster Roast & Sock Buring

Another Annapolis tradition is Annapolis Maritime Museum's Oyster Roast and Sock Burning hosted on March 21 from noon to 4 p.m. This tradition dates back to the 1970s when Annapolitans started relieving themselves of winter necessities. Tickets are \$30 and should be purchased in advanced. There will be oysters, beer, wine, and cocktails as well as live music from popular local bands including The Eastport Oyster Boys. For more information, or to purchase tickets, visit amaritime.org.



MARYLAND HOME & GARDEN SHOW

The first and second weekend of March will be the Spring 2020 Maryland Home & Garden Show themed 'Entertaining with Nature's Pizzazz.' Held at the Maryland State Fairgrounds in Timonium will be the spring craft show, 400 home design and improvement booths, a petting zoo for kids, an orchid show and sale (March 6-8 only), and a wine tasting. This event will be open February 29, 10 a.m.-8 p.m., March 1, 10 a.m.-6 p.m., March 6, 10 a.m.-6 p.m., March 7, 10 a.m.-8 p.m. and March 8, 10 a.m.-6 p.m. For more information, visit mdhomeandgarden.com.



Photo by Eric Stocklin

↑ Bull & Oyster Roast

Baltimore Museum of Industry is bringing people together March 7 for their Bull & Oyster Roast to raise money for their educational programs, which reach over 30,000 children each year. Tickets will include freshly shucked oysters, a buffet, open bar with local beers and wine, and live music. There will also be raffles, and an auction. For more information, visit thebmi.org.

CHARLES ESTEN

Best known for his role as Deacon Claybourne on *Nashville*, Charles Esten will be visiting Rams Head on Stage in Annapolis on March 25. Esten made musical history when he earned a Guinness World Record title for his #EverySingle-Friday campaign which yielded 54 original songs that he wrote, recorded, and released, once a week, for 54 consecutive weeks. For more information, visit ramsheadonstage.com.



↑ Jay Fleming Lecture

Seasoned photographer Jay Fleming will be speaking and presenting his photographs at Chesapeake Bay Trust in Annapolis on March 2 at 6:30 p.m. His pictures range from underwater photos of Maryland blue crabs swimming, to portraits of labor workers in an oyster shucking house. Fleming will talk about his experience and his tricks to get the perfect photograph. This is a free event, but registration is required. For more information, or to register, visit cbtrust.org.



ANNAPOLIS FILM FESTIVAL

This year's theme is "A More Perfect Union" for Annapolis' 7th annual Film Festival. About 75 films will be shown over this four-day festival including shorts, documentaries, and full-length features. This will also be the 3rd year for the "Shorts Challenge," a part of the festival which features a competition of shorts. The festival will take place at Maryland Hall for the Creative Arts. For more information, visit annapolisfilmfestival.com.

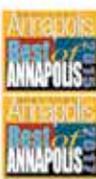
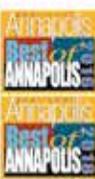
BIG OR SMALL, WE PAINT THEM ALL!



Spring is here!
Now is the perfect time to transform the look of your home or business!

- Interior & Exterior Painting
- Residential • Commercial
- Professional Prep and Repair
- Power Washing
- Quick Turnaround
- Daily Cleanup

CALL US TODAY!
410-974-6768






www.AnnapolisPainting.com



“The most welcoming and personable group of dental professionals.”

“Dr. Katy Ehmann and her staff are the most welcoming and personable group of dental professionals I have ever experienced. They truly care about your dental health and make a dental cleaning a pleasant experience. I always look forward to going to the office.”

~Dr. Ehmann patient testimonial

New Patients Welcome



Katy Ehmann, DDS

600 Ridgely Avenue, Suite 217
Annapolis, MD 21401
410.224.1105

www.ehmanndds.com



Ignite Annapolis

On March 12, Ignite Annapolis will be at Maryland Hall for the Creative Arts. All of the proceeds from this fifth Ignite Annapolis event will go toward The Capital Gazette Memorial Scholarship Fund to benefit students of the University of Maryland's Philip Merrill College of Journalism. This event will include an hour of networking (6-7 p.m.) before the presentations begin (7-9 p.m.). These 5-minute presentations will be made by people who have ideas that they want to share. For more information or to buy your tickets, visit igniteannapolis.com.

WOMEN OF THE WORLD FESTIVAL

WOW Festival will be celebrating all women who are gaining momentum to collectively make change on March 7 at the Columbus Center in Baltimore. The WOW Festival will feature artists, writers, politicians, performers and activists to promote inclusivity, honor the strength and inventiveness of women, and actively break down societal barriers through events, workshops, lectures, debates, activities, and performances. Presented by Notre Dame of Maryland University. Admission is \$10-30. For more information, visit wow-baltimore.org.

HEART & MUSIC → GALA ALL SEASONS

The 10th annual Heart & Music fundraiser will be bringing together a cast to entertain and educate the community about the importance of mental health and rape crisis services. For All Seasons will be putting on a musical event in the evening and matinee performances on March 5 at the Oxford Community Center. For more information, visit forallseasonsinc.org.



↓ International Women's Day

The National Museum of Women in the Arts in Washington, D.C. is celebrating International Women's Day on March 8, during Women's History Month. This admission-free event will include conversation pieces, special vendor pop-ups, and more along with a special opening of The Betty Boyd Dettre Library and Research Center. For more information, visit nmwa.org

THE CLUTTER SOLUTION WORKSHOP

Get rid of both your physical and emotional clutter on March 28 from 9 a.m. to noon at Calvary United Methodist Church in Annapolis. This workshop will help you understand how clutter may limit your life potential and happiness, how to declutter any room, what to keep and what to get rid of, and so much more because it is never about the "stuff" but about the emotional connection that we have with it. This event is \$20 online, or \$25 at the door. For more information, visit thecluttersolution.com.

FOR MORE EVENTS VISIT OUR CALENDAR ON PG. 161
OR GO TO WHATSUPMAG.COM



Photo by Kevin Allen

Bosom Buddies Ball

On January 25, Bosom Buddies Charities hosted its annual ball. This year's theme was "Hope Anchors the Soul." Guests enjoyed an evening of inspirational speakers, formal dinner, and silent auction to benefit breast cancer awareness, early detection, support, and treatment.

Photography by Stephen Buchanan **1.** Paul Reed Smith speaks **2.** Mari Foster, Suzanne Bracerros, and Susan Rodahaver **3.** Heather Backer, Deb Terhune, and Liz Verhelle **4.** Claudia Baldyga, Lori Freedman, and Laura Pell **5.** Karen and Doug Smith **6.** Tim Ruff, Jessica Ruff, Janice Feely, and John Minnick





For a lifestyle inspired by your potential

Deeply rooted in the Annapolis community, Brad is a third generation Annapolitan who combines his local expertise with the worldwide recognition of the iconic Sotheby's brand. With more than \$200 million in Annapolis home sales and 125 waterfront properties sold, Brad delivers the highest standard of service and exclusive access to highly qualified global clientele.

For those ready for what's next, make your move with Brad Kappel.

Brad Kappel m +1 410 279 9476, bkappel@ttrsir.com, BradKappel.com
Annapolis Brokerage, 209 Main Street, o +1 410 280 5600

TTR | Sotheby's
INTERNATIONAL REALTY



DISCOVER EASTON

maryland

www.DiscoverEaston.com

ST. PATRICK'S DAY
CELEBRATION!

March 17

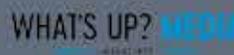


CHESAPEAKE
FIRE & ICE
FESTIVAL

To our sponsors & partners
that supported the inaugural
Chesapeake Fire & Ice Festival.

thank
you!

DISCOVER
EASTON
SIGNATURE EVENT



AN OPTICAL GALLERIA | BLUE HERON CATERING | CHESAPEAKE CHILDREN'S BOOK FESTIVAL | CHESAPEAKE FILM FESTIVAL
CHOPTANK TRANSPORT | CRACKERJACKS TOYS & CHILDREN'S BOOKS | CRUISE PLANNERS | DAVIS, BOWEN & FRIEDEL, INC.
FAIRFIELD INN & SUITES BY MARRIOTT | HAMPTON INN EASTON | KILN BORN CREATIONS | MERRY MAIDS OF EASTON
RAUCH INC. | SILVER LININGS | TALBOT HUMANE SOCIETY | THE HOLIDAY INN EXPRESS | WCEI & WINX FM

YWCA 100TH ANNIVERSARY SOIREE 1920-2020

DINNER

LIVE BAND

SILENT
AND
LIVE AUCTION



ywca

PRESENTING SPONSOR



Maureen M. O'Reilly, DDS, MS, PA
Orthodontics and Dentofacial Orthopedics

MAY 15, 2020
6:30-11:30 P.M.
WESTIN ANNAPOLIS
1920'S ATTIRE

PURCHASE TICKETS ONLINE: WWW.ANNAPOLISYWCA.ORG | FOR MORE INFO: 410-626-7800



**2020 Subaru
Impreza
Built for your
next adventure**

With standard Symmetrical All-Wheel Drive, your choice of destinations is endless when you take to the road in a new Subaru Impreza.



149 Old Solomon's Island Road
443-837-1400 • AnnapolisSubaru.com



**THE FACES OF BAYWOODS
OF ANNAPOLIS - A WATERFRONT
RETIREMENT COMMUNITY**



**BAYWOODS
of ANNAPOLIS**

**An active
waterfront lifestyle**

Meet the Williamsons:

Patty and Parker, North Carolina natives, ventured into the Annapolis area via their sailboat named "Second Wind." While keeping their sailboat a few doors down at Bert Jabin's Yacht Yard, Patty and Parker discovered BayWoods of Annapolis and were immediately taken by the luxurious waterfront retirement community right on the Chesapeake Bay. BayWoods proved to be close to their sailboat and all of the world class charm that is associated with the surrounding Annapolis area. This is an active lifestyle in a pet friendly continuing care community with equity ownership.

7101 Bay Front Drive
Annapolis, MD 21403
baywoodsofannapolis.com

Call Jim Harrington at 443-837-1208 to schedule a personal tour and begin your Baywoods waterfront lifestyle.





TOWNE SOCIAL

What's Up? Media Bridal Expo

On January 26, What's Up? Media hosted its annual Bridal Expo at the Hotel Annapolis in the heart of Downtown Annapolis. Brides starting their planning, finishing up the last details, or anywhere in between, met with many vendors, as well as sampled delicious desserts, experienced the fashion show, had fun in the photo booth, and enjoyed live demos and exclusive wedding savings.

Photography by Stephen Buchanan **1.** Event sponsor Coldwell Banker Residential Brokerage Annapolis Church Circle **2.** Event sponsor Eastern Shore Dental Care **3.** Model during bridal fashion show **4.** A happy bride-to-be with event director Melanie Quinn **5.** The view from above **6.** Event sponsor Arthur Murray Dance Centers demonstrate first-dance moves





TOWNE SOCIAL

Cover Your Chin for Charity Party

On January 18, Cover Your Chin for Charity held its annual Closing Ceremonies Party at the Waterfowl Building in Easton. The whimsical and entertaining event is the culmination of the annual beard growing contest that creates awareness in our community to benefit those in need. The proceeds benefit local existing 501-c3 organizations who provide support to kids, vets, and pets. This year's event raised \$30,000.

Photography by Stephen Buchanan **1.** Paul Detrich, Elexes Howard, and Rob Howard **2.** Landy Cook, Andrew Southworth, and Megan Cook **3.** Carly Callahan, John Grow, and Jess Planotulli **4.** Katie Lowman, Chad Nestel, and Billy Murdoch **5.** Joanne Buritsch, Kelli Honeycutt, and Bobby Macey **6.** Gary Skirka, Jeremy Hillyard, and Buck Davis

EXPERIENCE **THE BEST**
OF BOTH WORLDS WITH

halo
HYBRID FRACTIONAL LASER

Skin Wellness is proud to announce we are now offering Halo™, the world's first and only Hybrid Fractional Laser that has changed the world in lasers.

Halo™ delivers non-ablative and ablative wave lengths in a single pass to deliver major results with minimal downtime.

skin
WELLNESS MD

410.224.2400

171 Defense Hwy | Annapolis, MD
www.skinwellnessmd.com



BEFORE

AFTER 1 Halo Treatment



An FDA-cleared approach that works to lose stubborn fat?

THAT'S COOL

Let's talk about how to freeze away fat with the CoolSculpting® treatment.

Nonsurgical • Little or no downtime



Photos courtesy of Flor A. Mayoral, MD.



Photos courtesy of Daniel Behroozan, MD.

Call today for a complimentary consultation

skin
WELLNESS MD

410.224.2400

171 Defense Hwy
Annapolis, MD
www.skinwellnessmd.com
kim@skinwellnessmd.com

Kelly Sutter, RN, CANS | Kim Hart, L.E.A.





2020 VOLVO XC90

The most awarded luxury SUV of the century offers room for the whole family, with easy third row access.

Bring the whole crew over to Volvo Cars Annapolis and take one for a spin.

**VOLVO CARS
ANNAPOLIS**

333 Busch's Frontage Road • Annapolis, MD
410-349-8800 • VolvoCarsAnnapolis.com



NANCY HAMMOND EDITIONS



TROPICAL TANGO BY NANCY HAMMOND

SIGNED AND NUMBERED LIMITED EDITION GICLEE, 32" X 48"
SIGNED ARTIST PROOF, 40" X 60"

192 WEST STREET, ANNAPOLIS MD • 410-295-6612 • WWW.NANCYHAMMONDEDITIONS.COM

Mid-Shore Community Foundation's Awards Breakfast

The Mid-Shore Community Foundation's Annual Report to the Community and Awards Breakfast was held on November 22 at the Tidewater Inn in Easton. The community event, which is held each fall, ratifies the work of the Mid-Shore Community Foundation. The highlight of the event was the presentation of awards, which recognize individuals and organizations whose contributions have made a positive and substantial impact on the community.

Photography courtesy MSCF **1.** Senator Adelaide Eckhardt and award recipient Nancy Shockley **2.** Tori Brummell **3.** Nancy Shockley, Hugh Grunden, Gail Benjamin, Cristy Morrell, Walter Black, Harriett Lowery, Andrew Meehan, Kathy Bosin, Del. Chris Adams, Sen. Addie Eckhardt, and Del. Johnny Mautz **4.** Dr. Karen Salmon **5.** Award recipient Hugh Grunden and guest **6.** Buck Duncan, Harriett Lowery, and Walter Black



**Join the Hospice of the Chesapeake
Foundation for one unforgettable night.**



Saturday • April 4, 2020

5:30pm - 11:00pm

The Hotel at the University of Maryland

7777 Baltimore Ave, College Park, MD

For tickets, please visit hospicechesapeake.org/2020-gala
or call 443-837-1531.

hospice
of the chesapeake
foundation

PEACE &
Amore



Wellness House
OF ANNAPOLIS

8TH ANNUAL SPORTING CLAYS

C L A S S I C

**SUNDAY
APRIL 26, 2020**

8:30 am - 2:00 pm

The Point at Pintail

511 Pintail Point Farm Lane • Queenstown, MD

\$125 Per Person • \$600 Team of 5

Join us for a fun-filled day of clay shooting - all for a good cause! No previous experience is required. Enjoy a great time outdoors while supporting Wellness House of Annapolis' free support programs and services to families touched by cancer.

**50 TARGETS | LUNCH
REFRESHMENTS | RAFFLES
PRIZES | SIDE GAMES**

This is a great day for corporate team building and giving back to the community!

Please visit
www.annapoliswellnesshouse.org/sportingclays
for team sponsorship opportunities and to register for the event.

Wellness House of Annapolis
2625 Mas Que Farm Road • Annapolis, MD 21403
410.990.0941



Proud Community Sponsor

WHAT'S UP? MEDIA
DIGITAL MAGAZINES EVENTS

Hank Libby

Anne Arundel Community College Foundation

By Caley Breese

Most people would agree that a good education is invaluable. To Hank Libby, however, earning a good education is a passion—for himself and for others.

A Louisiana native, Libby is a life-long learner. He graduated from The Wharton School at University of Pennsylvania and went on to receive his JD degree from Penn Law, as well as a master's of tax law from George Washington University. Libby went into private practice for 25 years and when he retired from law, he went back to school and received a degree in marine biology.

"I guess learning is something that I've always enjoyed, and it's something that I think everybody ought to enjoy," Libby says. "Although I know that's not true, so we [Anne Arundel Community College Foundation] do what we can to get people interested and help them through school."

Libby is an avid philanthropist and advocates for many organizations through his own foundation, the Carol M. Jacobsohn Foundation, which is a strong supporter of the Anne Arundel Community College (AACC) Foundation. According to Libby, the Carol M. Jacobsohn Foundation focuses on offering grants to tax-exempt institutions that specialize in children's education, women's rights, and women's education. He began volunteering with AACC Foundation 13 years ago. Libby served as board president from 2016 until 2018 and has contributed significantly to the Foundation's many programs.

"What got me involved was a concept of scholarships for women who were single heads of households or who had been out of college, working for a long time," Libby explains. "So, through the Foundation, we created this scholarship program which focuses on women. That got me hooked because I liked the way it was working. And since then, we've done other scholarships, raised money for some equipment purchases for the nursing students."

AACC Foundation's mission is to make higher education more accessible for members of the community by procuring funds that support scholarships and opportunities for students. These funds are made possible through private philanthropic efforts. Through the Carol M. Jacobsohn Foundation, Libby has been able to support and contribute to AACC Foundation's scholarship and program offerings.

"One of the things that [Hank has] worked really hard on, as our other board members, [is] reaching out into the community," AACC Foundation Director of Development Wendy Thomas says. "Hank has been masterful at helping other people understand the role that philanthropy plays here at the college, because most people think community college is funded by state and local government. There's really been an education curve, and Hank has been at the forefront of making sure that people understand that in order to have these kinds of programs, [we go] above and beyond what we can typically offer."

Libby has been an instrumental leader for the AACC Foundation's Launching the Future campaign. The campaign's goal is to raise funds for the community college's new building, the Clauson Center for Innovation and Skilled Trades, which is scheduled to open for classes by the fall of 2021. There will be six trade programs offered at the Clauson Center, including electrical, forklift operator, HVAC, plumbing, welding, and general contracting.

"Hank sits on both sides," Thomas explains. "He gives money, but he is also helping us raise money. He's out actively meeting with other members of the community, and right now, the focus is on the Clauson Center for Innovation and Skilled Trades."

Libby says his favorite part about volunteering with the AACC Foundation is working on the Clauson Center project and hopes that whether



Photo courtesy of AACC Foundation

"I guess learning is something that I've always enjoyed, and it's something that I think everybody ought to enjoy"

students come in on scholarships or come in on their own, the school will be able to help them.

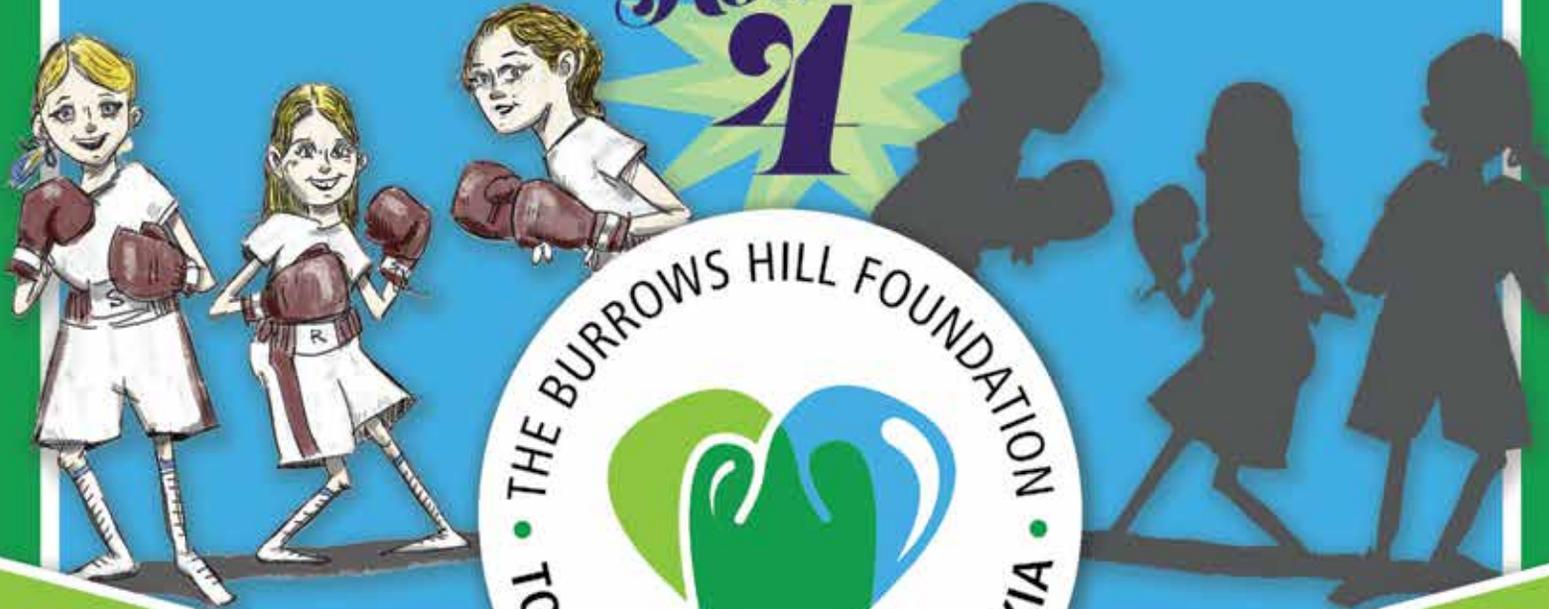
"We feel so fortunate having Hank's leadership," Thomas says. "He is someone who understands that, through education, opportunities are endless. That's central to our mission at the community college. So, we feel really fortunate that we found someone like Hank, who understood that vision and has taken it and just really transformed the work that we're doing here at the Foundation, and how we're supporting not only the college, but the community [as well]."

For more information on the Anne Arundel Community College Foundation, visit aacc.edu/about/aacc-foundation.

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

A NIGHT TO FIGHT FA

Round 1



We will

#cureFA

APRIL
4 | **2020** | TICKETS
\$100
per person
6-10 pm

NAPTOWN

AKERSON TOWER
AT NAVY MARINE CORPS
MEMORIAL STADIUM
*Music, Dinner, Open Bar,
Silent Auction and Live Auction*

www.burrows-hill.org

sponsored by:



The Addington Kelly Family





ANNE ARUNDEL MEDICAL CENTER FOUNDATION

DENIM & DIAMONDS

APRIL 25TH 2020 • 6:00 PM – 11:30 PM • UNDER THE STARS

AAMC SOUTH CAMPUS • ANNAPOLIS EXCHANGE ON JENNIFER ROAD

PLEASE JOIN OUR GROWING LIST OF SPONSORS AND DONORS
WITH YOUR SUPPORT, PROCEEDS FROM THIS YEAR'S BASH WILL ADVANCE OUR
REGION'S MENTAL HEALTH AND ADDICTION CARE SERVICES AND FACILITIES.

PRESENTING SPONSOR

First National Bank

PLATINUM

AAMC Medical Staff • Anne Arundel Dermatology • Buck Distributing Company, Inc.
The Chesapeake Bayhawks • Comcast • Event EQ • Main & Market • What's Up? Media • WRNR

DIAMOND

Aerotek • Anesthesia Company, LLC • Annapolis Radiology Associates • BB&T/Truist
Chesapeake Eye Care & Laser Center • The C.N. and Maria Papadopoulos Charitable Foundation
Epstein Becker & Green, P.C. • The Evan K. Thalenberg Family • G & G Outfitters, Inc.
Hyatt Commercial • Hyatt & Weber, P.A. • IFF • James & Therese Roberts • Lids • Liquefied Creative
The MacKenzie Companies • Private Wealth Partners, LLC • Righttime Medical Care • Severn Bank
StratWealth • TRACE • The Whiting-Turner Contracting Company

SILVER

Anderson Fire Protection, Inc • Annapolis Athletic Club • Annapolis Subaru • Bo's Effort
Chesapeake Veterinary Referral Center • CRGA Design • Doctors Emergency Service, P.A.
Drs. Walzer, Sullivan, Hlousek, Jones & Chambers, Oral Surgery • Eagle Title • Edgewater Fitness
Eye on Annapolis • Insurance Solutions • James Posey Associates • Kaiser Permanente
Kelly Benefits & Financial Advisors • Laura & Bill Westervelt • Leach Wallace Associates, Inc.
Liff, Walsh & Simmons • Long Roofing • M & T Bank • Mark & Lynne Powell Family Foundation
McNamee Hosea Attorneys & Advisors • MPB Commodities • Pam Batstone - Coldwell Banker
Ramsey Madison Events • RXNT • The Sandel Duggal Center for Plastic Surgery and Med Spa • TEKSystems

DENIM

The Annapolis Photographer • Apple Signs Inc. • Auxiliary of AAMC • Bank of America Merrill Lynch
Blackwood Associates, Inc. • Biana & Steve Arentz • Boomershine Consulting Group, L.L.C.
CAM Wealth Management • Capital Gazette • The Chartis Group • Corporate Office Properties Trust
Council Baradel • DiNenna Lee CPA's LLC • Ernst & Young • Exelon Generation • Fidelity Investments
Frost & Associates, LLC • Genesis HealthCare • Hall Render, Killian, Heath & Lyman, P.C.
HeimLantz CPA's and Advisors • Hospice of the Chesapeake • IBM Watson Health • Ironmark
Jim & Janon Waller • John & Cathy Belcher • KureSmart Pain Management • RCM&D
Reliable Contracting Co., Inc. • Shore United Bank • Steve & Dania Schuh • Westfield Annapolis

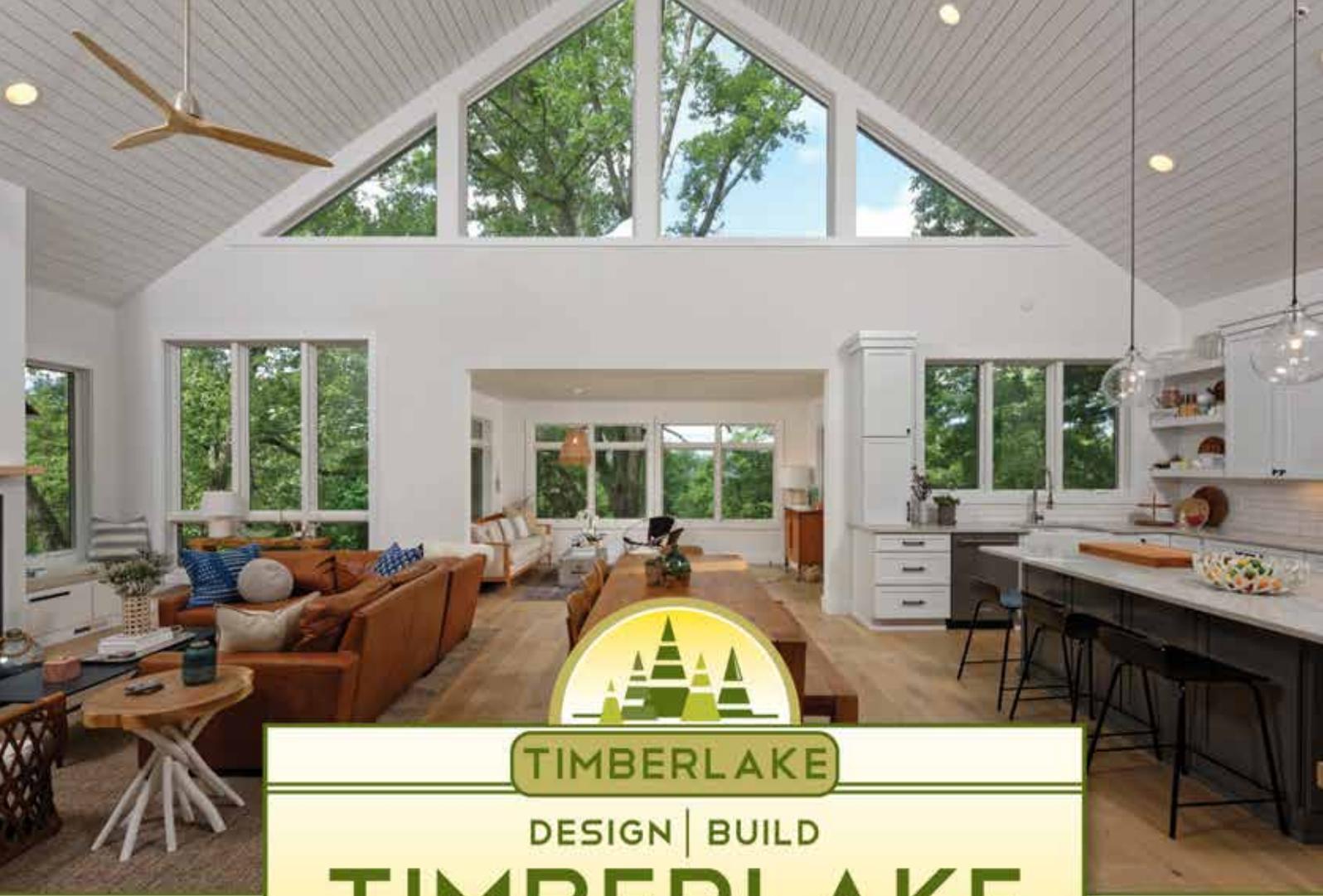
HOSPITALITY STATIONS

Arthur and Judy Ebersberger • Centric Business Systems • Future Care Health and Management Corporation
Gordon Feinblatt LLC • KatzAbosch • Mullen, Sondberg, Wimbish & Stone, PA • RBC Wealth Management
Sims & Campbell, LLC • St. John Properties

PURCHASE YOUR TICKETS TODAY!

Visit us online at AAMCDenimAndDiamonds.org





TIMBERLAKE

DESIGN | BUILD

TIMBERLAKE

VETERAN OWNED & OPERATED



WHOLE HOUSE RENOVATION

CUSTOM HOMES

OUR HOME/YOUR LOT

Award winning home building, renovation and design/build since 1963.
Call for a consultation! 443-863-1295

Your Unique Needs. Our Unique Expertise. TimberlakeDB.com

MHIC# 121833 MHBR# 3769





Bello Machre President & CEO Dr. Robert T. Ireland; Phillips Charitable Foundation President Eileen Gross; Phillips Charitable Foundation Vice President Jennifer Good; Bello Machre Development Director Tracy Lynnott. Photo courtesy of Bello Machre

↑ Bello Machre Receives \$45,000 Grant

Bello Machre, a nonprofit organization based in Glen Burnie, received a \$45,000 grant from the Phillips Charitable Foundation. This grant will support two of Bello Machre's critical programs: Respite Care and Residential Start-up Costs. The Respite Care funding will allow Bello Machre to provide families with reliable, well-trained professionals to care for their family member during emergencies, such as hospitalization of a caregiver. The grant will assist Residential Start-up Costs by helping fund start-up costs for six new individuals who will soon be living at Bello Machre. Bello Machre is dedicated to providing loving care, opportunity, and support for people with developmental disabilities in Maryland.



Left to right: Hospice of the Chesapeake Director of Advancement and Volunteer Services Chris Wilson; founders of Fight For Phoebe, Inc. Britta and Dave Ward; Chesapeake Kids Child Life Specialist Alex Haarich; and Hospice of the Chesapeake President and CEO Ben Marcantonio

FIGHT FOR PHOEBE RAISES \$4,000 FOR HOSPICE OF THE CHESAPEAKE

Fight For Phoebe, a nonprofit fundraising charity, donated \$4,000 to Hospice of the Chesapeake in December. Through fundraising events at Brian Boru and Chipotle restaurants in Severna Park, the organization surpassed its 2018 amount by \$1,000. Fight For Phoebe was founded by Dave and Britta Ward to honor the memory of their daughter, Phoebe Jeong-Hui Ward, who lost her life to the rare autoimmune disease hemophagocytic lymphohistiocytosis, or HLH. Every December, the organization raises money for the Chesapeake Kids' Days of Joy program, which provides pediatric hospice families a customized outing for family bonding, quality time, and celebration.

Oyster Recovery Partnership Appoints New Executive Director

The Oyster Recovery Partnership (ORP) announced H. Ward Slacum, Jr. as its new executive director in January. Slacum, a resident of Stevensville, has an extensive background in marine and estuarine science and prior to being named executive director, he served as ORP's director of operations since 2014. Slacum has led many ORP projects to expand the organization's oyster restoration capabilities and he has worked with oyster partners to establish incentives in order to increase oyster production in Chesapeake Bay. As executive director, Slacum will lead ORP's collaborative efforts to continue oyster restoration, working closely with several environmental organizations.

SANTA CHEF DELIVERS CHRISTMAS EVE DINNER TO LOCAL FAMILIES ↓

For the fifth consecutive year, Blackwall Hitch, located in Eastport, teamed up with Eastport Elementary School to prepare and deliver meals to students and their families in need. Chefs Mente Lawson and Matthew Roller created a menu that featured holiday ham, side dishes, and pie. The meals were delivered to the homes of seven families on Christmas Eve day by Blackwall Hitch volunteer staff. "It is gratifying to see the response from our restaurant staff who take this project to heart each year," says James King, CEO of Blackwall's parent company Mid States Management. "We look forward to continuing this tradition."



↑ ST. ANNE'S SCHOOL OF ANNAPOLIS APPOINTS NEW HEAD OF SCHOOL

In January, St. Anne's School of Annapolis Board of Trustees announced Andrea Weiss as its new head of school, effective July 1. Weiss has nearly 20 years of education experience and holds degrees from Georgetown University and Marymount University. She has a background in design thinking, artificial intelligence, engineering, and computer science. She most recently served as interim head of school and director of innovation and learning at the Congressional School in Falls Church, Virginia. Weiss will succeed Lisa Nagel, who will soon serve as the new head of school at the Duke School in Durham, North Carolina.



Left to right: José Dueñas, Chef Matthew Roller, and Sid Roberts. Photo by Lea Hurt



↑ ANNAPOLIS OPERA NAMES NEW ARTISTIC AND MUSIC DIRECTOR

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

Linda Penkala Publishes *THE PAUSE*

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

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



MODERN FARMHOUSE COLORS



FRENCH DELICACY MEETS RUSTIC CHIC.

Transform your home using PPG PAINTS™ Modern Farmhouse Colors. Bring in the softened colors from the popular farmhouse trend featuring clean, minimal and natural elements that are modernized with a sleeker style.



Maryland Paint &
DECORATING



410.280.2225
209 Chinquapin Round Road, Suite 100
Annapolis | mdpaint.com

The PPG Logo is a registered trademark and the PPG Paints Logo is a trademark of PPG Industries' Ohio, Inc. ©2018 PPG Industries, Inc. All Rights Reserved.



TOWNE ATHLETE

Sammy Dupcak

Broadneck High School
Lacrosse, Field Hockey

By Tom Worgo

For Sammy Dupcak, her father Neal and her mother Maureen are more than just her parents—they are also like coaches. Both Neal and Maureen were standout athletes at the University of Maryland. Neal played lacrosse for four years. And Maureen earned a spot in the school’s athletic hall of fame for stellar careers in field hockey and lacrosse.

Dupcak, a Broadneck senior, is following in their footsteps. She excels in field hockey, and lacrosse, for which she earned U.S. Lacrosse All-American honors last year.

Lacrosse is Dupcak’s best sport and she’ll play for the Penn State Nittany Lions on a scholarship.

“They are great role models,” Dupcak says of her parents. “They are very passionate about sports and that has rubbed off on me. They have given me a lot of time and have coached me in a lot of sports. They have influenced me to be the best I could at sports.”

Dupcak doubts she would be where she is without her parents coaching and prodding.

“That was a huge part of my success,” Dupcak explains. “They really supported me and made sure I worked very hard and stayed on track and helped me reach my goals. They always talked about what I could do better.”

Dupcak has achieved a lot in her athletic career and among her biggest accomplishments is setting a school record last spring by winning 101 draws in lacrosse from her midfield position. She’s taken the most draws on the team since her freshman year.

Dupcak hasn’t missed a game in her four years as a starter on the lacrosse team.

“I think it says a lot about her toughness and commitment,” Broadneck Girls Coach Lacrosse Katy Kelley says. “She is really doing what she

“Her skills are phenomenal. She can read the field very well. She knows where the ball is going and where she needs to be.”

needs to do to be a healthy athlete as well. I think it’s pretty amazing.”

The 5-foot-9-inch Dupcak was also aggressively recruited by The College of William & Mary, Boston University, and Arizona State University.

“[But] I love the atmosphere and the culture of the Penn State team,” says Dupcak, who carries a 4.3 weighted grade-point average. “The girls and coaches are great. They have a really good thing going on up there. I am really confident that I will have a great experience there.”

Dupcak accomplished a lot in her Broadneck career in lacrosse and made an impact early in her career. She earned Second-Team All-County honors as a freshman and First-Team All-County honors as a sophomore. Her junior year was her best. She ranked second on the team in goals (50) and (22) assists while racking up 65 ground balls and 31 caused turnovers.

“She is just a super all-round player,” Kelley says. “Her skills are phenomenal. She can read the field very well. She knows where the ball is going and where she needs to be. She has such good instincts, athleticism, speed, and drive to have the ball. It leads to her being a dynamic player.”

She's a terrific defender, too.

"She always guards the other team's top scorer or biggest threat," Kelley says.

Dupcak co-captained the field hockey team this past fall and she is expected to fill that same role in 2020 for the lacrosse team.

"She is a quiet confident leader who just works so hard," Kelley adds.

Dupcak also started for three years on field hockey team and led the team in assists (9) and finished second (10) in goals this past fall while being name First-Team All-State by the Field Hockey Association of Maryland.

Dupcak had one of the biggest moments of the season, scoring the game-winning goal in overtime against South River to lead to Bruins to the Class 4A state semifinals. Broadneck Field Hockey Coach Shannon Hanratty says Dupcak, who was First-Team All-County as a junior, could have played field hockey in college.

"She really had the field sense that was absolutely top level in the state," Hanratty explains. "She was a playmaker. She is first part of the first one of offense and defense. She was the player sometimes you wondered if she had a magnet in her stick. It always seemed like she was involved in the play."

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



Golden Proportion

CENTER FOR INNOVATIVE DENTISTRY
AND FACIAL AESTHETICS

Dr. Roland's exclusive
Natural Relief[®]
For TMJ and Sleep Apnea

A unique procedure that focuses on establishing a healthy balance among the whole body. The head, spine, jaw and airway are noninvasively realigned and remodeled to restore long term TMJ comfort and proper breathing.

Body Balancing Orthodontics[®]
A unique noninvasive procedure for children and adults. This focuses to establish whole body health and alignment as well as straightening the teeth.

Balanced Beauty Lyft[®]
A unique non-surgical facelift that restores your teeth to their natural balanced structure. BBL guides the bony structures to remodel non-invasively. Facial features become balanced, and muscles of the face relax for a natural balance between your face and your smile. With BBL, you'll enjoy a healthier, youthful, more vibrant facial appearance.

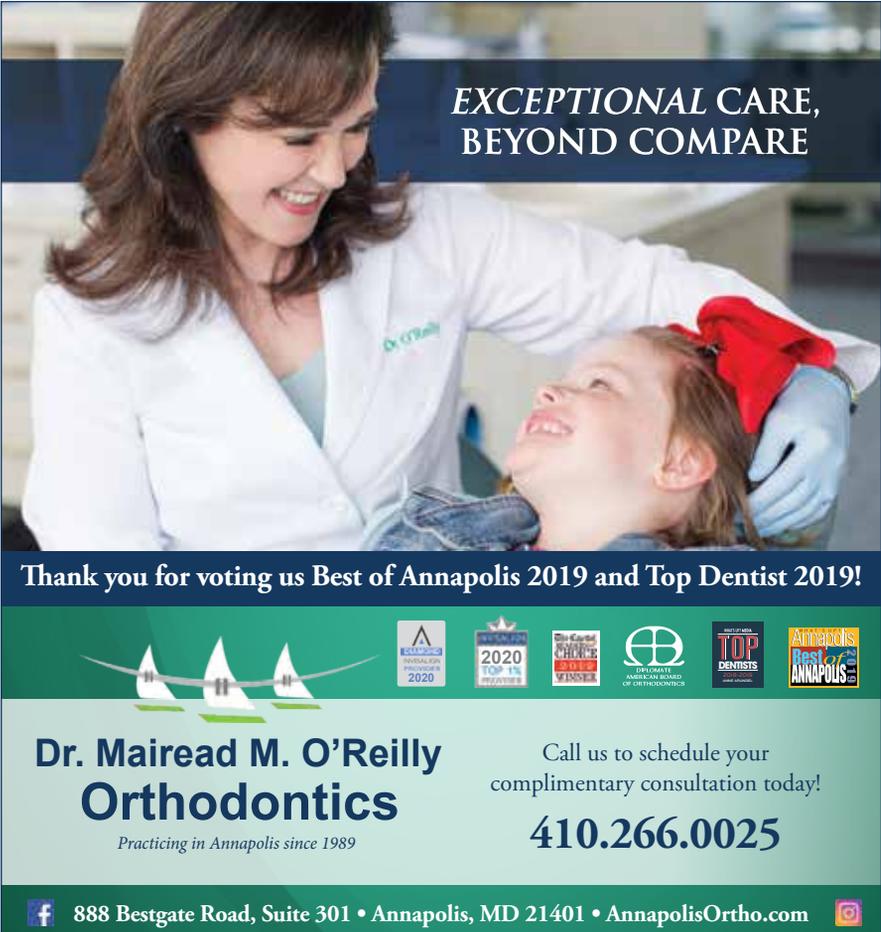
YASAMAN S. ROLAND, DDS, LVIF
133 Defense Hwy, Suite 103
Annapolis, MD • 410.266.3595
drrolanddental.com

SELECTED AS ONE OF AMERICA'S TOP DENTISTS EVERY YEAR SINCE 2010

THANK YOU FOR VOTING ME BEST OF ANNAPOLIS 2019

WHITE UP MEDIA
TOP DENTISTS
ANNE ARUNDEL

Annapolis Best of ANNAPOLIS 2019



**EXCEPTIONAL CARE,
BEYOND COMPARE**

Thank you for voting us Best of Annapolis 2019 and Top Dentist 2019!

Dr. Mairead M. O'Reilly
Orthodontics
Practicing in Annapolis since 1989

Call us to schedule your complimentary consultation today!
410.266.0025

888 Bestgate Road, Suite 301 • Annapolis, MD 21401 • AnnapolisOrtho.com

ANNAPOLIS BEST OF ANNAPOLIS 2019
2020 TOP 1% DENTISTS
DR. MAIREAD O'REILLY
ANNAPOLIS
ANNAPOLIS BEST OF ANNAPOLIS 2019



“It would be a blessing just to be able to finish with some of the best that have come through the program.”

“It would be a blessing just to be able to finish with some of the best that have come through the program,” Cowan says.

The 22-year-old declared for the NBA draft in May, but decided to return to school to chase a title and improve his stock for next year’s draft. He’s been nothing but consistent at Maryland. The Bowie resident has averaged in double figures every year and earned second-team All-Big Ten honors last season after averaging 15.6 points and 4.4 assists per game.

The 5-foot-10, 180-pound Cowan has started every game in his career and is aiming to become only the second player to do that during head coach Mark Turgeon’s nine years. Turgeon has praised Cowan for his outstanding leadership with Maryland’s youthful roster.

We recently talked to Cowan about playing so close to home, his leadership role, and the lofty expectations for the 2020 Terps.

What does it mean for you to play at Maryland since you grew up in the area?

It means lot. I grew up 15 or 20 minutes away. All my friends and family come to games and see me play. I have been a huge fan of some

Maryland players and it’s definitely an honor to put on a Terps’ uniform.

Why did you return to school after declaring for the draft?

Everybody wants to get to the next level and realize their dream by playing in the NBA. I wanted to make sure I leave a lasting and winning legacy at Maryland, so people will remember my name. That’s what I am trying to do right now.

After you finish your Maryland career, how exciting will it be to play professionally?

It will be super exciting. I not only want to continue playing basketball, but also get paid for doing it. That will be a great thing and I will be very fortunate for that. I got a sense of what it’s like. My former teammates and my friends tell me about the good and bad of playing at the next level.

Maryland has been ranked in the top-10 this season. Do you and the team feel more pressure to have a breakout season?

Yes. I definitely think we invite the pressure. We are a team of competitors, so we want everyone’s best shot. I love the attention. You have to do it while it lasts. You are only going to be a college basketball player one time in your life, so you have to take advantage of it.

TOWNE INTERVIEW

Talking Terps

University of Maryland hoops star Anthony Cowan Jr. answers our questions

By Tom Worgo

Maryland senior point guard Anthony Cowan Jr.’s goal of winning a Big Ten title or going on a long NCAA basketball tournament run remains unfulfilled. Instead, early exits have been common.

Cowan will have another shot in March, and expectations are high with Maryland ranked among the best teams in the country. Even so, Cowan will leave a lasting legacy either way. He’s on pace to finish among Maryland’s all-time top-10 scorers. It’s an impressive list that includes Len Bias, Juan Dixon, John Lucas, and Tom McMillen. All four were NBA first-round picks.

How would you describe your leadership style? Since you're the team's only senior and 10 freshmen joined the team the past two years, have you had to step up?

I am not as loud as a lot of other leaders, but I definitely talk a lot. The thing about me is I lead by example. I am a big believer in if the people you are leading see you do something and doing it with a lot of effort, they will do the same thing. A lot of the freshmen didn't know what they were doing, so I had to make sure I was a better leader.

How would describe your relationship with coach Mark Turgeon?

We have a great relationship. I have known him for a long time—ever since I was a sophomore in high school. Our relationship grows every year. He trusts me running the team.



How important has he been in your development?

Huge. He was also a small guard who had a successful college career (at Kansas). He has taught me a lot in terms of leadership, different skills, and things a player with our height should do as a point guard. He definitely has taught me a lot.

Once you finish basketball, what do you want to do for a career?

I already graduated with a degree in communications. I studied sports broadcasting. I would really like to be a broadcaster and I want to stay in sports. I think sports broadcasting is something I can do.

Do you have a pregame routine?

I listen to music. That's my routine. I usually listen to my cousin, Marty Maw, who is a Hip-Hop artist. He is from Bowie as well. I listen to him until I have to go onto the court.

What do you do to relax after a game?

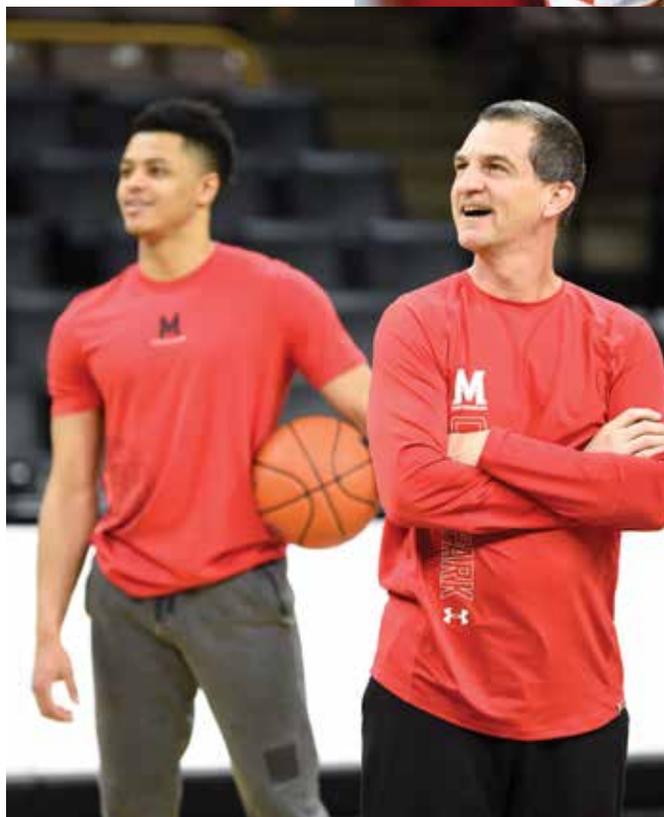
I usually go back to my room and play video games. I am a big fan of video games. I also talk to my teammates. I am a real boring guy. I don't do anything out of the ordinary. I just try to calm my body down.

What do you for fun when you are not playing basketball?

The benefit of going to Maryland is that you are close to home. It allows me to see friends and family and play with my French bulldog Drizzy.

What charities have you devoted time to?

One that sticks out the most to me is a food drive, called SOME (So Others Might Eat), we did in Washington, D.C., to help out the homeless. It was a great time and the team genuinely wanted to be there. I have also done Special Olympics every year I have been here. It's a great feeling to see the kids. I can put basketball away for a while.



The Key to Our Fortunes?

Shockingly Low Inflation

By Anirban Basu

It wasn't supposed to be this good. By December 2015, the Federal Reserve had begun to ratchet up interest rates and borrowing costs in an effort to normalize monetary policy and head off emerging inflationary pressures. The prior year, unemployment had begun to dip to the point that workers across the wage spectrum were beginning to experience chunkier wage increases. The combination of ongoing job growth and faster wage increases helped perpetuate an economic expansion that had begun during the summer of 2009.

Ultimately, the Federal Reserve would raise short-term rates nine times between December 2015 and 2018. Messaging from Federal Reserve Chairman Jerome Powell and others indicated that further rate increases were forthcoming. Coming into 2019, unemployment was approaching a 50-year low—a low at which it presently sits (3.5 percent to end 2019). Based on basic economic logic, this was supposed to generate faster wage growth and additional inflationary pressure, inducing the Federal Reserve to further bolster borrowing costs. By late-2018, the average interest rate on a 30-year fixed rate mortgage had already reached 5 percent, resulting in a precipitous decline in owner-occupied housing market activity. The expectation was that 2019 would be even more problematic.

At the start of 2019, nearly a quarter of economists surveyed by the *Wall Street Journal* predicted that a recession would occur at some point during the year. At the time, it seemed like they were correct. The U.S. was manifesting substantial indications of both slowing and vulnerability.

The economy was adding an average of 163,000 net new jobs in the first half of the year. By comparison, the economy was adding 235,000 net new jobs over the same period in 2018. By mid-year, the economy was sending out signals of imminent recession, with the yield curve inverting and financial markets gyrating.

Then the unexpected occurred. Rather than pick up, inflation dissipated, in part because of a weakening global economy. Many factors have been at work. For instance, China began to expand at its slowest pace in three decades, laying low the Asian economy and nearly driving Germany into recession. Economies in Africa and Latin America, increasingly reliant on Chinese investment, also began to languish.

The result was that rather than raising rates, the Federal Reserve cut rates three times in 2019. Not only did this reduce borrowing costs, it sent Wall Street into a tizzy, with the S&P 500 expanding 29 percent last year. Consumer spending continues to be robust, in part because of low interest rates on consumer and auto loans. Job

growth also remains strong, inducing more consumers to spend, supporting the creation of additional employment opportunities in the process.

MARYLAND BOUNCES BACK

What a difference a year can make. At the start of 2019, the country was in the midst of the longest federal government shutdown in modern history. While the impact on the national economy was minimal, the same could not be said for Maryland, which due to its proximity to the nation's capital, dedicates a large portion of its workforce and economy to federal agencies and government contractors.

As a result, job growth in the Free State was stagnant for much of last year as the state's economy spun its wheels. But eventually, the state's economy gained traction, and rather than spinning its wheels, the local economy jolted aggressively forward. The pace of job growth has been akin to the adrenalin pumping beauty of burning rubber in a Ford Mustang GT. Indeed, few states added jobs as robustly as Maryland during the latter stages of 2019.

The aggregate result of an awful first half of 2019 and a superior second half was that Maryland ranked right in the middle of U.S. states in terms of percentage job growth last year. Virtually all of the jobs added in Maryland on net have been added in the Baltimore metropolitan area, home to large-scale redevelopments in downtown Columbia, downtown Towson, Tradepoint Atlantic, and along the Baltimore City waterfront.

In total, the Baltimore Metropolitan Area added 23,600 jobs in November on a year-over-



year basis. This translates into an increase of 1.6 percent, ranking the region 16th among the nation's 25 largest metro areas, tied with St. Louis, MO. That ranking puts Baltimore ahead of other areas in the Mid-Atlantic and Northeast, including Boston (1.4 percent, 20th), New York (1.0 percent, 21st), and Philadelphia (1.0 percent, 21st). The Baltimore region's unemployment rate of 3.2 percent ranks it 17th among the same group of metropolitan areas. In short, coronavirus notwithstanding, given Maryland's newfound momentum, the outlook for the state's economy looks promising for at least the initial half of 2020.



About

Anirban Basu

Anirban Basu is Chairman & CEO of Sage Policy Group, Inc., an economic and policy consulting firm headquartered in Baltimore, Maryland. In 2014, Maryland Governor Larry Hogan appointed him Chair of the Maryland Economic Development Commission. Basu earned his B.S. in foreign service at Georgetown University in 1990. He earned his master's in public policy from Harvard University's John F. Kennedy School of Government, and his master's in economics from the University of Maryland, College Park. His juris doctor was earned at the University Of Maryland School of Law.



ANNE ARUNDEL WOMEN GIVING TOGETHER

Maggie Gunther Osborn

Sr.VP and Chief Strategy Officer for United Philanthropy Forum

***“The Cost of Silence”* | Wednesday, March 4, 2020**

During the last decade, Anne Arundel County lost more than \$43 million in federal dollars because one in five (20%) did NOT respond to Census 2010.

A free Anne Arundel Women Giving Together special evening as part of the Year of the Woman year-long celebrations.

**The Blue Heron Center at Quiet Waters Park - Annapolis
6:00 p.m. - 8:00 p.m.**

With thanks to What's Up? Media for this event media sponsorship and to our 2020 sponsors: 1 North Wealth Services, Sims & Campbell, Anne Arundel Dermatology, and Lemongrass Restaurants

Before joining the Council, Maggie served as Vice President of the Florida Philanthropic Network, Grant Director for the Connecticut Memorial Foundation, Vice President of the Community Foundation of Tampa Bay and Chief Development Officer for The Florida Aquarium following an early career in the designer fashion industry. MGO Partners, Osborn's consulting firm from 1998-2013, provided training and capacity building support to the social purpose sector. Maggie holds a master's degree in leadership and philanthropy from Antioch University and a BA from Notre Dame of Maryland University, where she was a Morrissy Scholar.

► To register and for further information:
www.givingtogether.org



SPONSORSHIPS STILL AVAILABLE!



AWARDING THE GARLAND OF ROSES TO 2020 HONORARY CHAIR



Grab your Boots and Derby Hats and Join Us on the Farm!

May 2, 2020 at 5pm

Don't Miss Out! Last Year was a Sell Out!

DerbyDay@mtrinc.org | mtrderby20.givesmart.com | 410-923-6800



GREAT SMILES TAKE MORE THAN **LUCK!**



FREE Whitening
with Invisalign treatment
* Call for details *



Dennis M. Cherry, DMD

410-793-5802

900 Ritchie Highway
Suite 204

Severna Park, MD 21146

www.cherryfamilydental.com



Dr. Cherry provides affordable, quality dental care for your entire family.
Evening hours are available.

LEARNING TODAY, LEADING TOMORROW

SAINT MARTIN'S
SCHOOL OF ANNAPOLIS

Educating students
from Pre-K 3
to 8th Grade



Interactive Learning & Creative Teaching
Where Every Child Thrives – School, Family, Community

OPEN HOUSE

Thursday, March 26, 2020 at 9 a.m.

Visit our website www.stmartinsonline.org

1120 Spa Road • Annapolis, MD 21403 | 410.269.1955

FISHPAWS

MARKETPLACE

**Weekly Beer,
Wine & Gourmet
Cheese Tastings**

Wine, Cheese & Beer
Thursdays 5-7pm

Beer or Tap Takeovers
Fridays 4-7pm



Visit Our Wine ATM Machine

16 Different Wines to purchase &
taste in 1oz, 2oz or 4 oz pours

Friday, March 13

Slade Irish Whiskey

Thursday, March 19

5 to 7PM: New Arrivals from
Europe & 1623 Brewing

Friday, March 20

Elder Pine Tap Takeover & Halo
Honey Liqueur

Friday, March 27

Rusty Rail Tap Takeover & St
Michael's Lyon Distilling

**NOT JUST A SHOPPING TRIP
BUT AN EXPERIENCE!**



**DELIVERY
NOW
AVAILABLE!**

954 Ritchie Hwy. Arnold, MD 21012
410-647-7363 www.fishpawsmarket.com

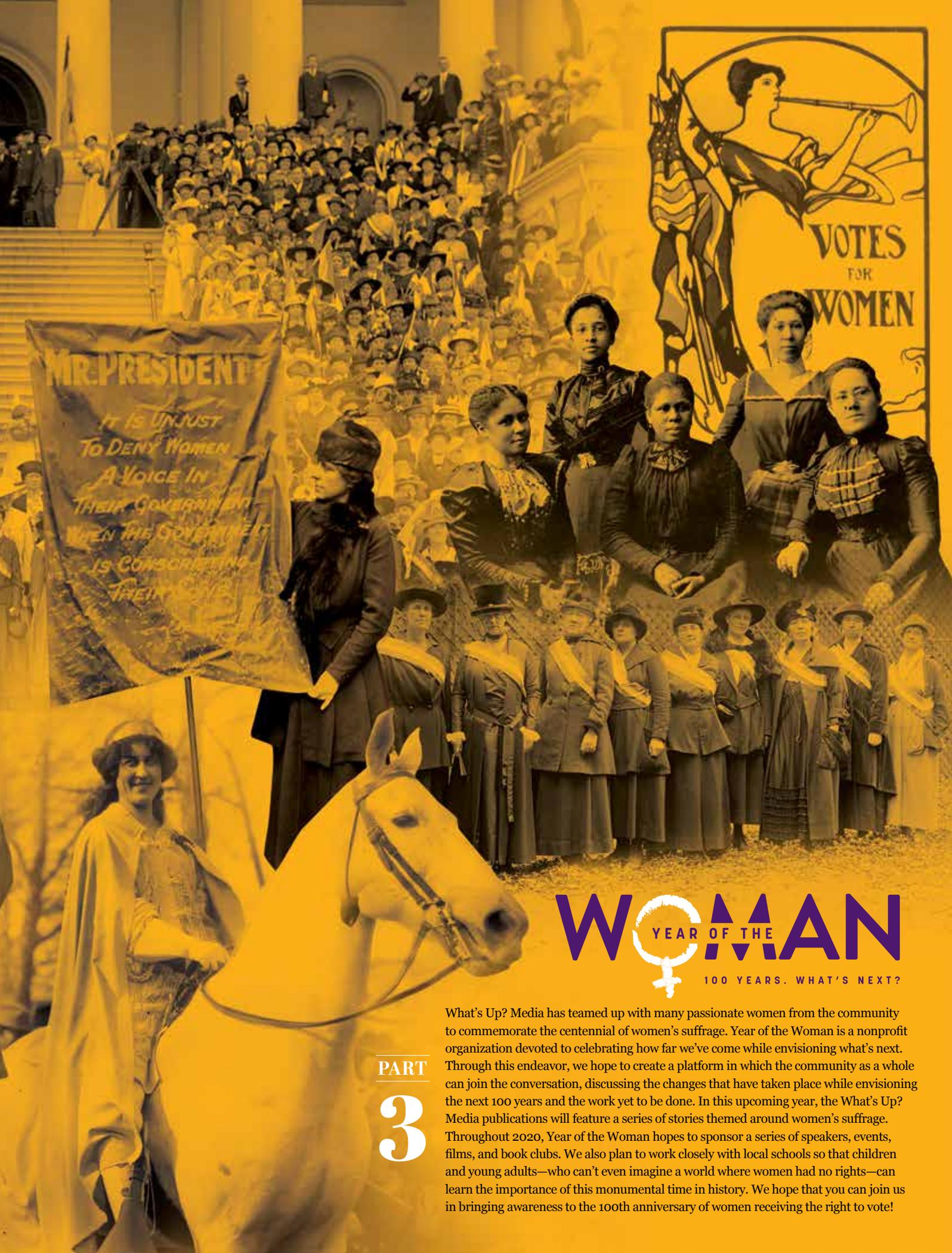
**Best of
ANNAPOLIS
2019**

**West County
Best of
WEST COUNTY
2019**

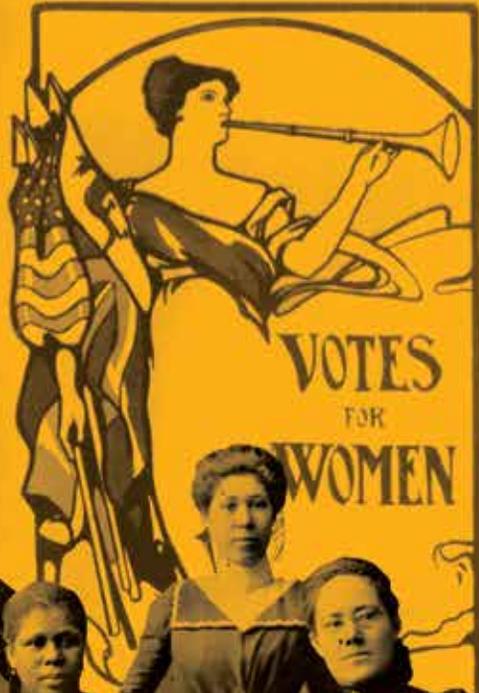


Then - put your shields before your hearts
and fight with hearts more proof than shields.





MR. PRESIDENT
IT IS UNJUST
TO DENY WOMEN
A VOICE IN
THEIR GOVERNMENT
WHEN THE GOVERNMENT
IS CONSCRIBING
THEIR RIGHTS



WOMAN

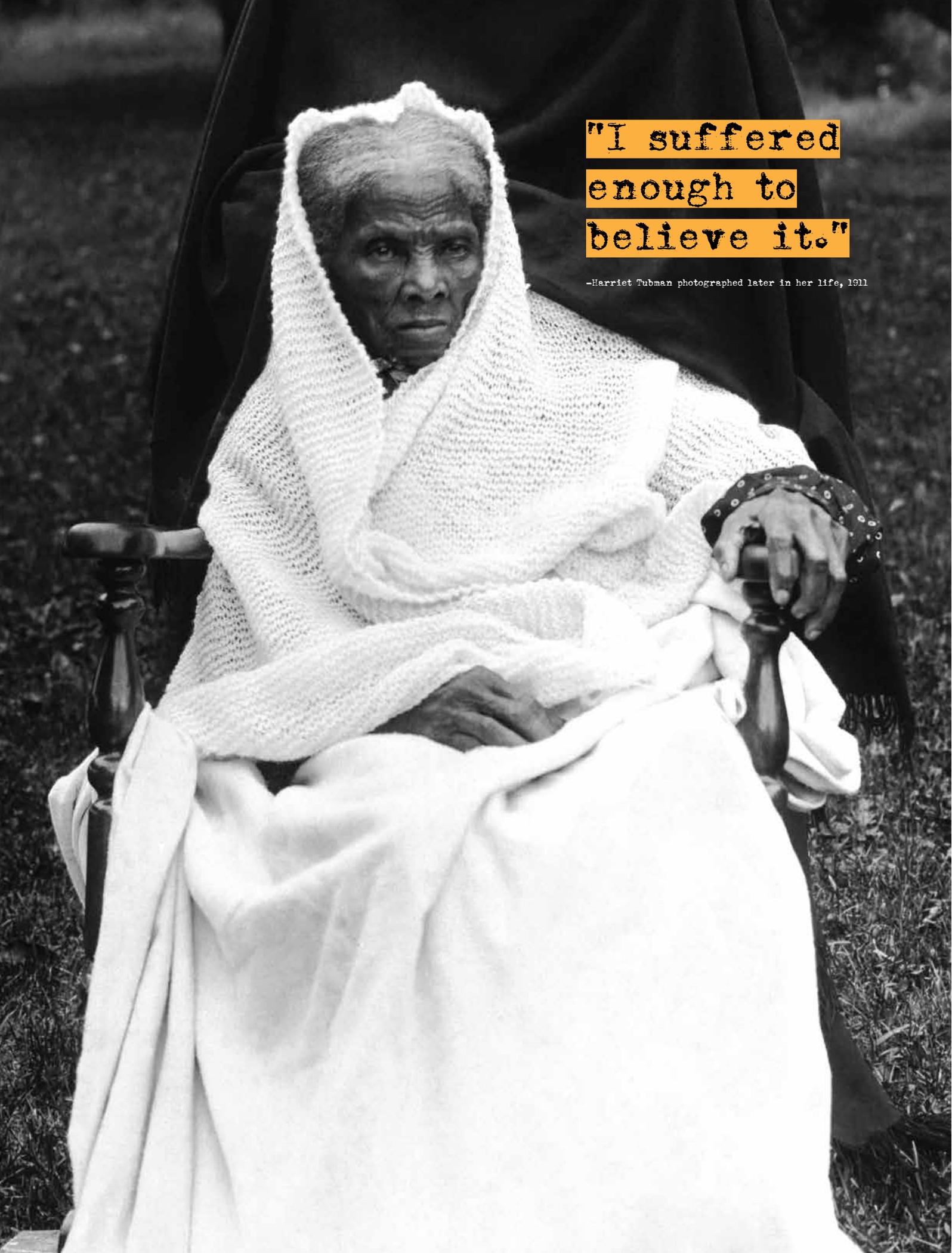
YEAR OF THE

100 YEARS. WHAT'S NEXT?

PART

3

What's Up? Media has teamed up with many passionate women from the community to commemorate the centennial of women's suffrage. Year of the Woman is a nonprofit organization devoted to celebrating how far we've come while envisioning what's next. Through this endeavor, we hope to create a platform in which the community as a whole can join the conversation, discussing the changes that have taken place while envisioning the next 100 years and the work yet to be done. In this upcoming year, the What's Up? Media publications will feature a series of stories themed around women's suffrage. Throughout 2020, Year of the Woman hopes to sponsor a series of speakers, events, films, and book clubs. We also plan to work closely with local schools so that children and young adults—who can't even imagine a world where women had no rights—can learn the importance of this monumental time in history. We hope that you can join us in bringing awareness to the 100th anniversary of women receiving the right to vote!



"I suffered
enough to
believe it."

-Harriet Tubman photographed later in her life, 1911

Lighting the Torch of Universal Suffrage

Black suffragists blazed the trail for black men and white women to secure voting rights in the United States, all while being rejected by both groups

By Maya Davis



Sojourner Truth, circa 1870.
Photograph courtesy National Portrait
Gallery, Smithsonian Institution.

When it comes to women's history and, especially, the suffrage movement, certain names will always stand out, such as Susan B. Anthony and Elizabeth Cady Stanton. They have been highlighted many times in the annals of history. However, there are many more names, which the history books often neglect to shed light upon or give a voice. They are the lesser-known or forgotten figures of the movement. This is especially true for trailblazing African American women, including Sojourner Truth, Ida B. Wells, Mary Church Terrell, and Lillie Carroll Jackson. These women stood at the intersection of being black and being female in a society that didn't respect either classification. In Maryland, two women, Francis Ellen Watkins Harper and Harriet Tubman, also gave their voice for the cause of woman suffrage.

Frances Ellen Watkins Harper and Harriet Tubman were from the same state but came from different backgrounds. Harper, an accomplished poet, abolitionist, and suffragist was born of free parentage in 1825, in Baltimore, Maryland. Although she was born free, Harper was subjected to many of the oppressive conditions inflicted upon enslaved and free blacks living under Maryland's strict slave laws.

Her mother died when she was a young girl, leaving Harper to be raised by her uncle Rev. William Watkins. Harper was greatly influenced by her uncle who was a supporter of anti-slavery efforts and who spoke out against colonization. She, herself, would go on to become an outspoken orator, speaking out against slavery after witnessing it in the border state in which she was born. In 1856, Harper visited escaped slaves who settled in Canada. That experience was documented in a letter she wrote from Niagara Falls which stated, "Well I have gazed for the first time upon Free Land, and, would you believe it, tears sprang to my eyes, and I wept. Oh, it was a glorious sight to gaze for the first time on a land where a poor slave flying from our glorious land of liberty would in a moment find his fetters broken, his shackles loosed, and whatever he was in the land of Washington, beneath the shadow of Bunker Hill Monument or even Plymouth Rock, here he becomes a man and a brother."

In 1860, she married Fenton Harper, causing Harper to slow down on her speaking engagements. The Harpers quickly grew their family when they gave birth to a daughter, Mary. Sadly, the Harper union was short lived when Fenton Harper died in 1863 leaving his wife a widow and single mother. His death put Frances Ellen Watkins Harper back on the pulse of issues facing her people. Now, Harper was the only breadwinner in her home and needed to secure funds to provide for herself and her daughter.

Harper's life and career spanned the course of abolition and women's rights in the 19th century, essentially charting the course for her work to champion both causes. As a poet, she gave voice to the plight of enslaved communities and women. Like Frederick Douglass, Harper made a living as an orator, speaking at abolitionist events. As Harper traveled widely throughout the North and the South, she gained a fuller understanding of the issues affecting African Americans and women. She lived in Ohio before settling in Philadelphia in 1870. This new understanding shifted her oratorical lectures to focus on women's rights including suffrage. Her treatment in Ohio caused her to reflect on her condition as a woman and a widow, and she shared that experience at the 11th Annual

Frances Ellen Watkins Harper, born in Baltimore in 1825, fought for women's rights until her death in 1911.



Aunt Chloe's Politics

*Of course, I don't know very much
About these politics,
But I think that some who run 'em
Do mighty ugly tricks.*

*I've seen 'em honey-fugle round,
And talk so awful sweet,
That you'd think them full of kindness,
As an egg is full of meat.*

*Now I don't believe in looking
Honest people in the face,
And saying when you're doing wrong,
That "I haven't sold my race."*

*When we want to school our children,
If the money isn't there,
Whether black or white have took it,
The loss we all must share.*

*And this buying up each other
Is something worse than mean,
Though I thinks a heap of voting,
I go for voting clean.*

Woman's Rights Convention in 1866. "Had I died instead of my husband, how different might have been the result. By this time, he would have another wife, it is likely; and no administrator would have gone into his house, broken up his home, sold his bed, and taken away his means of support. I say then that justice is not fulfilled so long as a woman is unequal before the law."

Harper, equipped with her new position on women's rights joined various suffrage organizations. She was a member of the American Woman's Suffrage Association. During this time, she also returned to writing poetry, some of which shared her views on politics and voting from a woman's perspective: <<

In 1869, when Susan B. Anthony and Elizabeth Cady Stanton left the American Equal Rights Association because it was supporting the 15th Amendment, Harper refused to follow realizing that the two women were prioritizing the privilege of their race over that of black men.

She noted that she could not rely on white women to prioritize the concerns of their nonwhite sisters. Frederick Douglass would also part ways with the two women, instead placing his focus on the cause of Negro suffrage. Harper fought for women's rights until her death in Philadelphia on February 22, 1911.

A contemporary of Harper, Harriet Tubman is internationally known for her courageous life, liberating herself and numerous others held in bondage. However, often overlooked is the life she lived after the emancipation of slavery in the United States. While Tubman was a valorous abolitionist, she went on to become a leading champion for women's suffrage.

Born enslaved in Dorchester County under the name Araminta Ross, Tubman was greatly influenced by the women in her life. Her grandmother, Modesty, was an African. Tubman's own mother, "Rit" Green, inspired her to become self-determined. Often described as uneducated because she was not able to read or write, Tubman shone bright as a communicator with years of experiential knowledge.

In 1860, Tubman made her first speaking appearance at a suffrage meeting in Boston. She was a close friend of suffragist Lucretia Mott and was a member of Anthony and Stanton's National Woman Suffrage Association (NWSA).

During an interview in 1911, Tubman was asked "Do you really believe that women should vote?" Before responding she paused due to her surprise at the question. Her response was simply "I suffered enough to believe it." That phrase alone summed up the feelings of hundreds of black suffragists.

Endorsing the Cause

When the 15th Amendment was adopted into the U.S. Constitution in 1870 granting African-American men the right to vote, all women were excluded. While it seemed like an easy win for African American men, many tactics were put into place to prevent them from voting. Some states instituted poll taxes and literacy tests to hinder them from the polls. As a result of this exclusion, a divide was created between white women and African Americans. Various groups were formed to help push the agenda of women's suffrage. However, race kept black women at the sidelines of the larger Women's Suffrage Movement.

Southern politicians and racist women spoke out against securing the vote for black women. African American women's exclusion from white-led suffrage groups did not deter them from organizing their own separate groups. Through the formation of their own organizations, African American women could work on social issues that affected them. Among the first groups was the National Association of Colored Women (NACW), which was founded in 1896 in Washington, D.C. The motto of the NACW was "Lifting as we climb."

1913, the Alpha Suffrage Club of Chicago was founded by Ida B. Wells, as the nation's first Black women's club focused specifically on





suffrage. Wells co-founded the Alpha Suffrage Club with white suffragist Belle Squire. One of the first activities the newly formed Alpha Suffrage Club participated in was the 1913 Women's Suffrage Procession organized by suffrage leader Alice Paul in Washington, D.C., in support of a suffrage amendment to the Constitution. This event, like other suffragist affairs, was hindered by racist sentiments from southern white women who objected to African American women marching with them. As a result, organizer Alice Paul suggested that marchers be grouped, with African American women marching at the end of the parade. Fortunately, a later decision was made to have all women march with their home states meaning that African American women would not be segregated, nor marching at the end of the processional.

In November 2019, the Maryland Women's Hall of Fame recognized African American suffragist Augusta T. Chissell, who worked tirelessly towards universal suffrage but without great recognition. Although, not as well known in the African American canon as Mary Church Terrell and Ida B. Wells, Chissell had a huge impact on the cause for women's suffrage. Chissell, who was deeply embedded in Baltimore's women's clubs, used her social platform to push the voting agenda. Chissell was an active member

of the DuBois Circle, a women's club established in Baltimore. The group grew out of W.E.B. Du Bois' Niagara Movement, which was established in 1905 and was a precursor to the NAACP. Like other black women of the time, Chissell and the DuBois Circle organized and hosted political meetings at their homes and churches in Baltimore. In addition to the DuBois Circle, Chissell was an officer in Baltimore's Progressive Women's Suffrage Club.

On August 26, 1920, the 19th Amendment was enacted stating that "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of sex." After the 19th Amendment was ratified in 1920, black women still had to fight for basic voting rights.

Although black women were largely excluded from white suffrage organizations, they continued to champion universal suffrage for all. Their organizations did not play into segregationist ideology but instead focused on "lifting as they climbed!"

Tune in each month as we continue our "Year of the Woman" article series, and in the meantime, check out the upcoming related events at

yearofthewoman.net



Portrait of Ida B. Wells (1862–1931), an African-American journalist and civil and women's rights activist.



Portrait of Augusta T. Chissell (1889–1973), photo by Maryland Historical Trust and Mark Young

**Women-owned
businesses
deserve more
from their bank.**

**We're here to
make sure
that happens.**



If you've had it with cookie-cutter solutions and trying to adapt your aspirations to the status quo, it's time to ramp up your expectations. At Severn Bank, we know this market is brimming with opportunities for women-owned businesses, and we're uniquely positioned to empower you to achieve your goals.

We know how proud you are of what you've achieved, but we also get the sense you're ready for more. Together, we can make it happen.

Let's start the conversation today.

Contact one of our Commercial Relationship Managers or Team Members at **410.260.2000** and visit severnbank.com/small-business.



A PROUD
SPONSOR
OF:



Women

WHO LEAD US



WOMEN
WHO
LEAD
US 2020



MELANIE HARTWIG-DAVIS

AIA, NCARB, LEED AP BD+C

Principal / CEO

HD Squared Architects, LLC

86 Maryland Avenue
Annapolis, MD 21401
www.HD2Architects.com



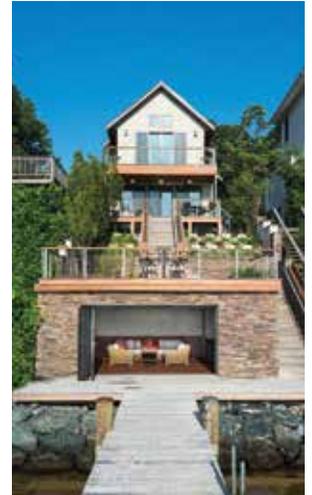
Those who truly know Melanie Hartwig-Davis reflect that as an architect activist, she has a keen intellect and earnest desire to leave the world around her a better place. She passionately advocates for resilient and sustainable design and seeks to improve the lives of others through creativity and purpose at every scale - from a community level to the homes in which we live.

Resiliency is the ability to adapt to changing conditions. Integrating resilient and sustainable design strategies ensures that communities will thrive for generations to come. Melanie believes that redevelopment, historic preservation and the improvement of existing structures should be priorities in efforts to strengthen our resiliency.

This core belief leads to success, as illustrated by being awarded the first ever Sustainability Award as well as a Merit Award from the AIA Chesapeake Bay Chapter for her Riverside project. This project responds holistically to resiliency and sustainability starting with her site design that expands the living area of the modest home (1200 sq ft) while capturing stormwater via tiered rain gardens and a planted roof. Melanie, with her team at HD Squared Architects, superbly executed the architecture and interior design at every level of detail down to the efficient fixtures and non-toxic material selections.

At a community scale, Melanie was selected to represent the Environmental Communities as an At-Large member on the AACo Citizens Advisory Committee (CAC) of the General Development Plan 2040 (GDP). Melanie also advocates for forest conservation through the Conservation Committee of the Neighbors of Mayo Peninsula and through her role as a board member of the Maryland League of Conservation Voters.

Ms. Hartwig-Davis recently relocated her company to the City of Annapolis, the heart of Maryland's resiliency efforts. Melanie is a LEED Accredited Professional as well as an NCARB Certificate holder licensed in Maryland and the District of Columbia.



Photos by Kevin Wilson Photography



ELIZABETH MARY BENNETT

CFP®, MBA

Certified Financial Planner™

Chesapeake Financial Planning
& Tax Services, LLC

71 Old Mill Bottom Road North #201
Annapolis, MD 21409
410.974.0410 | chesapeake-financial.com

My story really begins when my Dad passed away. I was only 7 years old, of course it was emotionally devastating but the enduring pain was to watch my mother struggle every day of her life thereafter. Sadly, my mother was not knowledgeable in monetary matters. Also, she did not have a mentor that had enough financial knowledge to assist her with her struggles and we suffered greatly as a family due to this fact. My mother, not knowing any better, spent our resources frivolously without accountability. To be candid, it hurt me in many ways because I felt so very helpless. I could not help my family or even myself for that matter. It is a deep feeling of hopelessness to be in that situation and I will never forget that feeling in my gut. I wanted to help... my God, I wanted to help. By the time I was 16 years of age, my mother filed for bankruptcy and then by the time I was 19, we had lost our home. It was a terrible domino effect that continued to reverberate throughout my childhood. This was devastating to a little girl who lost her dad and then the loss continued to pile on year after year after year because of the fact that my mother did not have control of her life, her family, her resources.

I NEVER wanted to see ANYONE suffer like that... Never again. I made a promise to myself that I would educate myself to the utmost in all matters of monetary management not only to help myself but to help others as well. I majored in accounting and became a financial advisor. I knew that I could help other families to realize their potential, utilize their resources to the maximum benefit and have the life that they always dreamed of.

So, I have come to realize that many people do not understand how to truly leverage their finances. They are afraid to ask questions or they just do not know what to ask. The lack of understanding causes people to become paralyzed and live in constant fear of running out of resources. This fear is unnecessary and if I can help it, I will leverage what I know to help others to watch them soar!!! It can happen. I have helped many others to go further than they ever would think they could go on their own.

So, yes, I love what I do. I would love to help you too. It does not matter where you are in life. Wealthy or just starting out, you need a mentor with the subject matter expertise and the heart to get you to where you want to be.

Elizabeth works closely with her clients in a comprehensive approach incorporating such key components as tax planning. She also works with her client's other advisors such as estate planning attorneys and CPAs.

Elizabeth approaches working with her clients in a consultative partnership. Educating as well as listening to her clients is key. Beginning with a financial plan, she is able to understand the client and their current situation and help them put a plan in place to achieve their goals. Money and investing are very empowering, and recommending what is in the best interest of each client is top priority.

Elizabeth's vision for her practice is to continue to provide her clients with peace of mind knowing that they have a plan in place. She brings passion to what she does every day.

"A goal without a plan is just a wish." - Antonine de Saint-Exupery

**WOMEN
WHO
LEAD
US 2020**



KIMBERLY COUGHLIN

**Co-Director of College Counseling
Class of 2021 Dean**

SEVERN SCHOOL
201 Water Street | Severna Park, MD 21146
410-647-7700 | www.severnschool.com

Throughout Ms. Coughlin's years of service at the Upper School, she has remained steadfast in developing meaningful relationships with students, parents and colleagues. A former undergraduate admissions director, Ms. Coughlin uses her experience and passion to serve as an advocate for Severn's students and their families in order to navigate the college decision-making process. She consistently models excellence in character, conduct and scholarship: leading the community service committee, serving as a mentor of Severn Fellows, rising to a leadership role of Grade Dean, and pursuing an Educational Leadership for Independent Schools Certificate at Johns Hopkins University.

She is a model of 'knowing and valuing' our students. "At the core of who I am, I care about people. Understanding and truly caring about an individual and their needs is crucial in independent school leadership." - Kim Coughlin



ELIZABETH WILLIAMS

Annapolis Lower School Principal

ANNAPOLIS AREA CHRISTIAN SCHOOL
710 Ridgely Ave., Annapolis, MD 21401
410-519-5300, www.aacsonline.org

Principal Elizabeth Williams hit the ground running nearly three years ago and hasn't stopped since arriving on campus in 2017. "I am so thankful that God called me to lead," Williams said. "The opportunity to pursue best practices for students, to support teachers, and to work with parents is a calling that brings me great purpose and joy." That joy is evident in the time Williams takes to know each student by name. "I watch her greet dozens of students every day. She genuinely cares and it's evident in her words and actions," shared a parent. Her commitment to relationship building is precisely why Williams is in a position to affect the trajectory of a student's educational experience, implement new curricula, and inspire her faculty to embrace differentiated instruction.

For more than twenty years, Williams honed her management skills as a classroom teacher, leader, and literacy coach in the public schools, serving on the faculty council, as a 504 Plan coordinator, and as presenter and coordinator for professional development. Early on in her career, she ministered to kids as a Young Life leader and Sunday school teacher. Today, she and husband Todd have three teenage boys of their own, and they are in their third year as homestay parents to a Chinese student studying at AAC. One would think she would collapse on the weekends, but part of leading is showing up. Whether it's a Saturday morning 10U soccer game, a varsity basketball contest, or a middle school play, she's there cheering for students and fellowshipping with parents and colleagues. When asked if she ever slows down, she smiles and sighs softly: "God has me right where He wants me. He is in charge, and I am honored to carry out this small piece of His plan."



Q: Many property owners are frustrated with increasing zoning and building regulations. How do you approach these regulations and advocate for your clients' goals?

A: First, I thrive when challenged. When someone tells me that something is not possible, I see it as a design challenge. Second, people need to keep an open mind and understand that there are typically multiple ways to achieve their goals. It is not helpful to get boxed into believing in only one solution. Having served on commissions where some of these regulations are written, I have been on both sides of the table. It really helps to understand both perspectives; a regulation trying to protect the greater good, and individual property owners wanting what they want.

MELANIE HARTWIG-DAVIS
HD Squared Architects, LLC



Q: What is a Fiduciary and why is it important to me?

A: There are two standards of care that advisors could follow. They are Fiduciary Standard or Suitability Standard.

A Fiduciary Standard is one of care and loyalty. These duties and the actions of the CERTIFIED FINANCIAL PLANNER™ require that they solely focus on the best interest of the client and not the interest of the advisor when offering personalized financial advice.

A Suitability Standard is one that at the point in time the recommendation is given, it is suitable based on the clients' situation at that time. This could mean that the recommendation may not have necessarily been the best solution or the most cost-effective strategy, but suitable for the client. As long as the investment was suitable, the advisor fulfilled their duty. However, the investment could have been selected because it provided a higher commission or other benefits to the advisor.

Finding a CERTIFIED FINANCIAL PLANNER™/advisor that embraces his or her role as your fiduciary and puts your interests first is key when selecting that person.

ELIZABETH MARY BENNETT
Chesapeake Financial Planning & Tax Services, LLC



FANTASTIC

Local goats
wear many,
many hats

BY RITA CALVERT

ATS

From providing milk, cheese, meat, fiber, and even therapy to foraging, browsing, and acting as mascots, goats have many varied and extensive jobs and it's a great time for these adorable ungulates, as goats are called in the science world. We can't seem to get enough of their personalities, especially with accompanying talking (i.e. bleating). Scientists have even suggested that goats could rival dogs in forming an emotional bond with their owners.

Foragers, Weed Wackers, Browsers

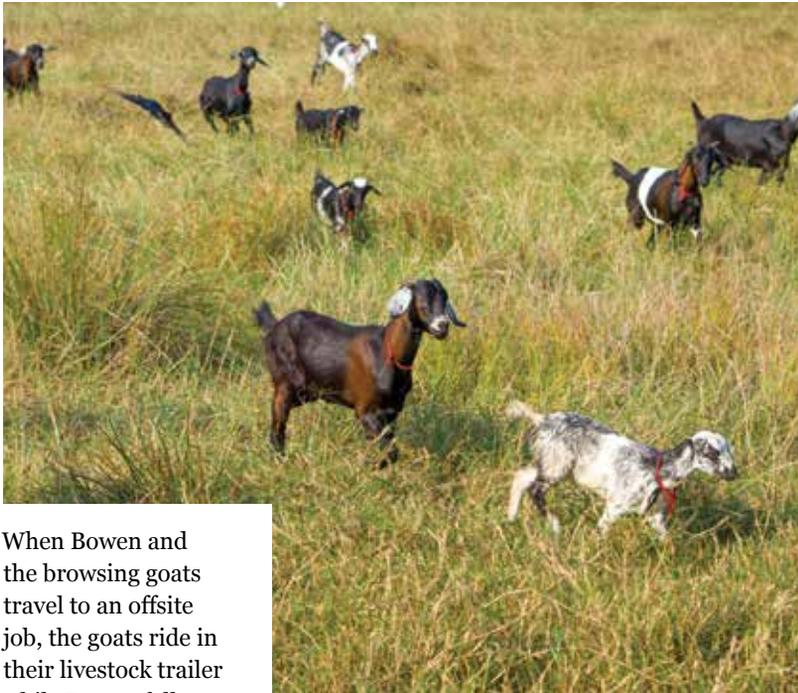
Goats are increasingly being used as an environmentally-friendly form of weed eradication, and even for devouring dry grasses to prevent forest fires, such as in the 2019 California Easy Fire. Goats helped save the Ronald Reagan Presidential Library by eating the brush, creating a fire break that slowed the flames and gave firefighters extra time to react.

Mary Bowen's farm, Prosperity Acres, in Sunderland, Maryland, is home to what she terms "the browsing goats." She calls each of her 60 goats by their own name as they control invasive species in and around Maryland, Virginia, and Washington, D.C. waterways. Bowen sets the goats up with temporary electric fencing in the area that needs to be cleared and, in a few days, the goats have devoured all the unwanted vegetation. Bowen explains, "Hiring goats for land clearing is good for your health—they are sustainable, environmentally-friendly, fun, and they create community. But most of all, their use is earth-friendly. No need for spraying herbicides. Goats browse/graze in places where mowers and humans can't go. They eat a wide range of invasive species, including poison ivy, poison oak, poison sumac, kudzu, oriental bittersweet, multiflora rose, Japanese honeysuck-



le, wisteria, knotweed, phragmites, briars, honeysuckle, and much more. Long-legged goats can stand on their hind legs and reach up to six feet for vines growing up trees."





When Bowen and the browsing goats travel to an offsite job, the goats ride in their livestock trailer while Bowen follows in her camper. When I caught up to this very busy gal, “Team Prosperity Acres” had two different jobs in Virginia and was traveling for an entire month. Bowen rents her goats to properties in environmentally-sensitive critical areas, where strict regulations prevent landowners from using herbicides.

Meanwhile, at Towson University, a crew of 18 goats was recruited from Harmony Church Farm of Darlington to effectively and safely control a weed problem around an area of native Maryland trees that’s been designated an arboretum. A unique approach here was that the goats don’t get stung by nesting yellowjackets as the volunteers did. This has turned out to be an annual job for the local goats.

From Eco-Goat Forester to Full-Fledged Farmer

Forester and conservation consultant, Brian Knox states that it is easy to see that our roadsides, open fields, woodlands, and backyards are becoming overrun with invasive species and other unwanted vegetation. That is how Eco-Goats, a division of Sustainable Resource Management, became the first goat foraging company in Anne Arundel County, where landowners can hire the goats to get rid of encroaching weeds. Also among Eco-Goats’ clients: both Historic St. Mary’s City and the American Chestnut Land Trust in Calvert County, Congressional Cemetery, and the town of Urbana in Frederick County.

Knox has been leading his teams since 2010, starting with 140 rescue “ruminants,” who often worked seven days a week. Although Eco-Goats has gone through a few herds of various sizes, a crew of 28 goats now live at Where Pigs Fly Farm in Centreville, Maryland.

To get the job rolling, Knox first offers a free visit to walk the property, evaluate needs, and answer questions. The herd is transported to the job location and stays in the trailer, while Knox, his partner Jennifer Vaccaro, and Vaccaro’s nephew inspect the area invasive species and vines suitable for the goats to eat. Low-lying plants are to be avoided as the goats can pick up parasites from the ground, so Knox and the Vaccaros take

over when the growth is not goat-appropriate. The job area is confined by a movable electrified fence with the three humans digging post-holes in whatever ground they may find. It can be backbreaking work for people while for the goats it’s a lark of a buffet! At the finish, goats and fence are removed while the goat droppings are *not*, as they become great fertilizer.

Back at Where Pigs Fly Farm, Knox and Vaccaro have become full-fledged farmers and produce vegetables and eggs for sale. For the first time, turkeys are being raised for the Thanksgiving holiday. Vaccaro says they are just charming and will keep a few each year to continue the flock.

Traveling with goats, we can only go so far... literally. That’s why Knox is now available to consult with individuals and civic groups who would like to have their own goats do the work. Profit margins are slim in the professional goat foraging business but Knox is a forester first and cares about the health of the land. His natural resource consulting firm: Sustainable Resource Management, specializing in forest stewardship, invasive species management, and education adds to the income stream. He has a special connection to the soil and plants. One of his most valuable farming skills is his ability to stop and listen to what the soil is telling him.





Therapy

Therapy goats can be a unique fusion between farm and hospital. Goats have a strong sense of intelligence for interaction with humans. They seem to love the attention and want to give it back. Goats' entertaining nature is among the qualities that make them excellent therapy animals. Their playfulness can bring people out of their shell, lift their spirits, and even lower blood pressure. Prosperity Acres Child Enrichment Programs allow children to have first-hand experience with young farm animals' calming effect. The farm offers Children's Day with a full menu of hands-on activities, goat snuggle/story time, a six-week Tot Goat Yoga program, and goat-themed birthday parties. Bowen also created *Nadia The Wonder Goat*, a children's book to help little ones see the caprines as friendly farm friends.

Goat Dairy

Goats tread lightly on the earth, and they bring us goat cheese! Goat milk is the most popular milk worldwide. Even though we drink cow milk almost exclusively in the States, around the globe, more people drink milk from goats than any other animal and there are good reasons. It's naturally homogenized (meaning, it doesn't separate out into layers in its original state) and not only is goat milk healthier for you, but it is also easier than cow milk for your stomach to digest. The milk is rich in protein, calcium, magnesium, phosphorus, potassium, and vitamins A, B12, C, and D.

Pam Miller of Charlottetown Farm in Freeland, Maryland, has taken her happy goat milk in decidedly upscale directions: chevre, ricotta, Crotin, and



feta are her cheeses while yogurt, Cajeta—caramel sauce, goat milk fudge, and a fantastic European-style cheesecake from silky chevre are her extra special items.



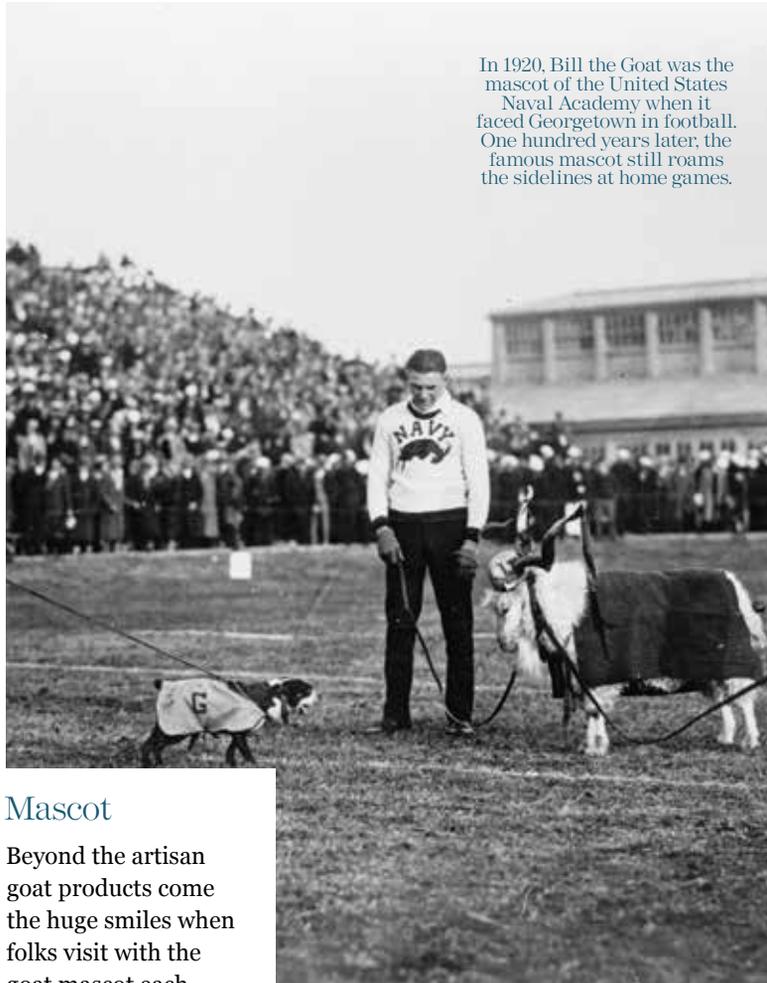
Goat Yoga

It's the exercise craze sweeping the world—goat yoga! It's yoga, but with goats and it is even a program at Congressional Cemetery, now that the many obstacles of the District's austere regulations have been trimmed. This exercise has become a rage as dozens of tiny goats happily play among the yoga mats and climb on the yogis' backs. No worries about the weight load as the sprightly kids (or baby goats) are the participants. Goat to Be Yoga is based in Sunderland, Maryland, and Amanda Bowen (yes, adult daughter of Mary Bowen) gives outdoor baby goat yoga classes right on Prosperity Acres Farm or travels to many local wineries, breweries, or any setting that fits requirements to find Zen with the kids. On the Eastern Shore, Emily's Produce offers goat yoga classes. So too does Amanda Ritter, who has always loved animals. So much so, that she is studying at the University of Delaware to become a veterinarian. In the meantime, she offers Goats for Hire: Experienced in Yoga!



Meat

What's for dinner tonight? In most of the world, *the* meat would be goat. As before, goats are browsers and will feed on tender twigs, shrubs, and pastures. However, they will not feed on tin cans and T-shirts, except possible to satisfy their curious nature. They are very particular about clean water. The browsing diet makes their meat very lean and gives it a flavor and texture somewhat like venison. This meat is a very healthy source of protein, with lower fat, fewer calories, and less cholesterol than both beef and chicken. Baby goat—called kid or cabrito—is especially tender and less-gamey flavored than lamb. Cabrito is widely consumed in hostile terrains like Africa, the American Southwest, Asia, and Latin America, or as Halal, meaning food that is permissible according to Islamic law. Cabrito is now finding popularity in upscale dining. Prosperity Acres (being all things goat) sells goat meat in sides or quarters of the animal. In Frederick, Maryland, Sycamore Spring Farm also sells goat meat.



In 1920, Bill the Goat was the mascot of the United States Naval Academy when it faced Georgetown in football. One hundred years later, the famous mascot still roams the sidelines at home games.

Mascot

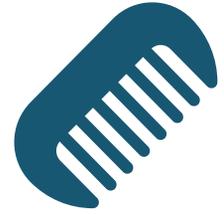
Beyond the artisan goat products come the huge smiles when folks visit with the goat mascot each spring and fall at Baltimore's Waverly Farmers Market. Pam Miller explains, "Goats just bring joy! They provide cuddles, bonding, petting, and brushing. They interact with humans much like a dog but with a lot of antics. I only take smaller, Nigerian Dwarf goats to events with people, as these particular goats are raised by 4H-ers, so they are used to being shown to and paraded around people."

Let's be clear, all goats are not alike. Meat goat breeds such as Boer or Kiko, for example, would not be

used for socializing and are not comfortable with people. Varied breeds of goats are said to have unique personalities like the long droopy-eared Nubian who is a big talker. Is it good for the goats? Miller never puts the goats in a situation where dogs are permitted as they are a predator.

Miller has had such success with her social goats interacting with humans, that she has started a company, Party Goats. You got it... those same PR goats hanging out looking sweet at birthdays, Bar Mitzvahs, or just any celebration. Miller has also discovered how much folks enjoy her goat cheese classes presented at breweries and wineries complete with pairings.

And let us not forget to mention the most famous and local mascot goat of them all—Bill the Goat of the United States Naval Academy. He is a live goat and can be seen trotting about at all the Navy home football games and many other sporting and social events of the Academy.



Fiber

To see the unusual coat of an Angora goat, look no further than the Naval Academy mascot goats. The "Bills" have always been the Angora. These are the softest, fluffiest breed of goat in the world. The Angora goat originated in the historic town of Ankara, Turkey. Most goats have two kinds of hair: long primary hairs, and short secondary curly hairs. The Angora goats lack primary hairs while their secondary hairs are closely packed and grow longer. Mohair is made from Angora wool and is used in sweaters, scarves, coats, and other products, including floor coverings and doll hair. The United States is a leading producer of mohair with Texas being the top-producing state.

It's no wonder the highly-intelligent, four-legged *Capra aegagrus hircus* has become our hero as a domesticated friend.

SUMMER at KEY

JUNE 15 - AUGUST 7

Camps for Children 3.5 years – Grade 12



534 HILLSMERE DRIVE • ANNAPOLIS, MD • 21403 • 443.321.2575
www.keyschool.org/summer



CHOOSE YOUR
Summer
ADVENTURE

TRADITIONAL DAY CAMPS
EXPLORE ONE (OR ALL!) OF OUR 6 WEEKLY THEME CAMPS.

JUMPSTART CAMPS

DISCOVER THE WORLD OF LEARNING AT SEVERN, WITH HANDS ON EXPERIENCES IN A WIDE VARIETY OF ACADEMIC AREAS.

SPECIALTY CAMPS

FIND A NEW PASSION WITH A WEEKLY THEME CAMP DESIGNED TO SPARK IMAGINATION AND LET CREATIVITY SOAR.

SPORTS CAMPS

LEARN AND SHARPEN YOUR ATHLETIC SKILLS IN A CHALLENGING BUT INSTRUCTION-RICH ENVIRONMENT.

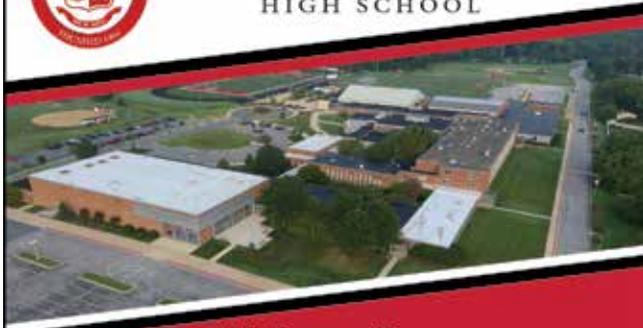
DATES JUNE 22 THROUGH JULY 31
AGES PRESCHOOL THROUGH GRADE 12
REGISTER BIT.LY/SUMMERATSEVERN2020
EMAIL SUMMER@SEVERNSCHOOL.COM



Severn School



ARCHBISHOP SPALDING HIGH SCHOOL



2020 Summer Camps

- | | |
|--------------------|------------------|
| Coding & AI | Girls Soccer |
| Dance & Cheer | Cross Country |
| Skills for Success | Baseball |
| Engineering | Softball |
| Football | Girls Lacrosse |
| Field Hockey | Boys Lacrosse |
| Ice Hockey | Boys Basketball |
| Boys Soccer | Girls Basketball |

For more information:

archbishopspalding.org 410-969-9105

8080 New Cut Rd, Severn, MD 21144

THE BOYS' LATIN SCHOOL OF MARYLAND



TALK & TOUR

Thursday, April 2, 2020
8:30am – 10:00am

Learn about our community and how we prepare young men for the opportunities of the 21st century.

REGISTER NOW!

www.boyslatinmd.com/talkandtour



Where Students Build Self-Confidence, Learn, and Have Fun

MAKE THE MOST OF YOUR SUMMER

Avoid summer learning loss while having fun.
Academic enrichment camps to prepare your child for back-to-school success.

For more information or to register:
THESUMMITSCHOOL.ORG

NancyRhodes@thesummitschool.org 410-798-0005 x147

CODE NINJAS CAMPS

SPARK YOUR CHILD'S INNER NINJA

GAME BUILDING

CODING APPS

DRONES ROBOTICS



CAMPS REGISTRATION NOW OPEN!

Contact us! (443) 203-8415



145 Mitchells Chance Rd. Edgewater, MD 21037
codeninjas.com

Bayside Pediatrics

children & young adults



Your Family...
is in Good Hands at
Bayside Pediatrics

Diego A. Escobosa, MD, FAAP
Jeffrey T. Nold, DO, FAAP
Maegan R. Chaney, MD, FAAP
Olga Pomerleau, MD, FAAP
Beth Connelly, MSN, CRNP, IBCLC
Ashley Read, DNP, CPNP, IBCLC
Laura Keppley, MSN, CRNP

Our Nurse Practitioners,
Beth Connelly and Ashley Read are
Certified Lactation Consultants.

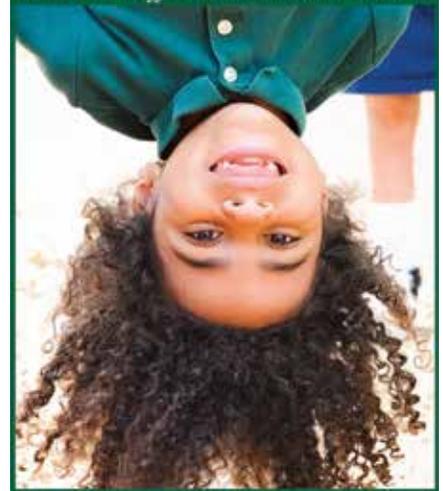
A member of Privia Medical Group



Saturday Hours 8am - 3pm
Open House Second Saturday of Every Month at 12pm

2024 West Street, Suite 400 • Annapolis • 410-224-7667 • mybaysidepeds.com

Be Bold. Be Playful. Be Innovative. Be Curious.



BEGIN YOUR ADVENTURE
at INDIAN CREEK.



INDIAN CREEK SCHOOL

Pre-Kindergarten 3 through Grade 12

VISIT INDIAN CREEK!

LOWER SCHOOL Grades Pre-K1 - 5 Spring Open House Wednesday, March 4, 9-11 a.m.	UPPER SCHOOL Grades 7-12 Schedule your visit! 410-849-5151
---	---

WELCOME WEDNESDAYS
on both campuses from 9:00 - 10:30 a.m.
April 1 and May 6

indiancreekschool.org



DIGITAL DEMAND

GEOFENCING
TARGETED DISPLAY

WHATSUPMAG.COM/ADVERTISE

WHAT MAKES
MONTESSORI
DIFFERENT
FROM TYPICAL
PRESCHOOL?

OPEN HOUSE
SUNDAY, MARCH 15
2 PM - 4 PM

Visit us online to schedule a tour of our seven-acre campus and learn about the freedoms and responsibilities children enjoy in our developmental Primary program.

Now accepting applications for ages 3 - 5.



Chesapeake
Montessori School
AMI Recognized | AIMS Accredited

410-757-4740
www.chesapeake-montessori.com
30 Old Mill Bottom Road, North
Annapolis, MD 21409

the art of

ORATION

by gary jobson

HOW TO FEEL AND LOOK COMFORTABLE WHILE SPEAKING IN PUBLIC

Lessons from one's youth can have a defining impact on life. For me, there was one horrifying experience in my seventh-grade class that inspired me to improve my public speaking skills. I was one of a handful of candidates running to be our home room representative to the student council. Each candidate had to get up in front of the class to make our case about why one of us should be elected. I had written out my speech and felt ready, until I got up in front of the class. I was nervous. In fact, I was scared to death. I could hardly read my written words. My voice wavered and sounded like I was out of breath. When I looked up at the class, it seemed that everyone was staring at me with their mouths open and aghast at my halting delivery, which of course, made my speech even worse. When I finished and returned to my seat, it was quiet and I was emotionally drained and distraught. I knew that I needed to work on my public speaking.

That night I told my father about my alarming performance. He listened to my sad story and offered some advice, "Speaking in public is fun. The key is to prepare in advance and then be enthusiastic about your topic. If you are enthused, your audience will respond favorably to you talk." It sounded simple, but overcoming my fear, after my traumatic speech, took a long time.

"Speaking in public is fun. The key is to prepare in advance and then be enthusiastic about your topic. If you are enthused, your audience will respond favorably to you talk."

Several years later, I was hired by our local yacht club to be a sailing instructor. Every day, I spoke to younger sailors about sailing techniques. It's hard to keep the attention of 8–15-year-olds, but I was able to connect by telling stories with a message. And, remembering my father's wise counsel, I always had an outline and spoke with enthusiasm. Over the next four summers, I taught sailing and worked on improving my public speaking routine. I kept my outlines and later turned many of my lectures into articles. These articles became the basis for several books on sailing and advanced racing techniques. Looking back, I realize that writing, public speaking, and commentating on television are all related. It is the effective communication of ideas that you want to instill in your readers, viewers, and audiences.



↑ gary jobson

Being an effective communicator is important for everyone to succeed in life, and to build a robust working career. One must be able to sell ideas, products, or services. Standing in front a large audience or even a small group and presenting your case is never easy. I started keeping track of my public appearances soon after college. At this writing, I have given over 2,800 presentations. I am no longer nervous and I learn from each engagement how to improve. Audiences are my focus groups. You can tell when a group likes your presentation, or doesn't like something. My experiences in front of live audiences are a tremendous asset when commentating on television. I knew what people enjoyed hearing about and I worked to deliver interesting narratives.

At the opening ceremony before the Olympic Games in 1996, I was the narrator with a full symphony orchestra. My role was to read a complicated script in sync with the music. I practiced my words for weeks and with the orchestra for two days. I could feel the nervous tension building when I walked onto the stage with the conductor. There were many thousands in a park waiting to hear the concert. As the conductor raised his hands to start the performance, he must have recognized my nervousness. He put his hands down, leaned over, and said, "They've all had two cocktails. You'll be fine." I instantly calmed down and off we went without a hitch.

There are many courses, books, and articles on public speaking. I have developed my own criteria that works for me. Preparation is the first step. I always spend time researching and writing an outline before every talk. I have given six graduation speeches over the years. Each time, I prepared a written speech and also had an accompanying outline. I worried that if I got nervous in front of 5,000 people, I could revert to reading my speech. I am happy to report that each time I used my outline, which I hope, made my words sound natural. The fact that I had the written version at the ready helped calm any nervousness that might have developed. When I am in front a group, I like to experiment with my routine. Here are several techniques that have helped me:

- Always look at people in the audience. By connecting directly with them, I find it easy to develop a comfortable atmosphere.
- Feel free to stray from the podium. I use a podium, or small stand for my notes, but audiences like to look at the speaker.
- Avoid distractions like overusing your hands or constantly playing with your papers. These actions take away from your message. Rubbing your hands together is another audience turn off.
- Help the person making your introduction by providing a short biography of your career. Long introductions exhaust audiences. One short story and a handful of accomplishments is appropriate.
- Try not to speak while wearing reading glasses. It reminds people of the old school teacher that seemed to hide behind the glasses. Print out your notes using large type and make sure the podium is well lit. At all costs never wear sunglasses, even if you are outside. Take the sunglasses off for your speech.
- In a long room, set up the podium in the middle of the room so you connect with the entire audience. If the podium is all the way in front of a long rectangular room, the back half will not see well, and not connect. This also helps to prevent audiences from talking during your speech.
- Use simple sentences. Never use the word, "Um" or repeat lines two or three times. Another over used word in the English language these days is, "Like." Try to avoid using trendy vernacular. Speak at a slow pace so people can understand your words.
- Never use foul language.
- Never drink alcohol before a speech. You need to focus on your words and message.
- Speak with an enthusiastic voice. If you are enthused your audience will stay with you.

When I was first hired by ESPN to commentate on the America's Cup races, I called a broadcast veteran who I had sailed with several times. The man's name was Walter Cronkite. I can still hear his voice on the other end of the phone line when he responded to my question about what I should do to be a good commentator. He told me, "Gary, make every word count. Speak clearly and slowly. Do your

“Make every word count. Speak clearly and slowly. Do your homework in advance, even though you will never use 90 percent of the information. You want to be prepared. And, if you don’t have something good to say, sometimes it’s better to just be quiet.”



Left: Griff Hall speaks at the 2019 Ignite Annapolis
Right: Sheila Johnson speaks at the 2019 Ignite Annapolis

homework in advance, even though you will never use 90 percent of the information. You want to be prepared. And, if you don’t have something good to say, sometimes it’s better to just be quiet.” This was good advice from a seasoned hand. I have followed his suggestions to this day.

My basic presentation always begins with a short story that offers a message. I may refer to the story later in my presentation. Think of a James Bond film that always starts off with some kind of action sequence. The credits come later, but the audience is hooked right up front. Thank yous and acknowledgements are better placed later in a speech. Build suspense by teasing some unique information early and revealing it later in your talk. Avoid power point presentations. Too many speakers rely heavily on power point as a crutch. To me, there is nothing worse than a speaker reading a power point to an audience. You might as well just post the speech on the Internet. Your goal should be to get the audience to listen

carefully to your words. This works best when they look at you. Agree, in advance, about the time frame for your talk. Do not go over the time limit because you are likely cutting into the next speaker’s time. It takes practice to get your timing perfected. It is better to cut a talk a little short than staying on stage too long.

The heart of any lecture is good story telling. I like to surprise people with new stories that either have an inspiring message, or offer some humor about the topic. There are times that call for a serious reflection; at a memorial service for example, or after some kind of calamity. A speaker can be somewhat upbeat, but brevity is a good policy during emotional moments.

I use a series of short films to augment my presentations when I am talking about sailing. This takes considerable effort to acquire worthy footage and edit the footage into compelling sequences. I add appropriate music to each sequence that does not overpower my words. Narrating videos live is a strong format. It

helps to memorize the words so you are not reading from notes when the films are running. I usually show about six separate films in a lecture that averages 2-8 minutes in length.

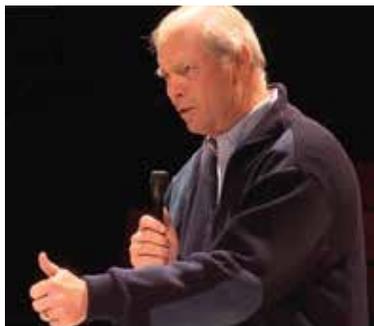
People attend lectures to learn something new and this is why research and preparation are so important. It is good practice to offer your opinion and view on issues. People may disagree with your viewpoint, but they will listen and consider your thoughts. I have had a few hecklers over the years. It can be hard to ignore a loud voice coming from the back of the room. I have invited the heckler to the stage on occasion, or let the heckler run out of steam. Happily, audiences generally do not appreciate an uninvited voice and will help you turn off the distraction.

At the end of most of my lectures, I take questions. When you answer a question, paraphrase the question in your answer, so the whole audience understands what has been asked. Always be grateful for any question. If you don't know the answer it is better to say, "I don't know," and not fake it. Someone in an audience will know if you state something that is inaccurate. Avoid asking for a show of hands. I find audiences generally don't like it as it reminds them of being back in school. Avoid reading your speech from a computer that makes an audience feel like you making a canned speech. It is absolutely essential that you write your own speeches. It is acceptable to have help and get advice, but you will always present better in your own words. It took me a long time to realize I was a better television commentator when I wrote my own material.

Clothing is a complicated issue these days. My father used to tell me, "You'll never go wrong wearing a jacket and tie." Many meetings and conventions tend to allow attendees to wear "casual" clothing. My rule of thumb is to always try to be just a little bit more dressed up than most of the people in the audience. Wearing a blazer always works.

It is a great thrill to share knowledge with an audience. It helps me learn about new topics. I like to present material that is not found anywhere else. My favorite talks are in front of a new audience that has never heard me before. No one knows what to expect. For me, it is almost as much fun as winning a sailboat race. By the way, to my great surprise, I won the election to be the home room representative to the student council in seventh grade, so my speech might not have been as bad as I thought, but it sure inspired me to work on my speaking style.

Gary Jobson is a world-class sailor, television commentator, author, speaker, board members to several national and local nonprofits, and longtime resident of Annapolis. He is the pre-eminent ambassador of sailing of the U.S.



See Speakers in Action at Ignite Annapolis #5

For the fifth time, Annapolis will play host to Ignite Annapolis, a high-energy evening of talks by people who have a burning idea—and the guts to get onstage and share it with their hometown crowd.

The event is scheduled to take place on Thursday, March 12, at Maryland Hall for the Creative Arts, with an opening reception at 6 p.m. and the program beginning at 7 p.m. The event is produced in partnership with Annapolis-based nonprofit The Friends Foundation and proceeds will benefit The Capital Gazette Memorial Scholarship Fund, benefiting students of the University of Maryland's Philip Merrill College of Journalism.

Ignite #5 will feature 17 thought-provoking speakers, each presenting for five minutes with 20 slides. The evening will be emceed by local radio DJ Rob Timm of WRNR and will include topics like civic discourse, religion, healthcare, sexual assault, race, fertility, addiction, the environment and much more.

The selected speakers (and their topics) include:

Sandy Travis Bildahl (Bravery Becomes You: On the Road Fearless and Free) • Meghan Brennan (Let's Face the Music and Dance) • Anne M. Brooks (Scars into Stars) • Felicia Barlow Clar (The Death Positive Movement: Reclaiming Our End of Life) • Chanel Compton (Black Museums Matter) • Dr. Michael Freedman (How to Survive an Apocalyptic Healthcare System) • Chris Hopkinson (1 Oyster, 50 Gallons of Water, and 200+ Miles of Paddle Boarding) • Marissa Jachman (How We Prevent Rape) • Nancy Johnson (The Unflattering Side of Fashion) • Stacy Korbela (Argue Like an Ancient Greek) • Derek Matthews (Falling Down and Getting Back Up) • Christopher McCleary (Corporate Partnerships and Public Housing) • Suzanne Ratti (The Face of Addiction) • Sherry Samuels (Nine Months & Counting) • Ermis Sfakiyanudis (Disconnected in a Connected World) • Patrick Shurney (Religion & Politics) • Carol Velandia (Language as an Equalizer)

Tickets for Ignite Annapolis #5 are \$10 and are available for purchase at www.igniteannapolis.com.

HEADLINE TURNERS

CHRISTINA JANOSIK PALMER

IS NOW WITH KELLER WILLIAMS FLAGSHIP OF MARYLAND

Wendy Hess, CEO and President of Keller Williams Flagship of Maryland, welcomes The Christina Janosik Palmer Group.

The award winning Christina Janosik Palmer Group specializes in New Construction and in existing home sales and has transacted over 32 Million Dollars of real estate in 2019. Christina's business philosophy has always focused on professionalism, experience, and taking a proactive approach - characteristics needed in today's instant media environment.

Now, she's bringing her energy and expertise to Keller Williams in order to continue to deliver the best service to her clients.

"Keller Williams Flagship of Maryland is the best choice to grow my team" says Christina Janosik Palmer, Associate Broker.

Contact her today at:
Cell: 443.938.3379
Office: 410.729.7700
Email: CJPalmer@KW.com



KELLERWILLIAMS
FLAGSHIP of MARYLAND 

www.KWFlagship.com 
Info@KWFlagship.com 
410.729.7700 

443.938.3379

CHRISTINA
JANOSIK PALMER

GROUP

WITH KELLER WILLIAMS FLAGSHIP OF MARYLAND

BECAUSE
SOMETIMES
CHANGE
IS NEEDED
TO GROW



HOW DO YOU BECOME A ROCK STAR REAL ESTATE AGENT?

**Hire the title company
that treats you like one.**

And your clients, too.

We know how much time and energy you spend just getting the buyers and sellers under contract. But to make it successfully through the rest of the closing process, you'll need a trusted support team to get you and your clients safely over that settlement finish line. So why not settle with the best?

Eagle Title is a detail-driven, efficient team of professionals. You can count on us to protect your clients' real estate investments and provide rock star level service. We provide:

- ✓ Extensive knowledge of local real estate to avoid obstacles and unnecessary delays
- ✓ Responsive professionals that get you the answers you need, when you need them
- ✓ A closing schedule you can count on
- ✓ Experienced real estate attorneys on stand-by to help resolve even the most complicated issues

SETTLE WITH THE BEST.

EAGLE | TITLE



410-266-3600

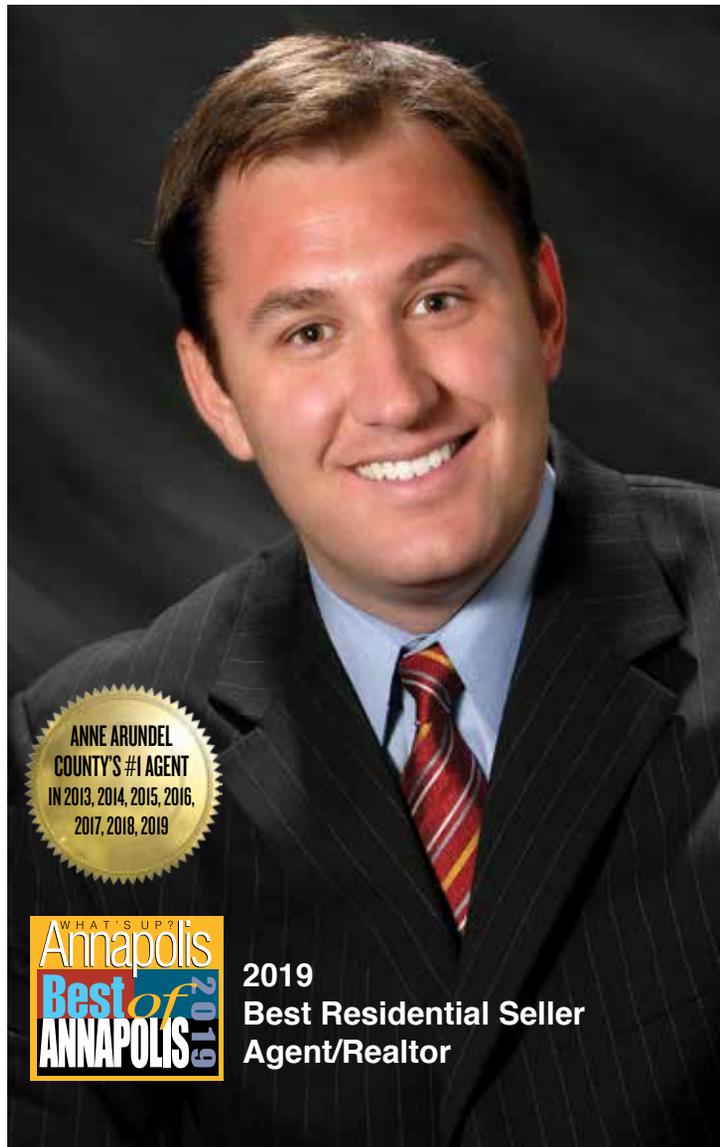
www.eagletitlellc.com

Annapolis, Maryland





L E A D I N G
R E A L E S T A T E
A N D H O M E
P R O F E S S I O N A L S



**2019
Best Residential Seller
Agent/Realtor**

THE
DAVID ORSO
TEAM
OF COMPASS REAL ESTATE

COMPASS

David Orso

8 Evergreen Rd.
Severna Park, MD 21146
Office: 443-372-7171
team@davidorso.com
davidorso.com



DAVID ORSO

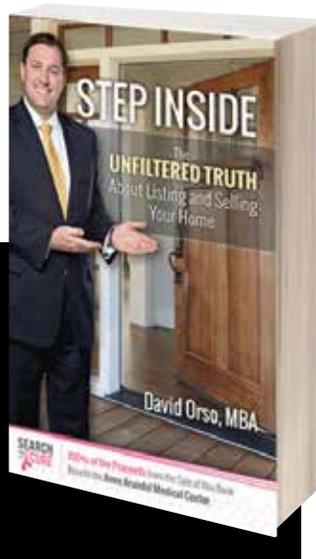
David Orso is known as the “local boy turned Realtor”. David discovered his passion for real estate about 20 years ago after investing in real estate properties. As a life-long resident of the Annapolis area, David is extremely knowledgeable about the Annapolis, Severna Park and Arnold real estate markets.

David leads a small team of experts which has been ranked #1 in Anne Arundel County, regardless of brokerage, for total sales volume for six years in a row.

David was voted as one of the top ten agents in America by the Real Estate Institute of America, is consistently recognized by his peers as a thought leader and innovator in the field and is a well-known speaker and author on the topic of residential real estate.

During the past 36 months, David has sold over \$184 million in real estate in Anne Arundel County.

On average, his listings sell within 57 days and for at least 95 percent of the original list price. David built his business on several key principles: systematic attention to detail, excellence in marketing, and skilled negotiations. His success in life and business demonstrate his innate ability to build and nurture relationships and provide exceptional service to his clients with world-class professionalism.



David has a vision to elevate the standard of excellence in the residential real estate industry through his 82-point home selling system. David obtained his undergraduate degree from the University of Dayton with a major in Psychology.

He earned his MBA from Loyola College of Baltimore with a concentration in Strategic Marketing. David continued his academic endeavors at Harvard University Law School in the esteemed Program on Negotiation.

Visit davidorso.com today to discover a real estate experience unlike any other.

Recently sold properties



101 Water Street, Severna Park

Sold in 14 days for \$1,885,000

Previously listed with another brokerage for 152 days, but failed to sell.



46 Boone Trail, Severna Park

Sold in 1 day for \$975,000

above list price



180 S Southwood Ave, Annapolis

Sold in 12 days for \$610,000



2304 Noblewood Rd, Edgewater

Sold in 11 days for \$479,000

What clients are saying

"David Orso operates his real estate practice as a full time professional business. He has found the "sweet spot" of being large enough to employ a full-time staff of outstanding professionals to assist him, while still providing his personal touch to each client." – Dave S.

"The David Orso group is so professional. They took us through the listing process all the way to closing with no headaches. I would highly recommend David and his group to handle your house sale above all else. A special shout out to Lisa Boyer. Any questions I had were answered very promptly and any issues were brought to attention quickly. David surrounds himself with good people and that's the key to a successful business." – Mike B.

If you are considering selling your home, now is a great time to do so. Contact the Best Real Estate Team in the area today to schedule your appointment.

Visit DavidOrso.com



WE ARE ANNAPOLIS. WE ARE ENGEL & VÖLKERS.

We understand that buying or selling your home is not only typically one of the largest transactions, it's also one of the most personal, and we will never forget that real estate is also part of your real life. And for that reason, we approach every client, customer and real estate professional with honesty, transparency and integrity. Since affiliating with Engel & Völkers, we are now part of a global network comprised of over 11,000 like-minded advisors, from over 800 locations in 33 countries around the globe. We are excited to bring Annapolis closer to the rest of the world, and the rest of the world just a bit closer to Annapolis. Let us help you find your way home.



ENGEL & VÖLKERS

138 West Street
Annapolis, MD
443-292-6767

annapolis.evrealstate.com



Meet Our Team



Rick Foster | Broker



Emily Denny
Director of Operations



Staci Foster
Advisor/Onboarding



Chance Herndon
Shop Concierge



Sharon Nolan
Director of Marketing



Meggie Carpenter
Real Estate Advisor



Melissa Chick
Real Estate Advisor



Bernadette Coates
Real Estate Advisor



Mike Coyne
Real Estate Advisor



Claire Davis
Real Estate Advisor



Tonia Falkowski
Real Estate Advisor



Bobbi Farquhar
Real Estate Advisor



Debra Fortier
Real Estate Advisor



Debbie Greenfield
Real Estate Advisor



Laurie Hart
Real Estate Advisor



Mike Herndon
Real Estate Advisor



Parker Jones
Real Estate Advisor



Julie Katcef
Real Estate Advisor



Pat Klug
Real Estate Advisor



Steve Knopf
Real Estate Advisor



Beth Levitt
Real Estate Advisor



Camille Link
Real Estate Advisor



Brandie Martin
Real Estate Advisor



Jenifer Martin
Real Estate Advisor



Katie Moore
Real Estate Advisor



Ashley Paternostro
Real Estate Advisor



Mary Rice
Real Estate Advisor



Connie Trujillo
Real Estate Advisor



Cynthia Wharton
Real Estate Advisor

OPENING SOON! ENGEL & VÖLKERS OCEAN CITY

In order to better serve our clients with their second homes and vacation properties, we are excited to announce the opening of our new shop on 59th Street in the heart of Ocean City, MD! Located at 5909 Coastal Highway, Suite 2, Ocean City, MD



SCOTT SCHUETTER

**Century 21
New Millenium's #1
Agent in Anne Arundel
County 2015, 2016,
2017, 2018 & 2019**



Scott Schuetter is a dedicated and professional real estate agent. Using experience as a graduate of the U.S. Naval Academy and former naval aviator, he has closed over \$250 million in transactions since 2008. He is truly committed to making your real estate transaction an enjoyable, stress-free process. Scott's work ethic, his honesty, and his pride in a job well-done were instilled at an early age and were reinforced through his education at the United States Naval Academy and his service in the military. Those traits provided Scott with the tools to provide you with the professional, expert service that you desire and deserve. Those traits are the foundation of his service to you as your agent. It is not just lip service, it is his way of life.




Scott Schuetter, Realtor®
 (C): 410-900-7668 (O): 410-271-3445
 1730 West Street | Suite 100
 Annapolis, MD 21401
 ScottSchuetter.com
 Scott@ScottSchuetter.com

Recently sold properties



47 POPLAR POINT RD.
SOLD
\$2,000,000
 Edgewater, MD



810 HOLLY DR. E.
SOLD
\$1,175,000
 Annapolis, MD



673 RED CEDAR RD.
SOLD
\$1,125,000
 Annapolis, MD



WE ARE YOUR ANNAPOLIS AGENTS! Kate Liscinsky, Betty Batty, Whitney Jerdal, & Meredith Hall

HELLO HOME of Compass

Hello Home is a team of four professional full time real estate advisors led by top producer Betty Batty. We collaborate to give our clients the best experience and are committed to serving our client's best interest.

We offer Compass Concierge, a free service for sellers to prepare their home for the market with no upfront costs or fees. Service is at the heart of what we do and a portion of our sales go back to the community.

Betty Batty
 Hello Home, Team Leader
 Vice President | Realtor ©
 m: 301.832.7609
 o: 410.280.1646
 betty.batty@compass.com
 www.hellohomeofcompass.com





Recently sold properties



3 SULLIVAN DR.
SOLD
\$900,000
Severna Park, MD



5 PARK PLACE #330
SOLD
\$460,000
Annapolis, MD



1045 BROADVIEW DR.
UNDER CONTRACT
\$314,900
Annapolis, MD



4205 FRANKLIN ST.
SOLD
\$1,399,000
Kensington, MD



ERICA BAKER

Your next adventure, inspired by Erica Baker.

The real estate journey you are about to embark on is not only for the now, but for every step forward from this moment. By walking this road, you are crafting a path that will lead to your ultimate future. This idea isn't meant to be daunting, but instead a conscientious one, and finding a home that drives passion into the very walls you choose and into a life full of inspiration starts with Erica Baker. She believes that being a Realtor isn't a job, but a lifestyle that allows her to be her forthcoming, authentic self and since life doesn't end at 5pm, neither does her time with you. As a trusted advisor, social butterfly, and lifelong resident of Maryland, Erica is a realtor with a never-ending urge to go above and beyond what is expected. She pairs knowledge of client's goals with the necessary steps for selling and buying property while utilizing market trends, integrity, creativity, and innovation to purposefully market a home or structure a winning offer for her clients. She is a familiar, local face combined with the one of the strongest brands globally, TTR Sotheby's Realty in Annapolis, MD.

With an exciting vision for Global Real Estate, she holds a certification as an International Property Specialist (CIPS). Erica began her journey into real estate in 2015 when she left her cozy office job at Thompson Creek Window Company as a Purchasing Manager. From the day she received her license, Erica hit the ground running and hasn't looked back. She has guided both sellers and buyers who were looking to upgrade, downsize, build new or purchase their very first home, along with folks looking to relocate their primary residence or invest nationally and abroad.

With a burning passion for culture and travel, no one was surprised when she earned her International Property Specialist Designation in 2017. As an active participant of international realtors, Erica is a member of the Global Business Committee with Maryland Association of Realtors, and a D.C. chapter member of the Asian Real Estate Association of America (AREAA). Staying abreast of the global industry truly helps her advise clients on a daily basis. Locally, Erica is an active sponsor with Annapolis Rotaract Club for "Rock the Dock," in which 2019's event was Zero Waste to support the Live Water Foundation. In addition to being a qualified, knowledgeable, and experienced Realtor, Erica has a drive to help her clients as strong as her passion for life. If you ever find her outside of the office, she is most certainly planning her next adventure, paddle boarding on Spa Creek, or walking her Great Dane, Darwin, around Annapolis. With an impressive sale portfolio and strong business initiative, Erica is constantly working towards a future that will inspire her client's lives and ambitions.

Erica Baker

TTR | Sotheby's
INTERNATIONAL REALTY

Erica Baker, Realtor®

410-919-7019 | 410-280-5600

209 Main Street
Annapolis, MD 21401
Ericabaker.ttrsir.com



Recently sold properties



3712 BUFFALO COURT

SOLD

\$735,000
Harwood, MD



5561 HARFORD ST.

SOLD

\$450,000
Churchton, MD



3605 KINGBIRD CT.

SOLD

\$531,834
Odenton, MD



3939 GERMANTOWN RD.

SOLD

\$375,000
Edgewater, MD

Please tour 110 Bellehahn Court online at www.WaterfrontHomes.org



TRAVIS GRAY

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.

Prior to Real Estate, Travis worked in the entertainment industry, first in Affiliate Sales and Marketing at Discovery Networks and later as Executive Vice President of BrainBox Entertainment where he developed, negotiated, produced and oversaw programming including: Amazing Waterfront Homes (HGTV), The Real Estate Pro's (TLC), Stage This House (A&E) and Small Space Big Style (HGTV).

Travis Gray
Associate Broker

C: 301.641.0809
O: 410.263.8686
E: TGray@CBmove.com
A: 4 Church Circle
Annapolis, MD 21401
AnnapolisWaterfrontGuide.com

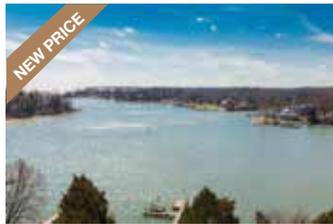
COLDWELL BANKER

GLOBAL LUXURY

For sale/recently sold properties



1023 GRAY FOX COURT
Stevensville | Cove Creek Club
\$580,000 | Co-listed with Jen McCormick



1027 WHITEHALL COVE
Annapolis | Whitehall Creek
\$1,175,000



WYE ESTATE
Queenstown | Wye River
\$6,500,000



2670 CLAIBOURNE CT
Annapolis | Chesapeake Bay
\$2,275,000 | Co-listed with Bo Billups



3 CUMBERLAND CT
Annapolis | Historic District
\$950,000



5705 MORRIS NECK RD
Cambridge | Garyview Farm
\$1,100,000 | Co-listed with Martha Hoyer



805 BOUCHER AVE
Annapolis | Eastport
\$1,325,000



309 ADAMS STREET
Annapolis | Eastport
\$1,255,000 | Co-listed with Martha Janney



Q: What marketing trends are emerging for 2020 homes?

A: Staging!!! Today's buying audience is shopping online, scrutinizing home photos, virtual tours and property details. It has

never been more crucial to have an agent that is well versed in staging and home preparation for sale. Every home needs to transition from being the sellers' home to being a product to be desired by buyers. Buyers need to envision how the space will be utilized by them, not the seller. There is an art and a science to making that happen to attract buyers, achieve top dollar and limit the time a home is on the market!

SCOTT SCHUETTER
CENTURY 21 New Millennium



Q: What are the qualities I should look for in selecting a Realtor to work with?

A: Things that should matter...An agent's dedication to their business as a full-time Realtor and their dedication to making your real estate goals a reality. Request the agent's track record for the last 12 months, don't be afraid to ask for references and what their reputation in

the industry is. (Networking among our peers is crucial to a Realtor's success). Ask for a 90-day business plan in writing for your sale or purchase. Keep in mind this is a business transaction and make sure you handle it exactly that way (you can become friends after the transaction). Ask for a realistic "days on the market" strategy and a marketing game plan when listing your home. When buying a home, make sure you meet and interview to decide if all the personalities mesh. Most of all make sure you select an adequate and knowledgeable guide and advisor to one of your largest purchases or sales.

CHRISTINA JANOSIK PALMER
Christina Janosik Palmer Group of
Keller Williams Flagship of Maryland



Q: How far in advance should you reach out to a listing agent?

A: It's never too early to meet with an agent if you are thinking about selling your home. The real estate professional will work with you to create a plan and a timeline that aligns with

your goals. There are so many things to consider when selling a home and it's one of your largest investments. Why not bring a professional in to help you throughout the entire process?

BETTY BATTY
Hello Home of Compass



Q: What happens if one or more of the sellers of a Maryland property reside outside of the state?

A: The Sellers may be subject to a Non Maryland Resident Withholding Tax that could be held from the proceeds at settlement. Depending on the

out of state seller(s) situation they may be eligible for an exemption. Be sure to discuss this option with an accountant and then the agent when reviewing the proceeds from the sale of your property. Filing for an exemption should take place right away (if applicable) to avoid having the title company deduct the withholding amount from your proceeds. They will need proof of exemption to remove the withholding.

ERICA BAKER
TTR Sotheby's International Realty



Q: How should I best prepare to meet with an agent to list my home?

A: Have a discussion with any other decision maker in the home about your goals, budget, and timelines. Make sure you are ready to sell, know what date you need to sell your home by, and what your budget is

for any necessary home improvements or repairs. Make a list of any home improvements you have made to the home. Get an extra key made for the lockbox. Be prepared to take the agent on a tour of your home and share your favorite features about the home and the community.

THE DAVID ORSO TEAM
of Compass Real Estate



Q: What important questions should I ask before choosing my builder?

A: Quality homes and happy customers don't happen by accident. Successful builders have established well-honed systems to manage each project. Be sure to ask the following:

- When does the builder become involved? Early stage involvement will yield significant savings.
- Does the builder understand the building codes?
- Has the builder established relationships with local authorities to ensure a smooth permit process?
- Have past projects met projected/promised deadlines?
- Does the builder use quality subcontractors who offer competitive pricing?
- Does the builder carry all required licenses and insurance policies?

DAVE LUNDEN
President, Timberlake Design/Builders



Q: When is the best time of year to sell my home?

A: Traditionally, most sellers assume that Spring/Summer is the best time to put their home on the market. However, in today's real estate climate, inventory is sufficiently tighter than it was a year ago. Now is the time to sell while interest rates are historically low.

With this change in the real estate market, there really is no best time to list your home anymore. Making sure your home is ready and presented well, with a trusted, experienced real estate advisor guiding you through the process, is much more important than a specific time of year. With the low inventory, homes that are priced correctly and market ready will sell.

PARKER JONES
Engel & Völkers



Q: What can I do to attract more showings and possibly receive multiple offers on my home?

A: Taking the time to get your home in prime condition is so important. A qualified Realtor will have the resources to guide you to be the hottest house in town. Buyers want new paint,

new flooring, upgraded baths, and great new upgraded kitchen with updated appliances.

Giving your home a facelift prior to entering the market will pay off in price, a short time on the market and the possibility of multiple offers.

CHRISTINA JANOSIK PALMER
Christina Janosik Palmer Group of
Keller Williams Flagship of Maryland



Q: What are some things to keep in mind when selling a waterfront property?

A: Every waterfront property is unique in some way and values can vary dramatically depending on the location, view, elevation, water depth, shoreline condition, bank stability, impervious area/lot coverage, critical area implications, riparian rights, etc.

Some things sellers may want to consider prior to listing a waterfront property include; consulting with an arborist and the county to determine if the view can be improved, staging the property inside and out to highlight the "waterfront lifestyle", power-washing the pier, conducting a wet season perc test, providing depth charts of the surrounding area and consulting with an engineer for a preemptive feasibility study.

TRAVIS GRAY
Associate Broker Coldwell Banker
Residential Brokerage



Q: With the ability to search for homes online myself, why should I hire a buyer's agent?

A: The Internet has made it easier for buyers to tour homes online and narrow down their list. The seller of the home pays the commission of the buyer's agent, so it doesn't end up costing you anything as the

buyer, but it can end up saving you time and money by having the guidance of an agent. The closing process for a buyer is quite involved—from the home inspection and the loan to all the paperwork and coordination—all the steps to get you to a stress-free settlement. Buying a home is an exciting time, so you should enjoy it and leave the less fun parts to the agent!

THE DAVID ORSO TEAM
of Compass Real Estate



Q: Why do I need the assistance of an experienced real estate attorney when purchasing a home?

A: An experienced real estate attorney can be a very important resource to help coordinate what can turn out to be a complex series of issues

related to the acquisition of a property. As a real estate attorney, I am trained to recognize and mitigate potential issues, whether they are related to the property itself, the contract as drafted, or title issues that become apparent from performing the title search. In Maryland, you do not have to be an attorney to perform title related services, nor is it required to have an attorney present during settlement. However, having a real estate attorney involved in your transaction is the best way to protect your interests.

TERRY LIFF
Liff, Walsh & Simmons / Eagle Title



Q: What would you say is the most important factor to consider when selling a waterfront property?

A: In order to generate the sizzle when you first list your home you need to price it right, make sure your home is polished up so it shines and don't forget high quality aerial photos. That said,

the key factor is to make sure you hire a brokerage that effectively targets the Washington D.C. / Metro market. Recent sales data indicates that most premier waterfront properties are sold to buyers who are migrating this way to experience the Annapolitan lifestyle.

BRAD KAPPEL
TTR/Sotheby's International Realty



Q: Is it important that your Real Estate Agent be Technology savvy?

A: The industry is changing at the speed of light. Sellers want to be served with all the bells and whistles that will get your property sold at the highest and best price and buyers want to be notified as soon as a new

property hits the market. Plus most people, especially out of town buyers and sellers, want to be able to process contracts electronically and be able to reach their agent immediately.

Make sure your agent is able to do all these things before committing.

CHRISTINA JANOSIK PALMER

Christina Janosik Palmer Group of Keller Williams Flagship of Maryland



Q: How do you win a bidding war?

A: As a buyer, a good start is finding a trustworthy real estate advisor that is skilled at negotiating. Highlight what sets your offer apart. Remove as many contingencies as possible. Ask if

an escalation clause is recommended. Finally, be realistic with your bottom line.

As a seller, be confident that your advisor understands the nuances of contracts, loan programs and contingencies. Don't just go for the obvious highest price offer. Look closely at what each offer brings to the table. Losing your dream home over a few days or a few dollars can really hurt.

BOBBI FARQUHAR

Engel & Völkers



Q: Is there additional training after I get licensed?

A: I can't speak for all companies but Long and Foster offers a comprehensive program for new and newer agents called Launch which covers an initial 30-hour basic training followed up with another 37-hour more in-depth training course which

covers everything from business planning to social media integration. In addition, mentoring is offered on a one on one basis as well as managerial oversight and coaching. A huge agent platform of self-paced online training, including training on every tool offered by the company, is offered free of charge and allows agents to master every facet of their business.

DOMINIC CANTALUPO

Associate Broker/Manager
Long & Foster Real Estate, Inc. - Crofton/Bowie Office



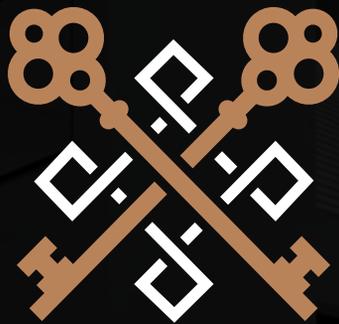
Q: What are the qualities I should look for in selecting a Realtor to work with?

A: A Realtor who has access to a large network of real estate professionals. A Realtor who is reputable and respected in the real estate community. Efficiency and attention to detail, a Realtor who dots the i's and crosses the t's.

Remember this is the most important purchase of your life, treat it as such.

CHRISTINA JANOSIK PALMER

Christina Janosik Palmer Group of Keller Williams Flagship of Maryland



LEADING
REAL ESTATE
AND HOME
PROFESSIONALS

FOR MORE INFORMATION VISIT WHATSUPMAG.COM

A Trusted Resource for over 40 Years



*Offering expertise for
residential and commercial
closings.*

Jerome I. Feldman, Esquire
President

“ Just came from a challenging and complicated settlement with Jerry Feldman of Mid-Maryland Title. We would not have made it to the finish line without his guidance, expertise, humor, and the support of his incredible staff. He has been my “go-to” real estate attorney for over 30 years and I highly recommend his services!
—Georgie Berkinshaw ”

MID-MARYLAND TITLE COMPANY, INC.

Built on integrity, Jerry Feldman and the Mid Maryland Title Company team always work for your best interest.

200 Westgate Circle, Suite 102, Annapolis, MD 21401
Phone: (410) 573-0017 Fax: (410) 573-4997
Email: info@midmdtitle.com www.midmdtitle.com



Happy Campers

TALES AND TIPS TO ENSURE YOUR CHILDREN HAVE FOND MEMORIES OF SUMMER SLEEP-OVER CAMP

BY JANICE F. BOOTH



“IT’S BEEN 68 YEARS, AND I STILL REMEMBER MY TIME AT THE YMCA CAMP ON THE BLANCO RIVER...AND THAT’S LARGELY BECAUSE OF ONE, CHARACTER-BUILDING, LAST-NIGHT PRANK PLANNED BY THE CAMP COUNSELORS AND EXPERIENCED CAMPERS.”

So begins attorney Chuck Parson’s tale of prattle and pranks that ended with the screaming new-boys racing off to their bunks to escape the half-spider, half-gorilla that attacked them as they lounged around the campfire on their final night. “The next morning the counselors came around to our bunks to assure the first-timers that by surviving that fright-of-our-life, we 10- and 11-year-olds had crossed from boyhood to manhood that night. My self-confidence soared. There might even have been a bit of a swagger in my gait when my parents picked me up from camp.”

Sometimes, summer camp is just a week away from those endless chores at home, like making your bed and taking out the garbage. But sometimes summer sleepover camp changes the way a child sees herself—her abilities and her strength. What can grown-ups do to make a summer sleepover camp experience as positive as possible? And, what pitfalls might we guard against as we help children acquire more self-reliance through their sleep-over camping adventures?

“I think the most valuable thing I learned at camp was to ask for help,” Jessica Brodt observes. She spent a week last summer studying piano at the Kieroff Academy in Georgetown, D.C. Jessica, a junior at Broadneck High School and member of their Performing and Visual Arts Program, was encouraged by her music teacher, Yesook Suh, to apply to the renowned Kieroff Academy’s summer camp for young performers. “I learned so much, and not just about music and performing...Most of the students were from South Korea. Only four of us were Americans,” she says. “Everybody spoke Korean, or, almost everybody. I used my Google translator app a lot. The food was mostly Korean...It was very competitive. I got to attend master classes, one-on-one with world-renowned artist...The Korean students practiced all the time. There were 40 piano students and 15 pianos. It took a while for me to figure out when I could practice...I really learned not to let obstacles get me down; I learned coping skills and to be prepared for anything. For example, cold showers! There didn’t seem to be any hot water; we took cold showers. Eventually, someone figured out how to jiggle the faucets so hot water came out. Coping skills.” Jessica’s advice to summer campers, “Be prepared for anything.”

We all want those affirming experiences for our children. We want summer sleep-over camp to build confidence and provide experiences that are unique, fun, and valuable. So, now that we have a few examples of camping adventures, here are some general tips to help you and your children get the most out of that week or two away from home.

IS THIS THE RIGHT TIME?

Deciding, first, when it’s time to encourage a child to try a sleep-over camp can be a tough call. Educators and child psychologists suggest somewhere between eight and nine years old may be a good age to start sleepover camp. You are the best judge of your candidate’s comfort level with being away from familiar surroundings. Can he spend an entire day away from home, away from parents and siblings? Has she been comfortable staying overnight at a friend or relative’s? Did he introduce the idea of going away to camp? How did she react when you suggested spending a week away at camp? The answers to those questions can guide your decision about whether to move forward with a sleepover camp, or perhaps simply find a day camp that might be preparatory to next summer’s sleep-over camp adventure.

CHOOSING A GOOD FIT

Once you’ve decided whether your child is ready to leave the family for a week or possibly longer, you might want to work together with your son or daughter to research the right camp experience for her or him. Ask your child to tell you what she thinks would be fun to do at camp. Maybe he wants to hone his skills as a drummer. Or, perhaps she knows of a great soccer camp she wants to attend.

There are camps for children with physical limitations, camps for kids with diabetes, or asthma, kids in wheelchairs, or who are blind. There are camps for children mourning the loss of a parent or recovering from other traumas. Is your child interested in music or theater? Does he want to dance or paint landscapes? Perhaps she wants to learn more about birds, or edible plants, or ecology. Whatever a child’s interest, perceived or nascent, there’s a camp for that. It may prove fun to research the choices with your future camper, let her feel she has a stake in the choice. (A caution, however, on this point: If budget is a concern, be sure to prepare your child for that restriction. Provide age-appropriate guidelines for choosing a camp based on cost, distance, or any other factors you know must be considered.)



GROWN-UP RESEARCH INTO THE CAMP YOU'RE CONSIDERING

Once you've got a list, or a camp in mind, you will want to do some investigations on the matters only adults can judge. Sometimes your concerns can be quickly resolved by friends who've sent their children to a particular camp and know the camp's specifics. The reputation of some camps, particularly specialty camps, like the Kieroff Academy that Jessica attended, may be well-established. Well-established camps usually have extensive information on their web sites. You can begin your own, grown-up research with the American Camping Association's Guide to Accredited Camps: www.acacamps.org. There are often regional camp guides that provide a starting point for your investigation. You'll find local camps listed in this magazine as well.

Some of the areas you may want investigate before encouraging your child's interest in attending a particular camp: 1. What is the camp philosophy, and does it fit with your family's? 2. Who is the director? What is her/his background?

Questions about the staffing of the camp include: 1. How are staff selected? What percentage of staff return for more than one season? 2. What training is provided to camp counselors? Are all staff involved with the campers every day? 3. What is the counselor to camper ratio? **Regarding safety measures:** 1. Are there medically trained staff members? 2. How do counselors handle water safety? Hiking precautions? Weather related dangers, such as rain storms and wildfires? 3. In the event of a serious injury or medical emergency, how are campers cared for and where are they taken for emergency treatment? 4. What are the rules for counselors? For campers? And how are they enforced? 5. What are the costs? Are there additional expenses, such as fieldtrips or supply costs, that should be taken into consideration?

Once you've answered these questions to your own satisfaction, you can encourage your child's participation in the camp-finding project.

FIGURING IT OUT TOGETHER

This next step may be lots of fun and give you some fresh insights about your child. Together, create a list of qualities you and your child want for a camp experience. He might say, "I want to sleep in a tent." Or she might list, "They have to serve mac-and-cheese at least once while I'm at camp." Or maybe, scratch the mac-and-cheese and add kale and broccoli.

While your future camper is making a list, you can insert some pertinent issues of your own. For example: What's a normal daily schedule? What are the activities, and what happens if a camper doesn't want to participate in a particular activity? How do counselors handle homesickness? Discipline: What happens if there are arguments between campers? Bullying? Inappropriate language or behavior?

With the final, joint list, you can set up a phone conference with the camp's director, you, and your child participating. You're modeling for your child a great way to handle interviews for jobs, school, or any other decision involving other people and organizations.

TECHNOLOGY: CELLPHONES, IPADS, AND ELECTRONICS AT CAMP

A critical issue for you and your camper may be the camp's regulations on children's use of smartphones and computers. Before you can evaluate the camp's approach to this topic, you need a clear idea of how you think technology should be handled by the camp. And,

this may depend, in part, on the age of your camper. Camp policies for children under the age of 13 might be quite different from policies for teen campers or for specialty camps, such as computer camps, of course. Do you want your child to be able to call you at any time if she/he feels the need? Are you hoping for a cellphone decoupling period while your camper is in the wilds?

Usually, there are some natural barriers to extensive use of technology while at camp. Nature camps are often out of reach of the regional cellphone towers. Signals for phone or internet are weak or nonexistent. Kids in tents are not going to have outlets for charging cellphone and iPads. So, technology might be a non-issue.

Most camps do have a clear policy on technology, often posted on the camp's web site. What are the consequences for non-compliance? One camp warns on its web site, in several places, that any cellphone found in the possession of a camper will be confiscated *and* donated to the town's homeless shelter. Cellphones, once confiscated, will not be returned.

After you've read the policies of the camp, if you think they're wise, discuss those policies with your child. Some camps plan for certain times of day or days of the week when campers can access camp-provided computers that have Internet access, so children can email Mom and Dad rather than write a letter on that blank sheet of paper with its self-addressed, stamped envelope—the old-fashioned way.

OPENING OR EXPANDING COMMUNICATIONS WITH YOUR CAMPER

Once you and your camper have chosen the right camp, the shopping and packing get underway. While you're working together sorting clothes and packing up equipment, this is a great opportunity to encourage your young camper to talk about all sorts of things: What do you think it will be like to sleep in a lodge with five other girls? How do I know I'll like going canoeing? What if I fall in? I don't like to be in the dark; what if I can't find my way to the bathroom at night? What if you feel tired when it's time to get up in the morning?

There are all sorts of questions that may be lurking in your camper's imagination. You can help by posing "What if...?" questions. Do some problem solving and role-playing. Laughter can defuse anxiety, deflate looming dangers. While you're folding t-shirts and sorting socks, invite her to describe what she thinks will happen on the first day at camp. Ask him what he'll do if he doesn't like what's being served for breakfast. Their answers may surprise and delight you.





A FEW ODDS-AND-ENDS

Just a few final tips that don't fit into categories but may be of help as you and your child plan the summer's camping adventure:

- If you're not sure if your child will be able to sleep away from home, try a practice. Arrange a sleepover for your future camper at the home of a friend or relative. Try to make it a two-night experience. With two nights, there may be some tears that first night, but by the second night, your child may be too exhausted from having fun to miss you.
- If your child is not accustomed to being outdoors for extended periods, plan some trips to local and regional parks and bird sanctuaries. Take a hike together; eat a picnic in the woods. Go through the drill of dress-

ing appropriately, covering face and hands with sunscreen, and spraying oneself with bug repellent. If your camper knows the drill, she can gain some credibility helping fellow campers do the right things.

- For very young campers, help him or her practice the basics of self-care. Be sure he can brush his own teeth properly – using toothpaste. Allow her to lace up those hiking boots or sneakers herself. Let your child select the appropriate jacket and hat for the weather conditions. Your camper will gain confidence and experience.
- Notify the camp director of any personal, social, or health issues that may have popped-up between the time you filled out all the paperwork for your camper and the time she arrives. Did his dog die? Has she developed

an allergy to tomatoes? Are his wisdom teeth coming in, causing toothaches?

Here's an easy, stellar hint: Mail two or three letters and postcards to your camper before they leave for camp. That postcard of the Chesapeake Bay will be waiting for her on her cot. Your letter with a photo of Mom and Dad will be a real comfort to him that first night or two.

"Amy" in her "Thoughtful Parent" blog reminds us, "Summer camp builds *resilience*. Children experience 'tolerable risks' and gain skills in coping and identity-formation." She points out that young campers learn to cope with unpredictable circumstances, adapt to physical challenges, and make new friends. Visit thoughtfulparent.com for more advice.

Annapolitan Pat Patten recalls experiences long ago

and far away. "When I was a little girl, two friends and I went across the New Orleans Causeway to summer camp in Slidell, Louisiana. What I loved most was the marsh, just outside the building where we slept. We went out in boats to see the cypress trees and the ugly Garfish. Nutria pelts the Cajuns hung out to dry impressed me. We saw snakes and birds. That's where I really came to love the outdoors, even though I didn't like the dark water of the lake where we had to practice swimming. I wrote letters home with stories about our adventures."

If your child's summer, sleepover camp experience achieves these valuable goals and provides such charming memories, the resources and time you invested in providing this experience will be amply rewarded.

ANNAPOLIS AREA CHRISTIAN SCHOOL



EVERYTHING SUMMER!

June 8 - July 31, 2020 • AGES 3 1/2 - 18



410.519.5300 x3150
summer@aacsonline.org
www.aacsonline.org/summerprograms



EAGLES EXPLORATIONS
 West County **Best of WEST COUNTY 2017**

Instagram: eagles_explorations
 Facebook: EagleExplorations

50+ Programs

Sports Camps

Academic Camps

Creative Arts Camps



Camps held in Severn and Annapolis.

We welcome campers of all families and faiths. Tours available by appointment!



studiOne80
 REDEFINING DANCE
VOTED BEST OF ANNAPOLIS
 IN BEAUTY & FITNESS
 WHAT'S UP?
Annapolis Best of ANNAPOLIS 2019

For more information and class descriptions, please visit www.studio180dance.com
 131 GIBRALTER AVENUE | ANNAPOLIS, MD 21401 | PHONE: 410.268.5229

annapolis recreation & parks

- sprouts camp annapolis Age 4 - 6
- explorers camp annapolis Age 7 - 9
- pioneers camp annapolis Age 10 - 12
- voyagers camp annapolis Age 13 - 15

Swim Lessons
 Field Trips
 NEW FRIENDS

SUMMER CAMP!

Register Today! 410.263.7958
www.annapolis.gov/recreation



Academic Excellence in the Catholic Tradition Since 1959

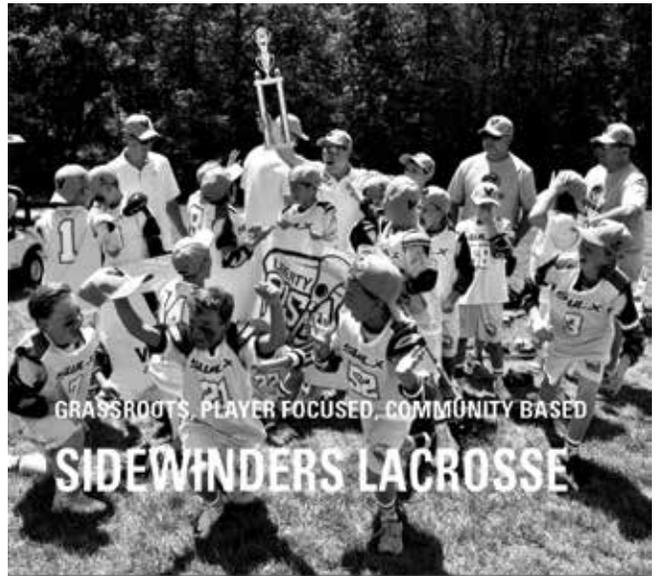


FAITH • FAMILY • ACADEMICS



Join us for a Welcome Wednesday tour 9:00am to 10:00am

4 year old Pre School through Grade 8
410-647-2283 | www.stjohnspschool.org
Severna Park, MD 21146



GRASSROOTS. PLAYER FOCUSED. COMMUNITY BASED

SIDEWINDERS LACROSSE

Join one of the fastest growing lacrosse clubs in the region. From 3rd grade through high school, Sidewinders Lacrosse offers great coaching and a competitive environment that will elevate your son's game to the next level. Check us out TODAY!!

SEE SIDEWINDERSLAX.COM FOR MORE INFORMATION

DISCOVER AACCS



ANNAPOLIS AREA CHRISTIAN SCHOOL

Where your child goes to school does matter!



Provide a **socially and spiritually safe environment** in which your child will learn and grow.

At AACCS students pursue their God-given gifts and talents through a comprehensive offering of academic courses, fine arts, athletics, extracurricular clubs/programs, Pre-AP®, AP®, and Honors courses.

SIGN UP FOR A PRIVATE TOUR AT ONE OF OUR 4 CAMPUSES

LOWER SCHOOL :: ANNAPOLIS
710 RIDGELY AVE, ANNAPOLIS, MD 21401

MIDDLE SCHOOL :: ANNAPOLIS
716 BESTGATE RD., ANNAPOLIS, MD 21401

LOWER SCHOOL :: SEVERN
61 GAMBRILLS RD., SEVERN, MD 21144

UPPER SCHOOL :: SEVERN
109 BURNS CROSSING RD., SEVERN, MD 21144



Please sign up to schedule a private tour, at www.aacsonline.org/visit

AP® & Pre-AP® are registered trademarks by the College Board and used with permission.

TRAIL BLAZERS

BY KAT SPITZER



BUILDING THE SPORT OF MOUNTAIN BIKING
AND NEW TRAILS IN ANNE ARUNDEL COUNTY



When the weather turns nice, there is nothing better than heading outside, enjoying the fresh air, and getting some exercise. Annapolis and Anne Arundel County are full of gorgeous waterways, so there is never a shortage of opportunity to enjoy a day on the water. But, if you want to take to some trails in the woods on a mountain bike or nice hike, the options had been fairly limited. Until five years ago.

Local mountain bike enthusiasts have taken the initiative, gathered volunteers, and worked with the county and city to build miles of trails close to our own back doors. In 2014, Phase One began on building bike trails in Bacon Ridge, located in Crownsville. Mike Klasmeier, owner of Trailwerks Cyclery Inc., decided to gather individuals and pursue the project. “I wanted to design an environment so that I, and other enthusiasts, could make this an area that I want to live in,” Klasmeier says. A long-time mountain biker and racer since the early 1990s, he wanted to be the solution for all mountain bikers in the area.

For anyone who mountain bikes, the passion for the sport can reach epic levels. “Mountain biking provides an opportunity to get outside and explore nature in an environmentally-friendly way,” Klasmeier says. “You are getting exercise, breathing fresh air, reducing stress, and unlike most other sports, you can do the activity with your whole family or by yourself in a meaningful way. It makes all the hard stuff easier to deal with.”

Getting the trails in order was, and continues to be, no easy feat, however. Klasmeier worked as an agent with M.O.R.E. (Mid-Atlantic Off Road Enthusiasts) to get the Bacon Ridge project off the ground. In order to make proper and sustainable trails, Klasmeier and a team of volunteers make sure that all trail building is done to avoid erosion and work within international guidelines for environmental sustainability. Working with the county, they were able to create the trails on easements on county property.

“Mountain biking provides an opportunity to get outside and explore nature in an environmentally-friendly way. You are getting exercise, breathing fresh air, reducing stress, and unlike most other sports, you can do the activity with your whole family or by yourself in a meaningful way. It makes all the hard stuff easier to deal with.”

When people think of building trails, the first image might be bulldozers, or pavement, maybe even bulk wood chips. But that is not how trails are built in the mountain bike world. “We walk the woods and consider soil types, incline grades, naturally occurring sight lines, and making sure to use trees as anchors,” Klasmeier explains. “It is essential to maintain the integrity of the woods.” No machines or bulldozers are involved. Instead, teams of volunteers, sometimes over 100 at a time, venture in with rakes and get to work. The key is to rake away the soft topsoil, and reach the harder mineral soil underneath to create trails. Nothing is brought in for the trails, and nothing is removed. Building the trails leaves nature intact. In the last five years, that volunteerism at Bacon Ridge has yielded roughly 17 miles of trails for use for mountain biking, hiking, running, and nice walks through the woods.

With the success of Bacon Ridge underway, the group next worked with the City of Annapolis in 2018 to begin work on trails on what is now known as the Waterworks Trails—at Waterworks Park, the site of the City’s former dam and aquifer. Within a year of discussing the project with the Mayor Gavin Buckley, the volunteers were able to build close to nine miles of trails. A short ride on the road currently allows bike access between the Waterworks and Bacon Ridge trails, but the team is hoping to be able to connect those two trail systems with a dirt path in the near future.



Volunteers and private funding not only plan and build the trails, but also maintain them. “It’s a real group effort,” says Steve Harper, trail liaison with M.O.R.E. for the upcoming Severn Run trails, which will become 12 miles of new trails, running near the Arden on the Severn neighborhood, behind Indian Creek School, and close to Arlington Echo. “You will see teens and adults all working together on trails with leaf blowers and rakes,” he says. “Everyone is excited because they’re



Photo by @kerranphotography

“Mountain biking is my favorite thing to do and I enjoy cheering on younger kids from our team in races and seeing them improve. High school sports nowadays are very competitive and high pressure, and it’s nice to be a part of an inclusive sport where everyone can participate.”

creating the best possible environment for everyone.” In order to keep the trails environmentally sound, riders will often post Facebook messages to spread the word if trails are too muddy and wet to ride. Riders do not want trails harmed by careless users. When maintenance is due, an online call to action will garner many volunteers to help. Trail users are passionate, and the community spirit robust, about upkeep to make sure trails are in good condition for years to come.

With new mountain bike trails come new ways to engage the sport. Harper, the trail liaison, also works with the new local youth mountain bike team, the Anne Arundel Blur, which competes within the Maryland Interscholastic Cycling League (MICL). Using Bacon Ridge, and now Waterworks, as practice trails, the Blur will enter its third season of competition in the fall of 2020. “Mountain biking is my favorite thing to do and I enjoy cheering on younger kids from our team in races and seeing them improve,” says Garrett Miller, a sophomore at Broadneck High School and racer with the Blur for the past two seasons. “High school sports nowadays are very competitive and high pressure, and it’s nice to be

a part of an inclusive sport where everyone can participate.” The Anne Arundel Blur is comprised of middle- through t high-school-age children and is coed.

Jon Posner, co-Founder and League Director of MICL, which is part of the nationwide organization National Interscholastic Cycling Association (NICA), echoes the positivity the sport brings to families. “I cannot even list all the positive aspects of mountain biking as a sport,” she says. “The inclusivity and welcoming environment is really special. Everyone participates and nobody feels threatened because all the riders’ efforts count toward their team. But it goes beyond the bike. There is intentional family involvement. Unlike other sports, you don’t drop your child off and stand behind a fence. You can ride in practices with them; help work the events. Mountain bikers make better food choices, so they feel good on the bike. They make better sleep choices, so they will be in good form for racing. Mental organization, cognitive abilities, and overall clarity improve.” During a NICA race weekend, 60–70 minutes will be active riding of the course, but the rest of the day is quality time spent with families and teammates, camping, socializing, and strategizing the course.

The local trails are designed for all levels of riders. Beginners can feel completely comfortable at Bacon Ridge and Waterworks. “We’ve built these trails to be the best for everyone,” Klasmeier says. “We want people to feel comfortable trying it for the first time, but as you go deeper, you will find fun jumps and steeper terrain for the more experienced. Everyone can have fun. We are lucky because unlike more rocky northern trails in Maryland, these trails are part of the coastal plain, which means sandier soil with maybe some roots. This makes it easier for riders and a little less technical.”

Casual riders, as well as competitive mountain bike riders, seem to appreciate the influx of trails. They are easily accessible, often with the option of riding directly to them without having to drive. “There are so many trails available now in Anne Arundel County, which cater to all skill levels,” says Lisa Lauer, a local rider and bike enthusiast. “It allows my family to get outside and ride together, even though some of us are more seasoned riders than others. Finding common ground with teenagers is often challenging, but this activity has brought us together in such a positive way.” Posner put it another way, saying, “Mountain biking has been a savior to me.”

“There are so many trails available now in Anne Arundel County, which cater to all skill levels. It allows my family to get outside and ride together, even though some of us are more seasoned riders than others. Finding common ground with teenagers is often challenging, but this activity has brought us together in such a positive way.”

While the trail system is growing, it’s important to note that the work is far from over. Klasmeier, and the rest of the volunteers, continue to build and improve. “We are creating maps, more online presence, safety markings on the trails without interfering too much with the nature of the trail, GPS reporting in case people are injured on the course, and community education about the trails,” he says. There are Facebook groups for Bacon Ridge, Waterworks, and Annapolis Trails to stay informed of the projects and options for helping out. Youth riders ready to compete can look into the MICL website, marylandmtb.org, or the NICA website, nationalmtb.org, for more information.

In an otherwise busy, cluttered, and often overwhelming world, it’s nice to have the natural refuge of these new trails to better your mind, body, and family life all at once. Mike Klasmeier and all the volunteers and bike enthusiasts have so much more in store for us to look forward to in the near future. Grab your bike and hit the trails.

“Mountain biking has been a savior to me.”



WHAT'S UP? MEDIA

Best Of Party

2020

06 • 03 • 2020

6 TO 9 P.M. • DOORDAN INSTITUTE/BELCHER PAVILION AT AAMC



A PORTION OF THE PROCEEDS FROM THIS EVENT WILL BENEFIT

GiGi's Playhouse™
Down Syndrome Achievement Centers
educate. inspire. believe.
Annapolis, MD

KICK OFF YOUR SUMMER WITH THE BEST PARTY IN ANNAPOLIS!

Enjoy the top-rated restaurants all under one roof. Wear your best coastal attire!

TICKETS ON SALE NOW AT WHATSUPTIX.COM



CHARLIE BUCKLEY'S
Mr. Waterfront® Team

OF LONG & FOSTER REAL ESTATE

YOU should be working with the
Waterfront Experts!



Joe Bray, Reid Buckley, and Steven Arcé
Licensed REALTORS®



MAGNIFICENT 5-BR WATERFRONT ESTATE WITH WATERSIDE POOL, DEEP-WATER PIER. **\$5,300,000**



SOUGHT-AFTER WILD ROSE SHORES W/POOL + PRIVATE PIER ON THE SOUTH RIVER! **\$1,997,500**



GORGEOUS WATERFRONT HOME! BEACH & DEEP-WATER PRIV PIER ON THE MAGOTHY! **\$1,849,000**



BRAND-NEW 5-BR WATERFRONT HOME ON ONE ACRE LOT. VIEWS & PRIVACY ABOUND! **\$1,475,000**



SPECTACULAR SOUTH RIVER VIEWS, 4-BR HOME, POOL & PRIV DEEP-WATER PIER! **\$1,195,000**



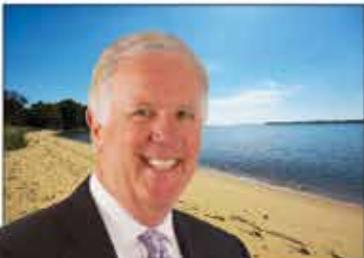
RESORT-LIKE LOCATION WITH SWEEPING BAY VIEWS! 4-BR AND INCREDIBLE CHARM. **\$965,000**



ROCK CREEK 4-BR WATERFRONT HOME, DEEP-WATER PIER, UPDATES THROUGHOUT. **\$799,000**



3-BR TURKEY POINT HOME! BREEZY WATERVIEWS, 5 MARINAS AND SANDY BEACHES. **\$599,000**



4-BR HOME ON LARGE LOT IN HILLSMERE. COMM MARINA, BOAT RAMP, POOL & PARK **\$515,000**



GATED COMMUNITY, KING JAMES LANDING. 3-BR TOWNHOME WITH DEEDED SLIP! **\$495,000**

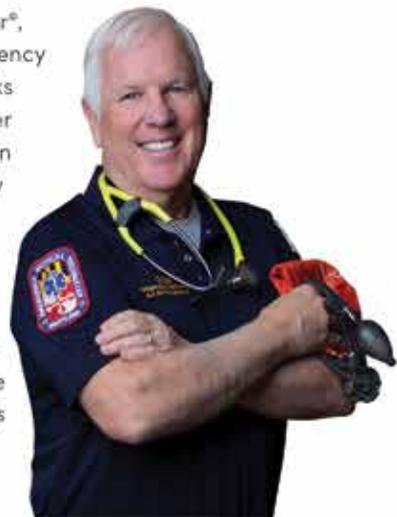


GATED COMMUNITY, KING JAMES LANDING. 3-BR TOWNHOME WITH DEEDED SLIP! **\$495,000**

WHEN CHARLIE IS NOT SELLING HOUSES...

In addition to being a Realtor®, Charlie Buckley is an Emergency Medical Technician. He works as a volunteer first responder assisting the men and women of the Anne Arundel County Fire Department on ambulance calls.

"Working with professional Emergency Medical Service personnel inspires me to give my best each day and allows me to give back, in a small way, to the people of Anne Arundel County."



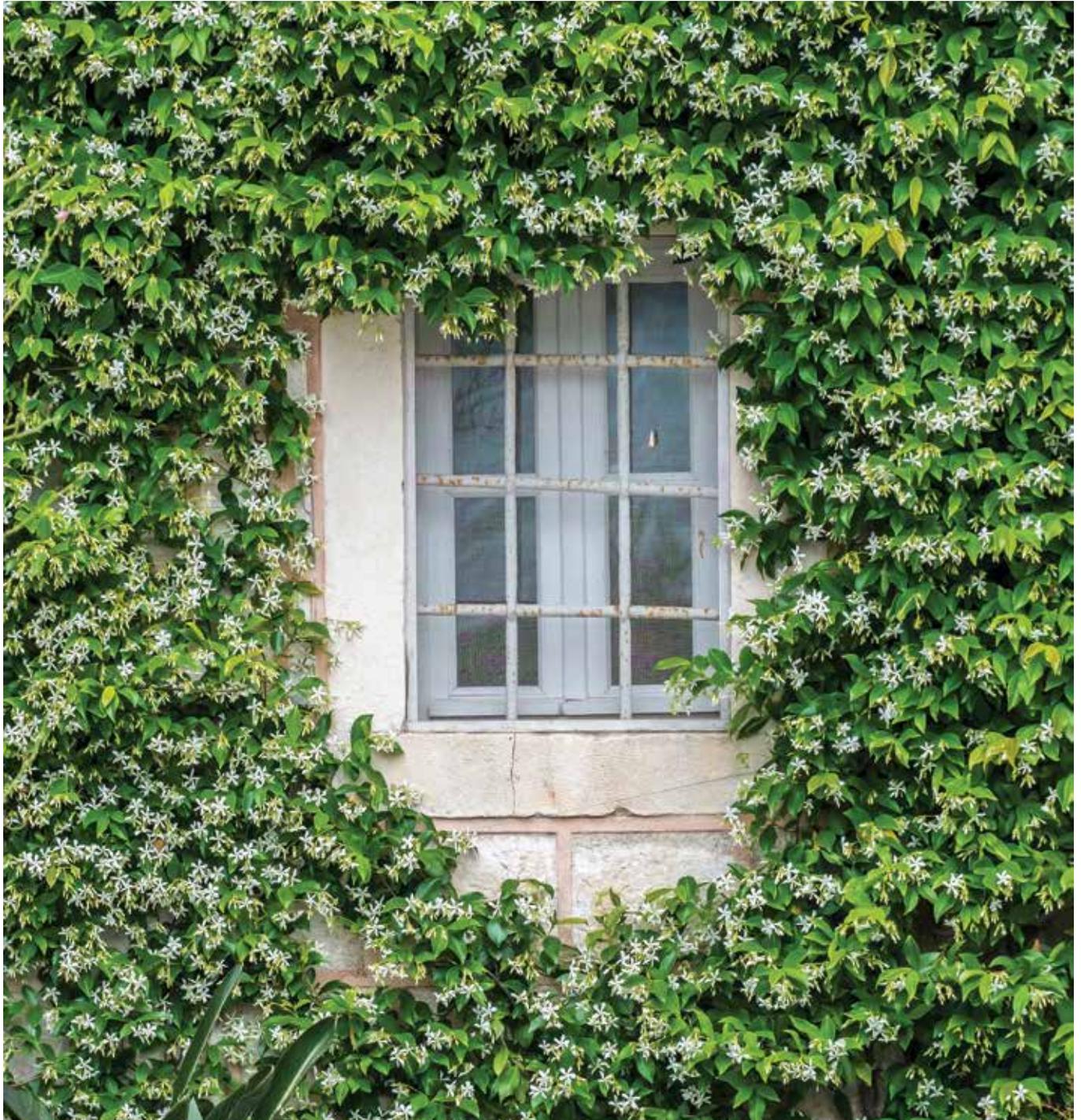
WaterfrontHomes.org 410-266-6880

BOM: 410.260.2800 | 320 Sixth Street, Annapolis MD 21403



Home & Garden

112 ULTIMATE WEEKEND RETREAT | **120** HOME DESIGN
124 IN THE SWIM! | **130** GARDEN DESIGN | **134** REAL ESTATE



Northrop



Your door says a lot about you.

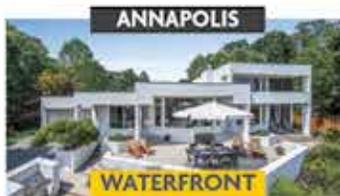
Lilac Door:

A lilac door tells guests that you're a romantic. Your home's color palette is dreamy, and your décor creates a lush ambiance.

You might as well face it; you're addicted to love!

Let us help you unlock the door that suits you.

Snap a picture of your front door and post it on Instagram using [#ShareYourFrontDoor](#) to find out what your door color represents.



ANNAPOLIS

WATERFRONT

\$2,199,000

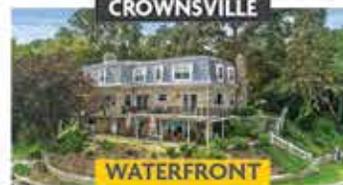
49 OVERLOOK DRIVE



FULTON

\$1,800,000

12580 HALL SHOP ROAD



CROWNSVILLE

WATERFRONT

\$1,798,000

1162 HAYMAN DRIVE



CROWNSVILLE

\$1,600,000

803 HOMESTEAD LANE



BETHANY BEACH

WATERFRONT

\$1,595,000

39355 NATURES WAY

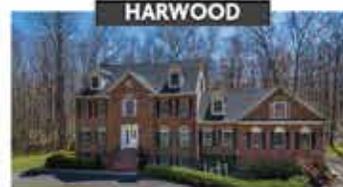


ANNAPOLIS

WATER COMMUNITY

\$1,200,000

390 RIDGELY AVENUE



HARWOOD

\$995,000

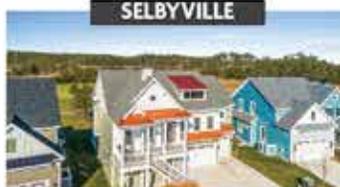
743 HARWOOD ROAD



ANNAPOLIS

\$950,000

220 CHESAPEAKE AVENUE



SELBYVILLE

\$949,500

26135 CROSSWINDS LANDING



BALTIMORE

\$850,000

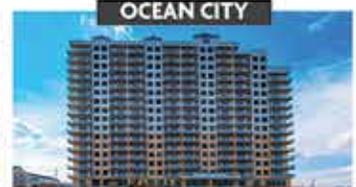
7018 ROCKSTREAM COURT



DAVIDSONVILLE

\$799,900

2408 FOX CREEK LANE



OCEAN CITY

\$779,000

2 48TH STREET #905



ANNAPOLIS

\$750,000

1790 CROWNSVILLE ROAD



ANNAPOLIS

\$720,000

908 WHITE MARLIN WAY



TAYLORS ISLAND

WATERFRONT

\$699,000

4404 PINE TOP ROAD



OCEAN CITY

\$685,000

724-A S SURF ROAD #1



Office: 410.295.6579 | [NorthropRealty.com](#) | Direct: 410.501.5025



OCEAN CITY

\$625,000

11 54TH STREET #102



FENWICK ISLAND

WATER COMMUNITY

\$579,000

28 HIGH TIDE LANE



SELBYVILLE

\$555,900

28972 CORDGRASS CIRCLE



LINTHICUM HEIGHTS

\$480,000

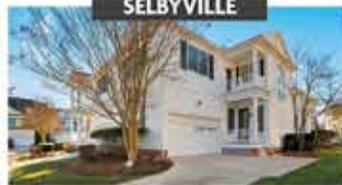
315 JERLYN AVENUE



ANNAPOLIS

\$470,000

116 WATERLINE COURT



SELBYVILLE

\$469,000

31296 INSPIRATION CIRCLE



ARNOLD

\$460,000

889 DORIS DRIVE



GLEN BURNIE

\$450,000

937 THURSTON LANE



BALTIMORE

\$419,900

3102 FOSTER AVENUE



SELBYVILLE

\$415,000

37213 W FENWICK BLVD



ODENTON

\$424,900

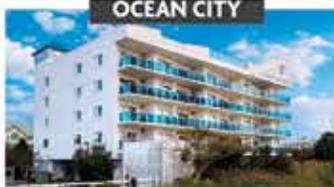
2426 JOSTABERRY WAY



SEVERN

\$400,000

7857 BASTILLE PL



OCEAN CITY

\$385,000

105 63RD STREET #401



BERLIN

\$379,000

11906 GRAYS CREEK DRIVE



SELBYVILLE

\$343,000

11061 DESTINATION DRIVE



OCEAN CITY

\$325,000

614 OSPREY ROAD #G



OCEAN PINES

\$315,000

18 DEERFIELD COURT



SNOW HILL

50+ ACRES

\$315,000

7735 SNOW HILL ROAD



OCEAN CITY

\$300,000

8 61ST STREET #C102



PASADENA

\$299,900

247 WENDOVER ROAD



QUEEN ANNE

\$279,900

22776 SQUIRE LANE



GLEN BURNIE

\$270,000

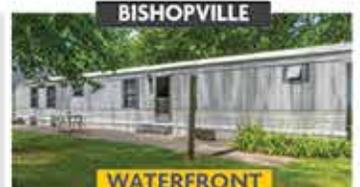
220 FOXMANOR LANE



CALIFORNIA

\$255,000

21298 BETHMILL WAY



BISHOPVILLE

WATERFRONT

\$190,000

12216 BRANT ROAD

Ultimate Weekend Retreat

CREATING A RIVERFRONT POOL HOUSE OASIS

By Lisa J. Gotto | Photography by Stephen Buchanan

When husband and wife Tim Grisius and Charis Zuchowski of Chevy Chase think “vacation home,” they think “Annapolis.” Recently they, with the help of an Annapolis-based team of resources, added the crowning touch to their prized weekend property along the South River.

The location of the home with its soothing river views sold the couple, but they knew they would need to put some work into the property. The interiors required some basic, mostly cosmetic updating and upgrading; the exteriors, while beautiful, were not particularly outdoor living-ready.

“Their house had no covered screened-in porch/outdoor entertainment area,” says their architect, Cathy Purple Cherry of Purple Cherry Architects in Annapolis.

Not to mention, the property did not have a pool, and with three children, 12 and younger, the Grisius family desperately wanted one. Retreating to Annapolis for weekend re-boots had been part of their lifestyle since marrying 13 years ago; the couple requiring downtime from his busy career in commercial real estate development and sales, and hers

in medicine as a surgical physician’s assistant. (This is the second Annapolis-based weekend property for the couple. Their growing family facilitated selling the first in favor of the South River residence).

Getting the desired pool, a pool house, and adjacent three-car garage was so critical, the couple said, that they had Purple Cherry come out and assess the property for that particular feasibility prior to purchasing. Once they got an affirmative professional opinion from her, they were ready to start signing—and digging.

When it came to the digging, actual construction, and requisite landscaping, the couple was relieved to find that their architect was able to offer some sound referral advice for their further research and consideration.

“Cathy has excellent connections with many, many contractors doing various aspects of building and those connections were terrific for us,” Grisius says.

Zuchowski says they chose Bayview Builders of Annapolis for the actual pool house construction.

“They were a pleasure to work with,” Zuchowski says.





CREATIVITY AND ITS CHALLENGES

Like any project of note, this one had some goals assigned to it. It needed to meld three important aspects: smart design, timeless style, and family fun.

“The primary purpose was to make sure that we had a place that was welcoming for our family and friends who were visiting, so it wasn’t too formal, but very welcoming and relaxing,” Grisius explains.

Before any of that could happen, Purple Cherry needed to assess critical area issues and the builders had to deal with the unusually high water table of the property. Due to the quirky positioning of the existing home, Purple Cherry says she knew that there was only one viable spot on the generous piece of land where she could situate structures of this nature.

“What’s unique is that it’s a very large piece of property, but the house doesn’t run left or right parallel to the water, the house runs shotgun long (perpendicular) to the water, which is very atypical,” Purple Cherry notes.

During the entire process, the couple expressed they felt well-informed and confident in all the resource providers they chose, and that their architect had their “shotgun long” situation well in hand.

“Most people who have waterfront homes want [their pool house] attached to their main house, but we could not get it attached to their house,” said Purple Cherry, who elaborated that floor plan, critical area, and buffer zone issues had to be addressed.

“So, the solution was to create a basically large entertaining pavilion and that’s what we did.”



HOMEOWNERS’ TIP

When evaluating building contractors, make time to visit some of their completed home projects, not just their websites, before making a decision.

The entire area with pool surround, pool house, three-car garage, and parking court amounted to more than 15,000 square-feet of family fun and utility space.

Along with what the space would look like, Purple Cherry was intent on making sure that what the homeowners and pool users would look at was not only aesthetically pleasing, but would have keen sight lines for more critical reasons.

“As a mother, it is important for me to have eyes on the children at all times,” she explains.

So, she placed emphasis on the visual connections within the design. The children had to be able to see and be seen from every possible vantage point.

Also, from every possible vantage point, Purple Cherry would account for optimal South River views.

“I can’t ever imagine blocking an incredible view.” And so, she did not. The structures were designed expertly with solid walls facing utility areas, or for providing cherished privacy when entertaining.

“I don’t want to have to go around a wall to see what’s going on someplace else,” she says. “That’s the reason the whole side facing the house, plus the whole side facing the water is basically all screened or glass. So, when you come out of the main house onto the big wrap-around porch, you can physically see everything going on in that pool house.”



BUILDER'S TIP

Does a high water table on your property preclude you from installing an inground pool? In some instances, this issue can be mitigated. Here's how the issue was managed for the Grisius property. "The portion of the lot where the pool was to be placed is at a fairly low elevation, so the bottom of the pool was very near the water table," explains Chris Neumann, Vice President of Bayview Builders. "Building near the water's edge, combined with loose sandy soils created a challenge to mitigate the water infiltration during construction, and created a concern for the pool's integrity. Additional structure was added underneath the pool shell to add the required stability."

PROJECT RESOURCE LIST

Architect: Purple Cherry Architects, Annapolis; purplecherry.com
General Contractor: Bayview Builders, Annapolis; bayview-buildersmd.com
Pool Contractor: Johnson Pools, Edgewater; jpools.com
Cabinetry: Kitchen Encounters, Annapolis; kitchenencounters.biz
Kitchen Countertops/Fireplace Stone/Outdoor Kitchen: In Home Stone, Annapolis; inhomestone.com
Appliances: The Appliance Source, Annapolis; theappliance-source.com
Landscape Architect Design: Campion Hruby, Annapolis; campionhruby.com
Landscape Architect Installation: Scapes, Inc., Lothian; scapesinc.net
Lighting, Sprinkler/Irrigation Systems: Terra Nova Design, Crofton; terranovadesign.net
Bio: Engineering & Management-Bay Engineering, Inc., Annapolis; bayengineering.com





COLOR SPLASH

The interior design was open plan and provided for the look of timeless style the couple desired. Its coastal, casual vibe was conceived, furnished, and decorated by Zuchowski using a palette of blue and white as a base and then adding in some corals and reds for splashes of color. The furniture is comfortably-sized, but wisely-scaled to fit the space and chosen for real-life with kids. "The pool house is waterproof!" she says laughing.

It is also one large space that opens out to the pool deck. "So, it definitely facilitates entertaining," Zuchowski adds. "We have a summer kitchen with an outdoor grill and a power burner for cooking crabs. There is also a full kitchen inside with a beverage center. Outside there is bar seating in the summer kitchen."

All of the things they wanted, were all of the things they received.

"Cathy was excellent about thinking about all the features we would use, so we would not have to go back up to the house and get things...from the kitchen or wherever," Grisius explains.

The end result is plenty of relaxing weekends with family and friends on the South River, which Grisius then aptly described.

"When we're there, we kind of feel like we're on vacation!"



Premier Independent
Senior Living

Wouldn't it be neat if mom or dad lived down the street?



No buy-in, entrance or maintenance fees!

Call to schedule a Tour today! (833) 261-6184



Amenity-rich

Group transportation, housekeeping, meals, salon, movie theater, library, billiards, newly renovated, fitness center, yoga studio, and more!



Award-winning SUN® program

A fun-filled calendar of events and social activities!



Newly Renovated

Be one of the first to live in these BEAUTIFULLY renovated apartments located close to everywhere you want to be!

931 Edgewood Road • Annapolis, MD 21403
www.GardensOfAnnapolis.com



FREE STAGING

For Every Listing!



Before Staging:



After Free Staging!



"We already had our eye on the home we wanted to see, and knew it would be coming on the market. Scott got us in to see it the very morning it hit the market. His awesome team helped us to submit an expedient offer and advised us every step of the way. We had a very stress-free experience in all of this, which is unusual for buying and selling property. We are happily settled in our new home now, and couldn't be more grateful. Such a hard-working and thoughtful team. Highly recommended to anyone in the Annapolis area!" — Mike and Dominique

Personal ★ Professional ★ Pressure Free

USNA '00

410-900-7668
ScottSchuetter.com
scott@scottschuetter.com



Voted Maryland's Most Recommended Remodeling Company

Based on a 2020 survey of Maryland homeowners conducted by WBAL's independent market research firm.



15% off

Kitchen & Bath Projects

NO INTEREST | NO PAYMENTS | NO MONEY DOWN
Pay Absolutely Nothing for a year

OFFER EXPIRES 03/31/2020. Terms and conditions may apply. Valid with approved credit only.



410-205-1051 | AnnapolisRemodeler.com
Visit our Remodeling Design Showroom at the Annapolis Towne Centre

Trending Interiors Spring 2020

NEXT-LEVEL CHESAPEAKE DECOR

By Lisa J. Gotto

Spring provides more than just a chance to open our literal windows to let more light and fresh air in, it also can open the windows of our creativity, which makes this the perfect time to re-envision the space in which we live with refreshing new elements. Here are five fab trends to try this spring!



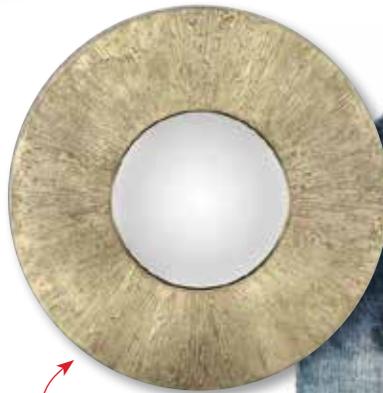
LIKE A BREEZE

Winding and bending like the impulse of the wind, this silver leaf polished pendent-style lamp of stainless steel is an evocative commentary of your good taste. Its fluidity and curves square effortlessly with today's trends in free-flowing and unrestricted design. corbettlighting.com



TRANQUILITY INSPIRED

See the sea in a different way with this sophisticated sofa cushion inspired by the waterfalls of the world. Rectangular in shape, it counterbalances your curvaceous elements beautifully with a satin finish and multi-tonal shades of the sea. brabbu.com



A FINE FINISH

Every and any room benefits from the accessories and art you choose to hang on your walls. This substantial mirror of matte casted patterned brass blends an endless circle of style with a functional centerpiece of substance. brabbu.com



UNDERSTATED UNDERFOOT

The Pantone Color of the year, Classic Blue, fits right in with our greater Chesapeake sensibilities; it's true. But instead of going all-in with a whole wall of color, or various accent pieces to incorporate the trend, which may be overkill for this very dense hue, we suggest picking a statement piece like this handcrafted oval rug with an understated take on the trend. And the oval shape is a lovely complement to the new curvy sofa. westelm.com

SEXY SOFA

Sensuous silhouettes with curves remain a key design trend and are simply executed in this Polara sofa from Kravet Furniture from the Michael Berman Collection. Spring is a great time of year to refresh at least one large piece of furniture in your home and this year is it's all about the sofa. kravet.com





DESIGNED
to
MOVE YOU

DIANE & CREW
OF TAYLOR PROPERTIES

REALTORS® · DESIGN · RESULTS



Diane Mallare, MBA
410.279.3868



Gina Barton
443.995.0878



Kristen Swartz
410.375.8826



Kristen Boyer
443.685.4043



Stephanie Andrews
410.804.0518



Kara Shaffer
443.926.3287



Carrie Fockler
410.849.9019



Donna Ball
410.707.6190



DianeAndCrew.com

175 Admiral Cochrane Drive #112 21401
Broker: 800.913.4326

ACCURATE ASPHALT

PAVING WITH PRECISION

- Driveway Paving
- Sealcoating
- Asphalt Repair
- Retaining Walls
- Commercial Paving
- Parking Lot Paving



MHIC # 05-136088

RESIDENTIAL & COMMERCIAL
CALL US TODAY! 410-697-3167

362 Hickory Trail - Crownsville, MD 21032
 Visit us online at www.accurate-asphalt.com
 Facebook.com/AccurateAsphaltMD





BRINGING THE MOST
EXTRAORDINARY
 SURFACES TO LIFE

COMPASS
 STONE & TILE STUDIO

302 Harry S. Truman Pkwy Suite A
 Annapolis, Maryland 21401

Call us today at: 410-224-0700
www.CST-Studio.com

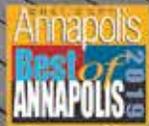
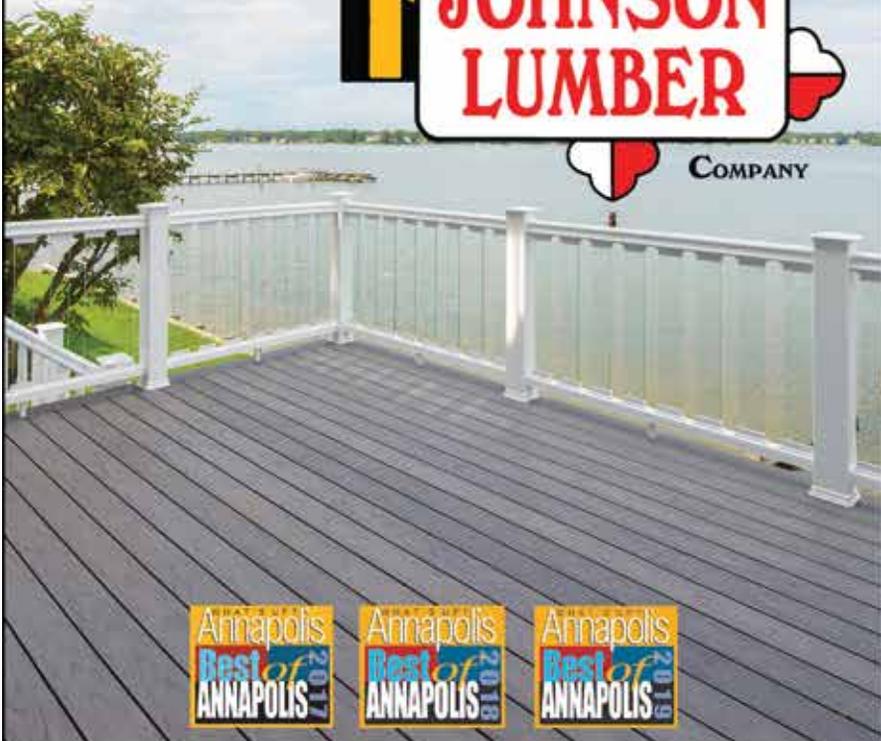
Voted the "Best Stone and Tile Studio" for six consecutive years.

WHAT'S UP?
Annapolis
Best of
ANNAPOLIS
2019

**WE'VE MADE MORE ROOM FOR INSPIRATION,
 VISIT OUR NEW ANNAPOLIS SHOWROOM!**



TRANSFORMING YOUR DECK INTO YOUR ESCAPE.



TALK TO ONE OF OUR OUTDOOR LIVING SPACE EXPERTS TODAY!



8200 Veterans Highway
Millersville, MD 21108
410-987-5200



3120 Solomons Island Rd
Edgewater, MD 21037
410-956-0400

www.johnsonlumber.biz



3D architectural design
custom builders



RENOVATIONS
ADDITIONS
CUSTOM HOMES

301.852.7748
www.adr-dev.com

MHBR #8374 MHIC #136581



HOME DESIGN

In the Swim!

5 SIGNS YOU ARE READY FOR AN INGROUND POOL

By Lisa J. Gotto

What are two of the most popular words associated with summer? “Pool party!” But before you start buying noodles and floating chaises, there are things you should know and do before you decide to break ground on any inground pool project.

YOU HAVE SET A REALISTIC BUDGET

Never underestimate the expense of a pool in both its creation and its long-term maintenance. This is probably

the most expensive add-on you can do to a home, so think it through wisely in terms of your home’s resale value, the affect it has on the overall look of your property, and its on-going annual expenses. (The jury remains out on whether a pool adds or detracts from a home’s value.) Your initial investment, will no-doubt cost in the tens of thousands and perhaps even more depending on the type of pool you choose and the bells and whistles you wish to add.

From the get-go, you should understand that it is somewhat likely that setbacks and issues will crop up during the construction process, especially if your home is within a “critical area.” An experienced contractor will help you understand issues, such as water table heights, that you may face and what that will mean for the bottom line. A qualified contractor will also help you navigate another cost associated with pool creation; the acquisition of proper permits. Seeking the assistance of a qualified professional with knowledge of these key processes and procedures can save you money and aggravation down the line, so it is prudent to provide for these costs in your budget.

While devising that budget, remember that the extent of your pool surround has to be factored into that number.

COST BASICS

Average Range for Installation

CONCRETE: \$50,000 to \$100,000

FIBERGLASS: \$45,000 to \$85,000

VINYL LINER: \$20,000 (DIY) or \$35,000 to \$65,000

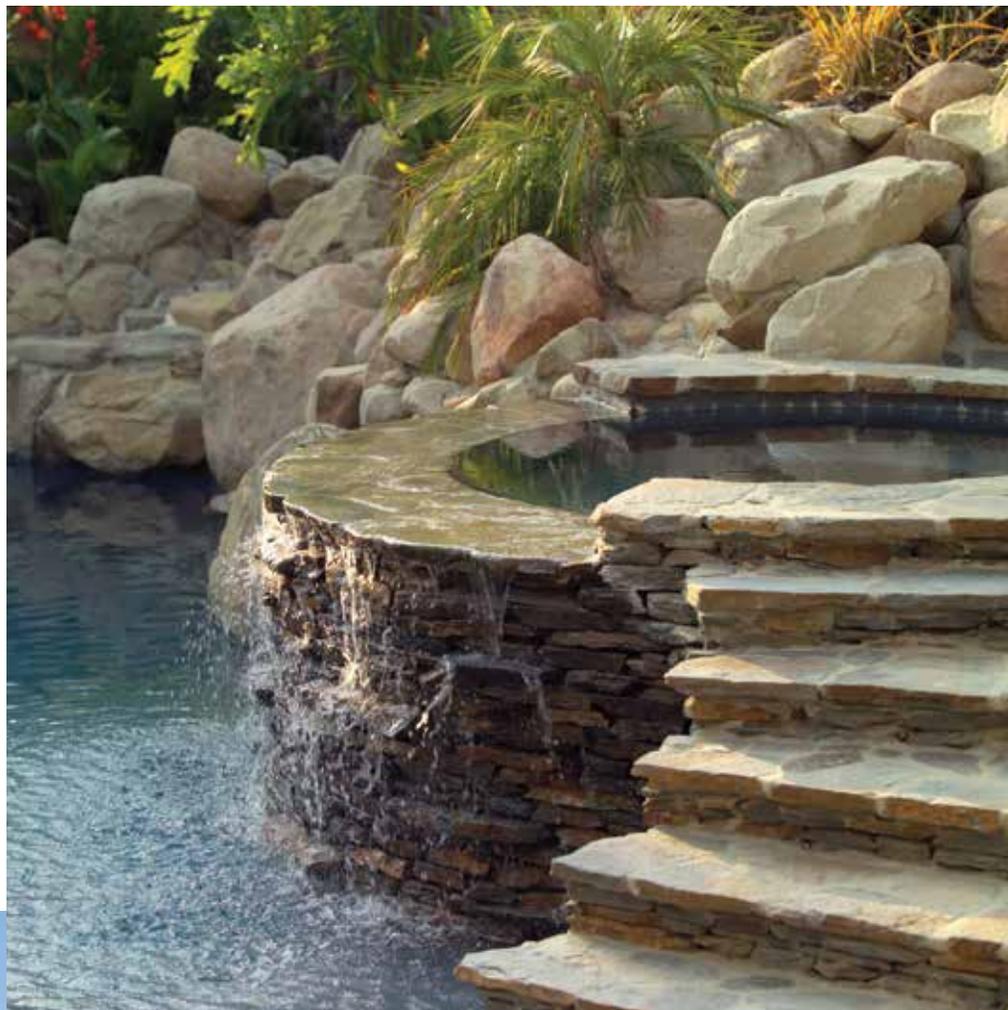
Consider that you would not wish to build a pool, if you were not prepared to also invest in the environment around it, as well. What good is having a beautiful pool if the area surrounding it is not supportive of it from an aesthetic and functional standpoint? It’s just a watery hole in the ground surrounded by dirt and mere grass, otherwise.

Do you wish to have a spa feature, as well? It is best to account and provide for this option now as it is not an easy endeavor to just add one in later.

What will you do to satisfy your responsibility to fence in the pool? This is a code requirement for every pool owner. So, plan on adding the cost of meeting this obligation in your pool budget, as well.

YOU'VE DETERMINED YOUR PROPERTY IS SUITABLE FOR AN INGROUND POOL

While your backyard may look large enough to the untrained eye, you will always need to keep in mind that every property has a property line and therefore you are required to account for the amount of setback required from your property line. This may denote how large your in-ground pool can be and, if indeed, there is enough room at all. Remember, you will need to provide a minimum six- by six-foot space, if you require some patio area. If you are planning on having an outdoor kitchen-type of space, that will require at least a 12- by 12-foot area.



YOU UNDERSTAND HOW YOUR POOL WILL BE USED

This is where thorough research followed by candid discussions with a qualified pool contractor/installer can really come in handy. These discussions will help you determine what shape of pool is right based on who will be using your pool. If total recreation and relaxation is key to you, you can probably get away with a smaller pool versus someone who is seriously into swimming laps; lap pools are longer than recreational pools. So, it would follow that if you're a lap swimmer, you would not choose a curved pool design. Remember, the size of your pool will determine what

types of activities can occur in it. It also serves to go as big as possible, since once installed, you will not be able to "upgrade" the size later.

This is also a good time to have the salt water pool versus chlorine debate with your pool pro. Probably the biggest misconception about salt water pools is that they are free of chlorine. The truth is both pools have levels of chlorine, the difference is in how the chlorine is produced or provided to the pool. Salt water pools have chlorine generators installed in them that create chlorine from the salt added to them. Basically, the primary differences are associated with cost, water feel, and time spent maintaining the pool environment.



SALT WATER

Pros & Cons

You do not need to buy and maintain chlorine tablets	chlorine from the generator
It's easier to adjust the chlorine production rate	Installation and replacement cell costs are higher
The water in a salt pool feels softer on skin; smells better than chlorine	Requires adding heavy bags of salt regularly to maintain salt and stabilizer levels
Your pool is cleaner for longer periods of time because there is a constant flow of	If spilled on your deck or lawn, salt can cause potential damage



YOU ARE READY TO MAKE INFORMED DECISIONS/CHOICES—AND MANY OF THEM

Deciding what type of pool you want is just the beginning. Initially, you will need to choose from fundamental construction materials; will your pool be made of concrete, fiberglass, or will you opt for a vinyl liner? And once that is done, you will need to decide what size and shape you wish the pool to be. Sometimes, these two big decisions are interchanged, as what shape you choose may influence what material you use. You may also wish to choose the option that helps cut down maintenance issues. For instance, some homeowners find it is easier to maintain and keep a rectangular pool clean because you can opt to build in an automatic cover that closes with

the flick of a switch. Definitely an easier alternative to having to skim the pool of leaves and debris after every summer thunderstorm.

If you have dedicated divers in the family, that is another option you may want to consider. Then you will need to decide what type of diving apparatus is right for your family: a diving board, a diving platform, or a flexible jump board (primarily recommended for pros only). There are also surface types for diving boards from which you will choose.

And there are tons of additional material choices yet to be made, especially if you are choosing a concrete pool. These include what kind of tiling you will want for around the pool, tiling for *in* the pool, for the pool edge, and what type of pool edging

you will want; curved or rectangular? It can get pretty involved, so the more you can research prior to the day the contractor asks you for your preference, the better. You can always do some web surfing and make an online mood board for your pool, so when the time comes you are ready with your ideas.

YOU UNDERSTAND THE LONG-TERM COMMITMENT OF A POOL OWNER

Every potential pool owner needs to consider their long-term commitment as far as four-season maintenance, including winterization and repairs, is concerned. Assess whether you will be the one

attending to these year-round duties or if you will have a service company contracted to address all or a portion of them.

Winterization alone can involve draining the pool, removing water from its filter, pumps, heater, bottom drains, and pipes; removing cartridges from the filter and shutting down the heater; removing the drain plugs from your pool's pump, filter, heater, and chlorinator; and adding a pool cover, among other chores. Phew! Well, you get the point!

You will need to be honest with yourself about the time, effort, and financial resources that will be required of you to have the pool you have always wanted. In other words, you must love the entire concept of being a pool owner—because looking upon a pool as a mere status symbol, for example, would be a mistake.

At the end the day, perhaps one hot summer's day, only you can answer the question, "How deep does my passion for a pool go?"



Catalina
POOL BUILDERS
"FAMILY OWNED & OPERATED"

APSP
ANNAPOLIS
SOUTH ANNO ARISTOTELIS
WOTED BEST
SPOKE EXCITANT

CALL ABOUT OUR
WHAT'S UP?
EXCLUSIVE OFFER

Annapolis

\$39,980*

FREE DESIGN CONSULTATION - RENOVATION SPECIALISTS

100% FINANCING AVAILABLE
On approved credit

301-605-1177

CatalinaPoolBuilders.com
Info@CatalinaPoolBuilders.com

VISA MASTERCARD

Payments as low as
\$249
per month
On approved credit

Please Ask About Our DISCOUNTS For Seniors, Teachers, Police, Firefighters & Military Personnel.

Complete Concrete Pool \$29,980*
17' x 35' Caribbean or 16' x 34' Tahiti

Stevensville

Complete Diving Pool \$33,980*
18' x 40' Cancun or 16' x 40' Catalina

Centreville

Includes: Plans, permits, normal excavation, steel, plumbing, filter, pump, skimmer, concrete structure, steps, light, 100' electric, coping, tile, plaster, start-up, chemicals, clean-up and pool school. Price subject to normal access, local codes and zones.
*Walkway additional. Expires 4/30/2020. MHIC # 126789



Atlantic PRIME MORTGAGE

*"Your trusted local source
for mortgages"*

Ready to Buy a
Home or Refinance?
We are your trusted
local source!



WES TOWER | RENEE REISER | DAVID JONES

Give us a call today!
410-305-7800

atlanticprimemtg.com

77 West Street, Suite 310
Annapolis, MD 21401



NMLS ID #1438562



EARLY SPRING SPECIAL *Call us today for your free estimate*



- Landscaping
- Walkways
- Retaining Walls
- Paver Driveways
- Pool Decks
- Patios
- Lighting
- Rain Gardens



Ciminelli's
Landscape Services, Inc.
Quality • Value • Responsive Service
Since 1991

410-741-9683 | www.ciminellislandscape.com

info@ciminellislandscape.com MHIC #120642 Licensed and Insured



Free Estimates!
Call (410) 757-2992

Plumbing • Water Filtration • Water Softening



Drink More (Quality) Water.

814 East College Parkway Annapolis, MD 21409

HagueWaterofMD.com



Treat Yourself

TO EVERYDAY LUXURY

314 MAIN STREET
STEVENSVILLE
410.643.4040
314DESIGNSTUDIO.COM

314 Design Studio

KITCHEN AND BATH SPECIALISTS



COMPLIMENTARY
DESIGN &
CONSULTATION

Get your dream kitchen or bathroom at a price you can afford with a free 3D kitchen design in your local cabinet store!

ONE-STOP SHOPPING
COMPLEMENTARY KITCHEN & BATH DESIGN SERVICES

In-Stock, Semi-Custom and Full Custom Cabinets
Quartz, Marble & Granite Countertop
Tiles, Fixtures & More



COMPLETE KITCHEN & BATHROOM REMODELING
SET UP YOUR FREE CONSULTATION!

410-609-5995

508-A Chinquapin Round Road, Annapolis, MD 21401
www.usacabinetstore.com/annapolis

Vines

THE GOOD, THE BAD, AND THE UGLY

By Janice F. Booth

Perhaps you've watched those charming BBC murder mysteries where all the victims live in sweet, vine-covered cottages with picket fences and mullioned windows. Or you've toured England's Cotswold or York districts and wandered beneath trellises overflowing with vining roses and dined at a picturesque pub with trumpet vines and English ivy screening the parking lot. How do the English coax those rambling roses, wisteria, and ivy to behave so well, dripping blossoms, and weaving gracefully above windows and porticos?

There's a wonderful, old book by Roy E. Biles entitled *The Complete Book of Garden Magic*, copyright 1935. First, I love the arrogance; Roy is certain he's covered it all! Everything one needs for a memorable garden can be found within the covers of his book. (If only!) But I digress. In the section of Biles's book dealing with vines, he says, "Vines have a place in garden decoration that cannot be taken by any other plant. They have the ability to produce a large quantity of flowers in the minimum of space and to hide or soften ugly materials or outlines."

That pretty well sums it up.

But, the idea of planting vines in our gardens has

tended to be received with dread, or at least hesitancy. Visions come to mind of kudzu choking out vast tracks of woodland or fat and fuzzy poison ivy slithering up trees. But Roy and I are here to tell you, "Never fear!" A lush wisteria can be trained to drape and float across the arbor near *your* deck. Disguise your neighbor's unsightly chain-link fence with trumpet vines; their shiny, dark green leaves will cover the rusty metal quickly, and you'll be delighted with the four-inch long, red, orange, and yellow trumpet-shaped blossoms from June to September.

As one element of your garden, vines are useful and relatively carefree. Wherever you need a bit of softening or filling-in, there's probably a vine that will work. If there's an unattractive architectural feature that can't be removed, disguise it with trellised vines. While most vines wind their way into your heart slowly, growing three or four feet every year, some annual vines, like morning glories, gourds, and even pumpkin vines can provide a quick rescue. You can pop them in behind the spindly, young lantana you've just planted. The morning glories will bloom and vine around that section of the garden, providing color and interest while the spindly lantana settles into its new home. At season's end, the morning glory vines can be removed easily and the area cleared so that in the spring the maturing lantana can take over its area unencumbered. How much more interesting to have had a summer of blossoms greeting the morning than an awkward, young plant sitting forlornly in the garden.





If you've decided there's a place for vines in your garden, you may want to consider the aesthetics you're looking for. In addition to the interest of the vine weaving its way up walls or around trees, there are three categories from which to choose your plants:

COLOR, FOLIAGE, FRAGRANCE

Some vines may provide several or all of these qualities, but if you have a priority, you can focus on that element.

COLOR: For example, if you've cultivated a lavender garden, the **perennial climbing hydrangea** will fill its allotted space with purple-fading-to-blue or pink blossoms from June through September. Climbing hydrangea takes care of itself in our zone, and its reddish stalks add interest to the winter garden. Of course, **perennial clematis vines** are popular in our region, and you can choose pale lilac or deep purple blooms to delight you all summer long.

FOLIAGE: If you'd rather not have the distraction of blossoms, but want lush foliage as a filler or camouflage, **Boston** and **English Ivy** are popular choices. They grow well in Zone 7, our climate range. Looking for something a bit more distinctive? The green leaves of the **Virginia Creeper**, a lover of full sun, turn bright red and gold in autumn. If it's springtime greenery you're seeking, the hardy **Kiwi Vine** can be a show stopper. I can't guarantee you'll reap a harvest of kiwi in the fall, but the vine puts out its small, spade-shaped leaves quite early in the growing season. Those leaves capture the early springtime sun and dazzle us as tiny fluttering sun catchers.

FRAGRANCE: Is there anything more delightful than the sweet or spicy fragrance of a favorite flower or plant? If you enjoy those olfactory surprises wafting in the open window or greeting you as you settle into that hammock, then planting fragrant vines here and there may be a wonder-filled delight. **Honeysuckle** springs to mind. There's the golden trumpet variety and the Dropmore Scarlet honeysuckle. This variety produces a pretty, red berry in the autumn. Their heady fragrance attracts not only the gardener and guests but the hummingbirds and butterflies as well. Another heavenly producer of scent

is the **Star Jasmine**. According to legend, 19th century herbalists recommended jasmine against headaches and migraines. And you can train a vine to encircle your bedroom window, wafting healing fragrance your way as you sleep. I can't leave this topic without a nod to the queenly **wisteria** vine. Both fragrance and lush blossoms are hallmarks of all varieties of wisteria. This splendid vine will drape over anything and provide beautiful, lavender clusters of flowers and lush foliage throughout the growing season.

CAUTIONS: Now, perhaps, I've piqued your interest, and you're thinking a vine or two might be just the ticket. I'm going to point out a few considerations when planting **perennial** vines. (No need to worry about the annuals.) The key terms here are **rhizomes** and **tendrils**. Some vines, wisteria for example, are clever reproducers. Not only do they produce graceful, slender seedpods in the autumn. They also send out **rhizomes**. Rhizomes are strong roots that travel just below the surface or





developed **tendrils**. These pretty, hardy cords of green attach themselves to surfaces, such as brick and stucco, and make their way up and across the wall or fence. These tendrils are pretty—sweet pea vines are notable for their tendrils. However, if not kept in check, the tendrils will insinuate themselves into crevices, rooflines, eaves, and windowsills, where they're definitely not welcome.

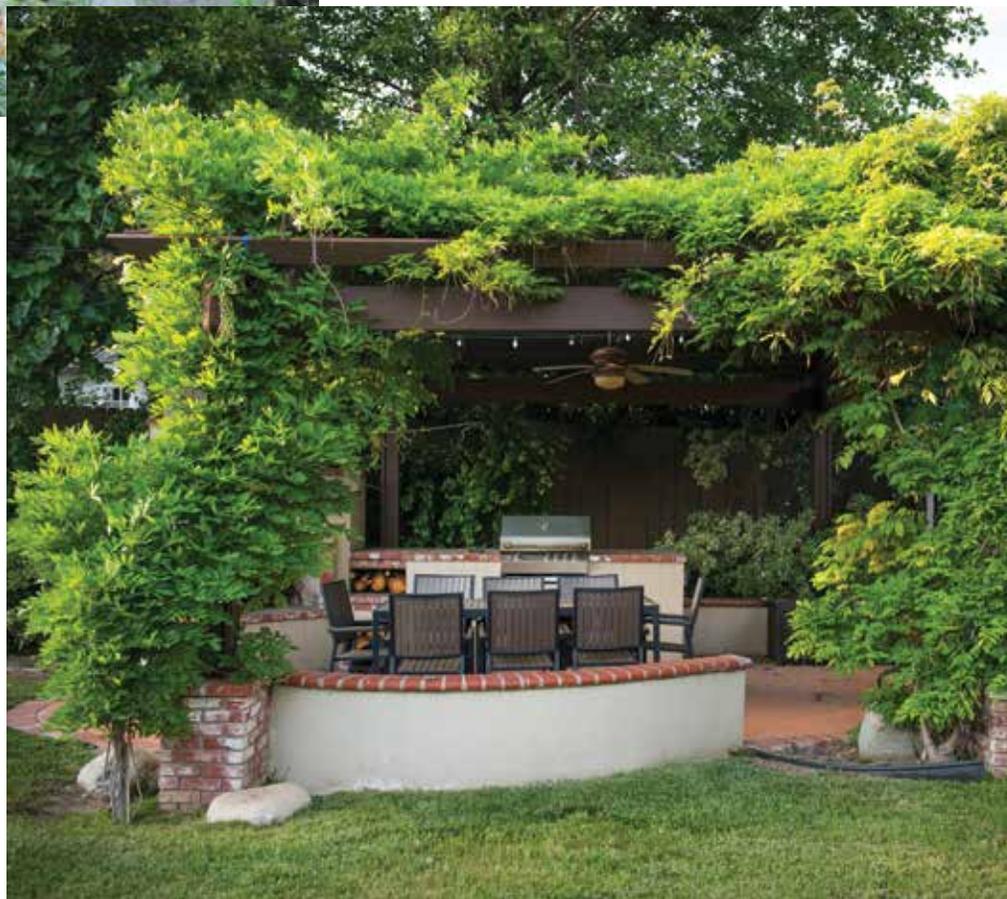
RETAINING CONTROL: Don't be dissuaded from your plans for lovely vines in your garden. There is a fairly easy solution—easy to implement, but tough to maintain. The remedy for the wandering vine is **pruning**. Vines need very little maintenance, except for one thing, pruning. There are two goals for pruning. The first is to train

your vine to grow around or over some specific thing—around a window or over a trellis. A pair of scissors can snip off the thin, green tendrils, enabling you to train the vine to grow around a window or along a fence. The second goal is to limit and contain where your vine grows. You or your gardener must remain vigilant throughout the growing season. Cut out rhizomes and snip off tendrils that are headed in the wrong direction or, in the case of those rhizomes, any direction at all. Don't let them get away from your control.

Fragrant, colorful, lush vines can add to your garden's glory. They will repay the attention you give them with stunning displays of color and heady fragrance.

even just above ground. They travel until they find a new host—a tree or fence or structure. Once the rhizome encounters the vertical support, they begin to rise—up, up, and around. Your gardener or you will need to remain vigilant for runaway rhizomes. Chopping them out won't suffice. They'll produce new vines from each broken place. You'll need to either dig up the rhizomes or use a strong weed killer if you want to contain these over-zealous travelers.

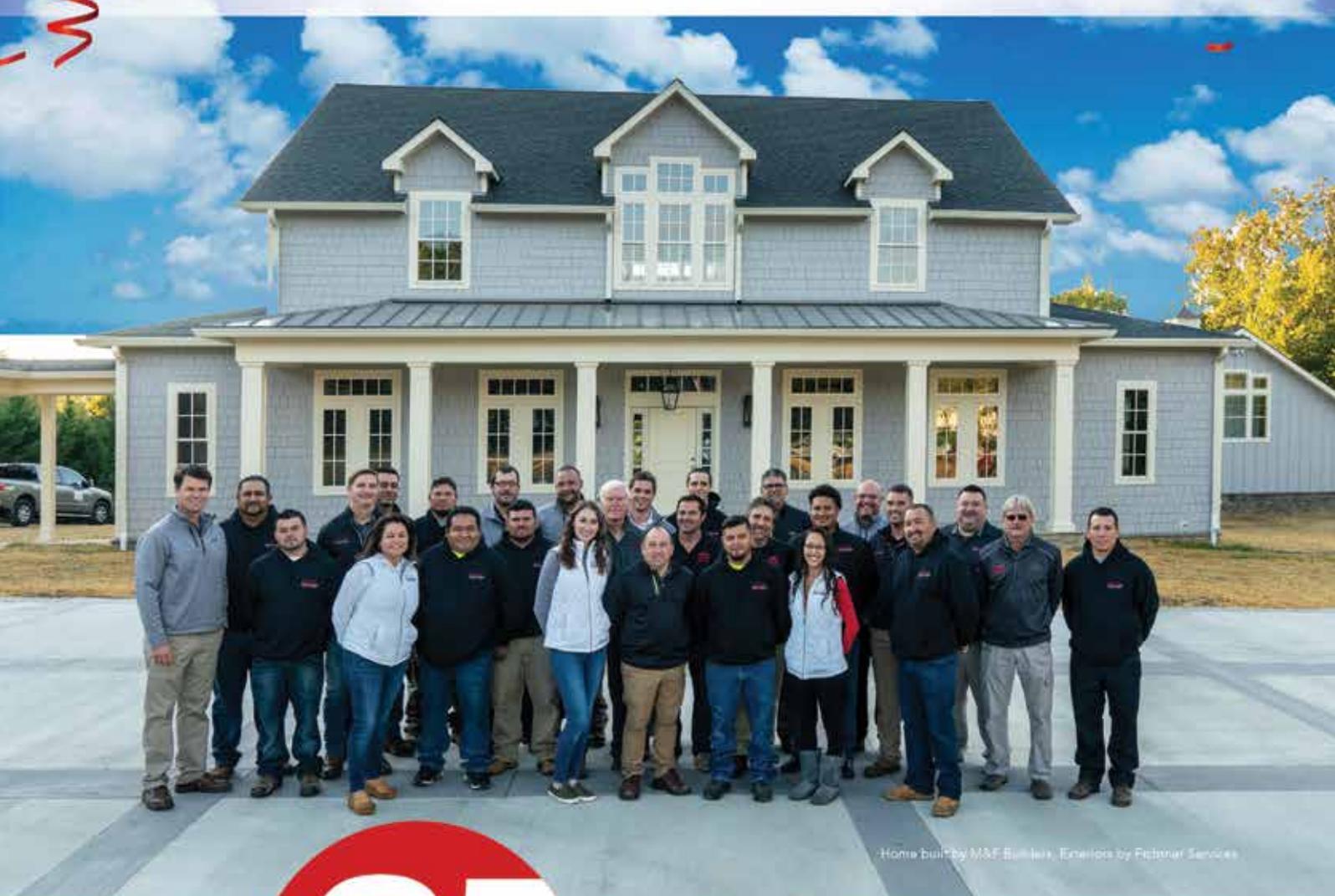
In addition, vines climb, and to do so they need some method to hold on, lacking fingers as they do. And so, some varieties of vines have





FICHTNER SERVICES

ROOFING • SIDING • GUTTERS • WINDOWS



Home built by M&F Builders, Exterior by Fichtner Services

25 CELEBRATING YEARS



Fichtner Services provides full exterior remodeling services for roofing, siding, windows, doors and gutters. We are the company you can trust for quick response, quality craftsmanship, reasonable pricing and steadfast respect for homeowners and their homes.

REQUEST YOUR FREE QUOTE TODAY! | 410-519-1900 | WWW.FICHTNERSERVICES.COM





Primary Structure Built: 2007
Sold For: \$1,200,000
Original List Price: \$1,295,000
Bedrooms: 5
Baths: 4 Full, 1 Half
Living Space: 3,495 sq. ft.
Lot Size: 0.21 acres

HOME REAL ESTATE

Incredible Craftsman Coastal

By Lisa J. Gotto

Open up and say, “Wow!” This home in the highly desirable community of Bay Ridge, is exquisitely updated to reveal a warm and wonderful place to not just live, but dwell. With three finished floors, more than 3,000 square feet of indoor living space, and lovely landscaped grounds, this is the epitome of what is meant by the adage, “Home Sweet Home.”

Inside, the main floor aesthetic is clean, light, and bright with a combination of eco-friendly bamboo hardwood and Brazilian cherry wood on the floors and an all-white kitchen with a white brick backsplash and white marble countertops; a true cook’s dream. The main floor flows effortlessly from one well-conceived room to the other, and includes a separate entryway, large living and dining areas, and a screened-in three-season room just off the dining space. This room acts as an additional large living area with generous dimensions for entertaining and a dining area that seats six. Its large windows flood the space with light and offer tranquil views of an idyllic wooded lot that includes a charming tree house. The home also offers two generous spaces for home offices; one off the main level.





“This house was built in 2007 and the sellers had a lot of input into the original design,” says seller’s agent, Sarah Greenlee Morse of Coldwell Banker Residential Brokerage in Annapolis. “The home has been meticulously maintained and the kitchen was completely renovated in recent years.”

The second-floor master is also large and light, and offers a spacious walk-in closet with custom built-in storage shelving and racks—a wardrobe collector’s dream! There’s ample space for side-chair reading and a well-equipped master bath. Three additional generous bedrooms, two full baths, laundry facilities, and another office complete this floor.

Extended stay guests will be well-accommodated and family visits will be a breeze with the home’s totally finished and spacious third-floor in-law suite or au pair quarters.

Probably the primary amenity offered by the home is its superb, private location within the highly-regarded lifestyle community of Bay Ridge. As members of the community, the new homeowners will enjoy access to the Bay Ridge marina, its private beaches, club house, community pool, not to mention access to the Bay via Lake Ogleton.

Listing Agent: Sarah Greenlee Morse; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; Office: 410-263-8686

Buyer’s Agent: Linda Fredeking; Berkshire Hathaway Homesale Realty; 1425 Clarkview Rd, Suite 700, Baltimore; Office: 410-307-1704



BENNETT POINT \$2,999,999
3102 Bennett Point Road, Queenstown, MD



ANNAPOLIS \$2,750,000
1291 Hollywood Avenue, Annapolis, MD



LOCH HAVEN Pending | \$1,425,000
3302 Kenney Court, Edgewater, MD



EPPING FOREST \$1,395,000
357 Sherwood Trail, Annapolis, MD



HOMEPORT FARM \$825,000
23 Hunting Court, Edgewater, MD



BROOMES ISLAND \$745,000
8565 Patuxent Avenue, Broomes Island, MD



FELLS POINT SOLD | \$600,000
207 S Collington Avenue, Baltimore, MD



GREENWOOD \$429,900
213 Caspian Drive, Grasonville, MD

Shane Hall
+1 410 991 1382 | +1 410 280 5600
shall@ttrsir.com
Annapolis Brokerage
209 Main Street, Annapolis, MD



©2020 TTR Sotheby's International Realty, licensed real estate broker. Sotheby's International Realty and the Sotheby's International Realty logo are registered service marks used with permission. Each Office is Independently Owned And Operated. Equal housing opportunity. All information deemed reliable but not guaranteed. Price and availability subject to change.





Primary Structure Built: 1987
Sold For: \$2,000,000
Original List Price: \$2,350,000
Bedrooms: 4
Baths: 3 Full, 2 Half
Living Space: 6,145 sq. ft.
Lot Size: 1.9 acres

HOME REAL ESTATE

Church Creek Contemporary

By Lisa J. Gotto

Impressive, expansive, and high-quality would best describe this 6,000-plus square-foot contemporary home custom-built in 1987. Located in Edgewater, the home offers outstanding views of Church Creek and beyond, and to the South River from a plethora of floor-to-ceiling windows in the open-plan main living areas. The best-case scenario of indoor/outdoor living options is provided with the home's beautifully executed and professionally upgraded landscaping, adding a crowning level of detail.

Outside, the 1.9-acre lot is well situated for privacy with an ample population of majestic, mature trees, that at once provide both the water and wooded views most prized by nature lovers. The tree-lined drive to the front door gives the visitor the ultimate first impression, as does the multi-tonal stone façade and multi-level decking.

"Nature is a huge part of the view and not an obstruction," says the seller's agent, Scott Schuetter of Century 21, Church Circle, Annapolis.

The new homeowners will have easy access to Church Creek from the property's 172-foot-long pier that offers multiple slips, as well as a boat lift. Recreational opportunities abound throughout the water-privileged community with its marina and marina club nearby.



Inside, the new occupants can enjoy years of longevity in the home as it has a main floor master bedroom suite outfitted with an enviable walk-in-closet. Custom beam work and a soaring ceiling treatment lend visual interest in all directions on the main level, as do unique curved staircases, and stretches of wall ready for their cherished works of art.

Three additional bedrooms grace the home, all generous in size. Each bathroom in the home is unique in layout and detail with custom tile work and glass vessel sinks.

The new homeowners intend to build on the home's good bones with some upgrades that will help further maximize the home's views of the local waterways.

"The beautiful couple buying the home are hilarious and warm-hearted and made the entire experience very gratifying. I can't wait to see the finished product and enjoy a cocktail with them as we enjoy the view," says Schuetter, who adds that the buyer is a Naval Academy grad who is excited to be returning to and living in the area.

The sellers' agents remarked about the home's advantageous location on the North Shore of the South River. "An outstanding location for the commuter, while convenient to all that Annapolis and Edgewater have to offer."

Listing Agents: Anne Harrington & Brent Allen; Coldwell Bank Residential Brokerage; 4 Church Circle; Annapolis, MD; o. 410-263-8686

Buyers' Agent: Scott Schuetter; Century 21; 1730 West St., Suite 200; Annapolis, MD; m. 410-900-7668; o. 410-266-9005

HOMESTEAD GARDENS

2020

SPRING KICKOFF

MARCH 14 - 15
DAVIDSONVILLE

KICK-OFF THE SPRING SEASON WITH
DAZZLING DISPLAYS
FOOD & BEVERAGE TASTINGS
DEMONSTRATIONS
WORKSHOPS

BEGINNING WITH

RIBBON CUTTING
FRIDAY MARCH 13TH @6PM

Davidsonville Area Civic Association
presents



Davidsonville Green Expo

hosted by **HOMESTEAD GARDENS**
MARCH 21 • 11AM-3PM

sponsored by

Annapolis Green  Smithsonian
Environmental Research Center 



VISIT US

Davidsonville & Severna Park
HomesteadGardens.com

Your new secret weapon to beautiful skin.



Meet your Skin Coach.

Only in Annapolis.
Only at ProMD Health.

Your dedicated Skin Coach will help you to determine and overcome skin issues and obstacles standing in the way of having the beautiful, glowing skin you deserve. Love the skin you are in with the help of ProMD's expert Skin Coach.



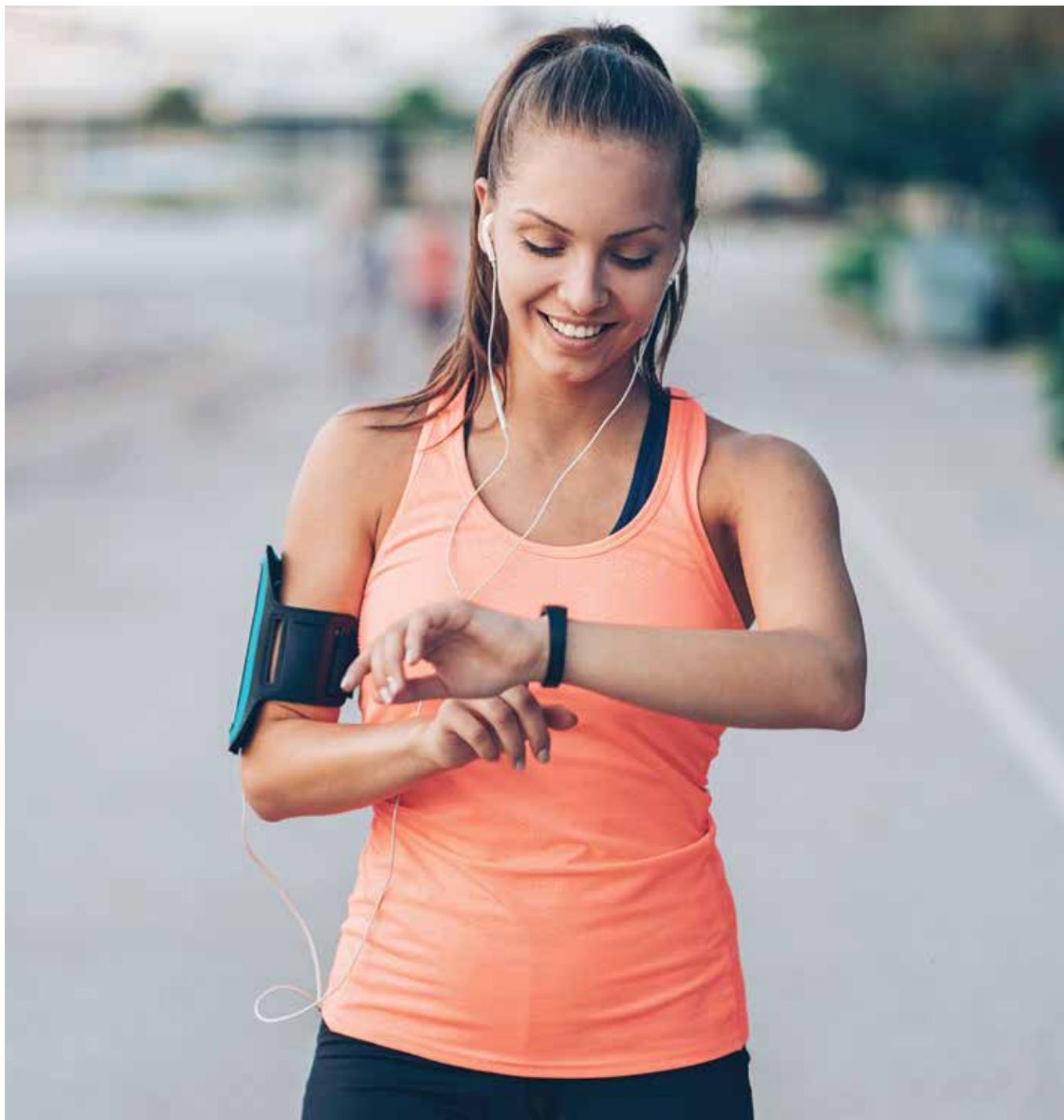
Call today to schedule your complimentary aesthetic consultation.

410.449.2060

www.ProMDHealth.com • @ProMDHealth

Health & Beauty

140 DOES BEER HAVE SECRET HEALTH BENEFITS? | **141** BRAIN POWER
142 FRESH TAKE | **144** THE IMPORTANCE OF GETTING ENOUGH Zs *plus more!*





HEALTH & BEAUTY HEALTH

Does Beer Have Secret Health Benefits?

WE'LL DRINK TO THAT THOUGHT

By Dylan Roche

On St. Patrick's Day, almost everyone is a little bit Irish. Even people with no Irish ancestry whatsoever can't help but feel a little bit in touch with the Emerald Isle.

And for most people, their way of celebrating is to enjoy a beer. In fact, St. Patrick's Day is the fourth-biggest drinking holiday in the United States after New Year's Eve, Christmas, and Independence Day. Each year, Americans consume about 13 million pints of Guinness as a way of paying tribute to Irish tradition.

And maybe—just maybe—that beer could be part of the secret behind the luck of the Irish, as research shows that beer has a few underappreciated health benefits.

The idea that beer can be healthy is not a new concept. Nearly 20 years ago, the *American Journal of the Medical Sciences* highlighted the benefits of moderate consumption as part of a healthy lifestyle. While wine usually gets all the credit for being the healthy, enjoy-in-moderation alcoholic beverage of choice, beer has just as many antioxidants as wine—it's just that the flavonoids in barley and hops are different from those in grapes. Furthermore, beer has protein and B vitamins that wine doesn't have.

So, what is it about your beer that will give a boost to your health? Let's take a look.

WHAT'S IN BEER?

Made from malted barley and hops, which give it that balance of sweetness and bitterness, beer is a fermented brew that can range in its alcohol content anywhere from 3 percent to 40 percent. That's a pretty big difference, but if you stick with a pale lager, you can usually rest assured your drink has about 5 percent alcohol.

When examining the benefits of alcohol, nearly all experts emphasize that people must be moderate in their consumption, as drinking in excess has negative health effects that will quickly negate any benefits. Moderate alcohol consumption, as defined by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture, is one drink per day for women and two drinks per day for men. In the case of beer, 12 fluid ounces constitutes one drink.

That moderate amount of beer might be good for your heart. A 2018 study published in the health journal *Nutrients* examined the effects of moderate beer intake on the cardiovascular health of overweight and obese adults who were not showing other risk factors like Type 2 diabetes or hypertension. The study found that moderate intake of beer helps prevent blood lipids from building up plaque on the walls of your arteries, and there were no ill effects in terms of heart health or body weight.

That's just the beginning of what beer has to offer. Loyola University Chicago Stritch School of Medicine has deter-

mined moderate beer drinkers are less likely to develop dementia or cognitive decline, and Harvard Medical School has found that middle-aged men who drink one or two beers a day have a 25 percent less chance of developing Type 2 diabetes.

Beer is also a source of flavonoids and polyphenols, types of antioxidants found in plant foods. Beers that are rich in hops, such as pale lagers, have polyphenols that are good for kidney health and might help prevent kidney stones. Similarly, the flavonoid xanthohumol found in beer protects brain cells from oxidative damage, which might explain its benefits for cognitive health.

It's important to remember that the amount of antioxidants in beer are still relatively small compared with fruits and vegetables, so you shouldn't think of drinking as your way of fighting off disease; however, if you enjoy indulging in a beer, it's good to know there's at least a little perk to it.

In the long term, excess alcohol consumption can lead to high blood pressure and various cancers. The Academy of Nutrition and Dietetics lists other detriments like elevated triglycerides and liver damage.

So when celebrating St. Patrick's Day this month, we suggest observing responsible practices as drinking slowly, alternating drinks with water or another nonalcoholic beverage, and consuming food so they aren't taking in alcohol on an empty stomach. And always rely on a designated driver to return you home safely.

Brain Power

READING AND OTHER COGNITIVE EXERCISES
BENEFIT YOUR MIND AND BODY

By Dylan Roche

“The more that you read,
THE MORE THINGS YOU WILL KNOW.
The more that you learn,
THE MORE PLACES YOU’LL GO.”

These wise words from acclaimed children’s author Dr. Seuss in his book “I Can Read with my Eyes Shut” could easily sum up the spirit of Read Across America, an initiative driven by the National Education Association to motivate students to read.

Every year on March 2nd—Seuss’ birthday—schools, libraries, and community centers participate by offering programs that get kids to connect with the written word and celebrate the benefits of reading. As the National Education Association emphasizes, reading is important for improving language skills, developing empathy, being creative thinkers, and gaining knowledge.

But it’s not just children who benefit from reading, and it isn’t just educational benefits that readers will reap. Getting plenty of mental exercise is important for people of all ages because

it has a positive effect on many aspects of your health and well-being.

Most prevalent among those benefits is the way reading affects your cognitive health, defined by the National Institute on Aging as the ability to think, learn, and remember.

According to Harvard Medical School, forms of mental stimulation like reading are the best way for you to protect your mental abilities and ward off dementia. Mental activity is just as important for people as physical activity, and working specific cognitive functions—such as comprehending new information or remembering information—will increase your ability to perform those functions. As with other forms of strength and power, you need to use it or you might lose it.

Words Alive!, a nonprofit organization that strives to inspire commitment to reading,

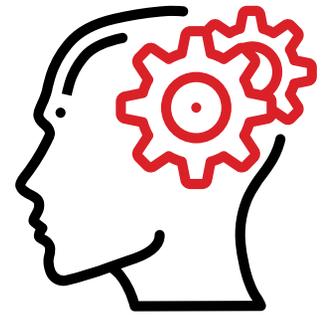
emphasizes that reading can help improve your mental health by increasing self-esteem, reducing symptoms of depression, and building better relationships. What’s known as bibliotherapy—popular in the United Kingdom and gaining traction in America—seeks to treat mild to moderate symptoms of mood-related conditions like depression and bipolar disorder by having patients read for pleasure.

By identifying with characters and their situations, readers feel less alone, experience an emotional catharsis, come to better understand their own life experiences, and gain perspective, thus making progress in their emotional healing.

But it’s not just your cognitive abilities and mental health that can benefit. Reading can be good for your physical health too. By pulling your attention away from everyday stressors, it lowers your heart rate and eases tension in your muscles, according to the University of Minnesota.

That said, the actual material you’re reading makes a big difference in whether it’s a good de-stressor. Novels and lighthearted nonfiction are good choices, whereas upsetting content—like the news—could have the exact opposite effect.

In fact, reading might help you live a longer life. Back in 2016, the Yale University School of Public Health noted a link between frequent reading and increased longevity



after observing people who read three and a half hours a week or less, people who read more frequently, and people who didn’t read. Even after researchers took into account factors like wealth, education, cognitive ability, and other variables that might give bookworms an advantage, there was still a decreased rate of mortality in those who read more frequently.

Although it is the most common, reading is hardly the only cognitive workout people can undertake. Crossword puzzles, building models, concentration games, and learning a new language are all ways to keep the mind sharp. What’s most important, according to Harvard Medical School, is that the hobby is active—that is, it requires engagement, as opposed to passive activities like watching television.

As with physical activity, you have to be challenging yourself constantly to get stronger. Most children get plenty of mental activity because they’re constantly exposed to new experiences. Reading is an activity where adults should learn to follow the example kids set and strive to become lifelong learners. Your mind and body will thank you for it.



HEALTH & BEAUTY HEALTH

Fresh Take

MAKING PIZZA A HEALTHY OPTION FOR PI DAY

By Dylan Roche

You don't have to be a math enthusiast to be excited for Pi Day on March 14th, observed because 3.14 are the first three of infinite digits in the famous mathematical constant *pi*. (Get it?)

Although the annual observation is about celebrating mathematics and numbers, many people just look forward to an excuse to enjoy pie. If you're one of them—and hey, who isn't?—you might consider pizza pie for lunch or dinner.

But eating pizza doesn't have to imply being unhealthy. Sure, most people think of pizza as junk food, and with good reason. The pizza you get from your typical delivery chain is probably a mess of white flour, overly sugared sauce, excess sodium, too much cheese, and lots of processed meat. The Cleveland Clinic even estimates that a two-serving slice of meat lover's pizza from a chain pizza restaurant could exceed a whole week's worth of your daily recommended saturated fat intake.

But pizza can be a healthy option if you do it right. This year, you can celebrate Pi Day by making a pizza at home that combines a whole-grain or vegetable crust with fresh tomato sauce and lots of vegetables on top. Do it right and here are just a few of the health benefits you'll enjoy:

FIBER: The Dietary Guidelines for Americans recommends that at least half the grains you eat should be whole grains instead of refined ones. Why? Because when you consume all parts of the grain (the bran, the germ, and the endosperm) instead of the versions that are processed to have the germ and bran removed, you're getting more fiber and nutrients. Fiber is good for helping you feel fuller faster and stay fuller longer, helping you maintain a healthy weight. It's also good for lowering your risk of heart disease and diabetes.

CALCIUM: As with other dairy products, that cheese you're topping your pizza with is full of calcium, which is important for building and maintaining strong bones. Just be careful to opt for a reduced-fat for fat-free cheese. Fat-free versions might not melt very well, but giving it a spritz of antioxidant-rich olive oil before putting it in the oven will help.

The U.S. Department of Agriculture lists 1 cup of fat-free mozzarella cheese as having

about 1,085 milligrams of calcium (about 84 percent of your daily value) for only 159 calories. That cheese is also a great source of protein, vitamin B12, and zinc.

LYCOPENE: Ever wonder what gives tomatoes their bright red color? They get it from the phytochemical lycopene, which is good for protecting both your prostate and your skin. It's also worth noting that lycopene concentrates during the cooking process, so the extended simmer you give your tomatoes on the stovetop when you're making sauce is going to make them better for your health.

And all of this is just a starting point—from here, it's all about what nutritious toppings you want to choose. Spinach? It's a great source of iron. Grilled chicken? Nice way to add protein plus vitamin B12. If you're somebody who likes plain pizza, you can still get some extra nutrients by preparing a side of salad or antipasto with lots of marinated vegetables, lean meats, and heart-healthy olives

HERE ARE SOME TIPS FOR MAKING PIZZA AT HOME:

If you're feeling ambitious, make your own pizza dough and sauce. It's a hands-on family activity to get children excited about healthy eating, and it gives you greater control over the ingredients. Short on time? You can use whole-wheat dough, pita pockets, or English muffins as a crust and buy jarred tomato sauce (just be sure to get one that's low in sodium and added sugar). Once you've assembled your pizza pies, pop them in the oven at 400 degrees until the cheese is melted and bubbly.



Cauliflower Pizza Crust

Maybe you're watching your carbohydrate intake, or maybe you just want to incorporate more vegetables into your diet. Either way, making a cauliflower crust is an excellent way to adapt pizza to fit your diet.

INGREDIENTS:

- 1 large head of cauliflower
- 1 large egg
- 1 cup shredded mozzarella cheese
- 1/4 cup parmesan cheese
- 1 teaspoon salt
- 1/2 teaspoon pepper

DIRECTIONS:

Chop the cauliflower head into florets, then pulse in a food processor until you have nothing but small, rice-sized pieces. Transfer to a microwave-safe dish and microwave for 5 minutes. Remove from the microwave and allow to cool. Wrap the cooked cauliflower up in a thin towel or piece of cheesecloth and squeeze out the moisture. Combine cauliflower pieces with the egg, shredded mozzarella, parmesan, salt, and pepper. Form a pizza crust on top of a baking sheet lined with parchment paper. Bake at 400 degrees for 20 minutes, flip and bake for another 20 minutes. Remove from oven for toppings, then continue cooking until the cheese melts.

Tomato Sauce

This version of tomato sauce is made without any added sugar, but if you want a little bit of sweetness to balance out the acidity, try adding two tablespoons of pureed carrots or carrot baby food. You'll be surprised how much the carrots can sweeten things up!

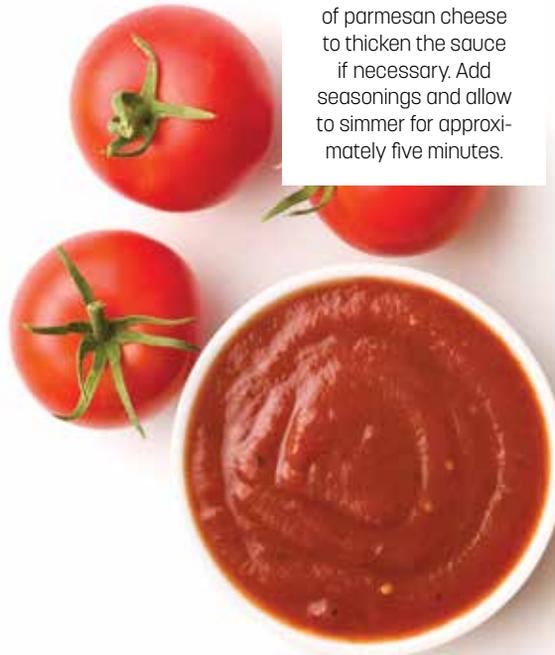


INGREDIENTS:

- 1 tablespoon extra-virgin olive oil
- 1 clove chopped garlic
- 2 cans (approximately 14.5 ounces) tomato puree
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon rosemary
- 1 teaspoon thyme
- 1 teaspoon parsley
- 1/2 teaspoon ground black pepper

DIRECTIONS:

Heat the olive oil and garlic in a saucepan over medium heat for about 30 seconds. Add tomato puree and bring to a simmer. Add more olive oil or a little bit of parmesan cheese to thicken the sauce if necessary. Add seasonings and allow to simmer for approximately five minutes.



Pizza Dough

You can buy pizza dough at the store, but you'll often find that even versions marketed as whole wheat are actually made with a 50-50 ratio of whole-wheat to white flour. When you make it from home, you can use all whole-wheat flour to increase the nutritional density.

INGREDIENTS:

- 1 teaspoon rapidly rising yeast
- 1/2 cup lukewarm water
- 1/2 teaspoon salt
- 1 teaspoon olive oil
- 1 cup whole-wheat flour

DIRECTIONS:

Preheat oven to 400 degrees. Add yeast to the water, followed by salt and oil, and then slowly add in flour until it forms a dough. Move to a floured surface and knead the dough until it becomes stretchy. Prepare a baking sheet by rubbing it with olive oil and sprinkling lightly with cornmeal. Place dough in the center of the baking sheet and use your fingers to push the dough into the shape of the crust. Cover with toppings before baking for 5 to 7 minutes until the cheese melts and the crust looks nicely browned.



HEALTH & BEAUTY HEALTH

The Importance of Getting Enough Zs

DON'T UNDERESTIMATE HOW BEING EXHAUSTED AFFECTS YOUR HEALTH

By Dylan Roche

When was the last time you enjoyed a full eight hours of sleep? If it was recently, consider yourself lucky. The Centers for Disease Control and Prevention estimates that as much as 19 percent of the U.S. adult population is sleep deprived.

If you think that's no big deal, think again. To spread awareness of chronic sleep deprivation and the negative effects it can have on our health, the National Sleep Foundation observes National Sleep Awareness Week every March to help more people understand the importance of getting an adequate number of Zs.

The observance begins on the first Sunday of Daylight Savings Time—when countless individuals bemoan losing an hour of precious shut-eye—and runs through the following Saturday. This year's dates are March 8 through 14, and it just might be a good time for you and your family to reflect on some of your sleeping habits.

ARE YOU GETTING ENOUGH?

Getting enough sleep ranks right up there with eating right and exercising regularly—you have to do it for your body to function at its best. The National Sleep Foundation recommends between seven

and nine hours of sleep every night. Older adults can get away with less, whereas young adults and teenagers need a little bit more. Some people believe they can train their bodies to operate sufficiently on less sleep, but the CDC emphasizes that this is a myth.

Sleep is important because it's a state when important processes happen in your body, according to the U.S. National Library of Medicine. It's a time when the body releases hormones that help children grow and adults build muscle and repair cells. It's also when the body creates cytokines, the hormone necessary for the immune system to fight infection.

Missing out on sleep hinders you from thinking clearly and reacting quickly, which would prevent you from meeting your full potential either at your job or at school. In fact, the National Sleep Foundation estimates that between sickness and lost productivity, sleep deprivation costs the United States about \$66 billion every year.

Sleep deprivation has long-term effects on health too. People who are chronically sleep deprived face a higher risk of conditions like high blood pressure, heart disease, obesity and Type 2 diabetes.

SLEEP DEBT: WHAT'S THAT?

You might have heard about something called sleep debt, which is exactly what it sounds like. You accrue an amount of lost sleep over time and you have to compensate for it at some point. The scientific explanation behind this is that a chemical called adenosine accumulates in your bloodstream while you're awake only to be bro-

ken down by the body when you're sleeping. If there's too much adenosine built up in your bloodstream, your body's response time slows.

You therefore need to make up for the sleep you missed if your body is going to break down the adenosine, the National Sleep Foundation says, but that can be difficult to do if you're consistently missing out on rest. Think about losing an hour of sleep every weeknight—that means you have to make up five hours on Saturday and Sunday. And sleeping in can then throw off your sleep cycle come Sunday night.

That's not the worst part. If you miss two or three hours of sleep a night for three or four nights in a row, that's the same as missing a full night's sleep. Even though most people have pulled an all-nighter at some point in their lives, they might not consider how dangerous it can be in some situations.

Drowsy driving can be just as bad as drunk driving. Per the CDC, as many as 6,000 fatalities every year are a result of sleepy people behind the wheel.

HOW TO IMPROVE SLEEP

The big problem is that people get busy—they have jobs, classes, homework, chores, errands, volunteer efforts, and social obligations. Sleep is usually the first thing they'll cut back on when life gets to be too much.

In other situations, people have trouble falling asleep. They feel exhausted all day long, but as soon as they crawl into bed, their mind keeps them wide awake.



If you're somebody who fails to make sleep a priority or who struggles to fall into a deep slumber at the end of the day, there are a few ways experts recommend you can make it easier on yourself:

- Start examining your habits before bedtime. Don't nap late in the afternoon, and avoid nicotine, caffeine, and large meals late at night.
- Although exercise is good for destressing and tiring yourself out, it's best to do it earlier in the day, as late-night workouts could potentially wind you up.
- Before bed, avoid bright lights, including those from screens like your phone or TV.
- Lower the temperature in your bedroom to around 68 degrees.
- Take a warm bath or shower. Once you get out of the warm water, the drop in body temperature will make you feel sleepy.
- Read or listen to soothing music before bed in lieu of watching TV or scrolling through your phone.
- When it's time to finally turn out the lights, try earplugs or white noise, such as a fan, to drown out any background sounds. Avoid inconsistent noise, such as that from a TV or radio, which can disrupt your sleep.
- If the pressure to fall asleep stresses you out, turn your alarm clock the other way to avoid looking at it.

However, if you know that 20 minutes have gone by and you can't fall asleep, don't force yourself—get up and do something relaxing. Stress about sleep can make this situation even worse.

Remember that occasional insomnia is normal and something most people experience from time to time. But if it happens three nights a week for more than a month, it is considered chronic insomnia. In this situation, talk with your doctor about ways you might be able to alleviate your sleeplessness.

Telehealth? What's That?

By Dylan Roche

It's not always easy to get out to visit a doctor. Sometimes it's because of a patient's condition, whereas in other cases, it might be because of hectic schedules. Whatever the reason, advances in modern technology have made it so that you don't have to be physically right there with your doctor to receive medical care.

This new trend—known as telehealth—is changing the way patients get treatment, doctors interact with other doctors, pharmacists fill prescriptions, and other aspects of the health industry. Think of it as telecommuting but for all your medical needs.

It's a broad term that can be applied in many different scenarios, but its general definition, according to the Mayo Clinic, is the use of communication technology, whether from a computer or smartphone, to access health-related services from a remote location. This could include counseling, dentistry, physical therapy, occupational therapy, or even management of a chronic disease.

The American Hospital Association explains that the popularity of telehealth has grown significantly over the past few years, and that more than half of the hospitals in the United States are using telehealth in one form or another. When a doctor checks in on patients following an in-person visit or consults a

specialist via video conferencing, that's considered telehealth. In other scenarios, surgeons can even use robot technology to perform surgery from a remote site.

The popularity of telehealth has grown significantly over the past few years, and that more than half of the hospitals in the United States are using telehealth in one form or another.

Use of telehealth makes care much more manageable, especially for people with limited mobility, people with tight schedules, or people who live in rural areas far from hospitals. Even people who live in developed communities will sometimes have trouble traveling long distances to see specialists for complex conditions, and telehealth makes it possible for them to have a virtual appointment.

Then there are cases in which a patient wears a monitoring bracelet from home and a doctor or nurse can measure their blood pressure, heart rate, or other stats from a distance. Patients can also access test results, request prescription refills, or even order medication.

Of course, telehealth does have its drawbacks, mainly that essential information from a person's medical history might not be available if they are using a web-based health service, or a diagnosis might not be as accurate as it would with an in-person interview. Furthermore, some services might not be covered by insurance.

Telehealth also faces other obstacles before it reaches its full potential. The Centers for Disease Control and Prevention, which supports telehealth projects across the country, acknowledges that information security, patient privacy, licensing, insurance reimbursement, and liability concerns are all issues that need to be addressed. Visit the CDC online at www.cdc.gov to access more resources about the legal side of telehealth as it develops.



App Happy

THE RISING TREND IN USING PHONE APPS FOR FITNESS AND WEIGHT LOSS

By Dylan Roche

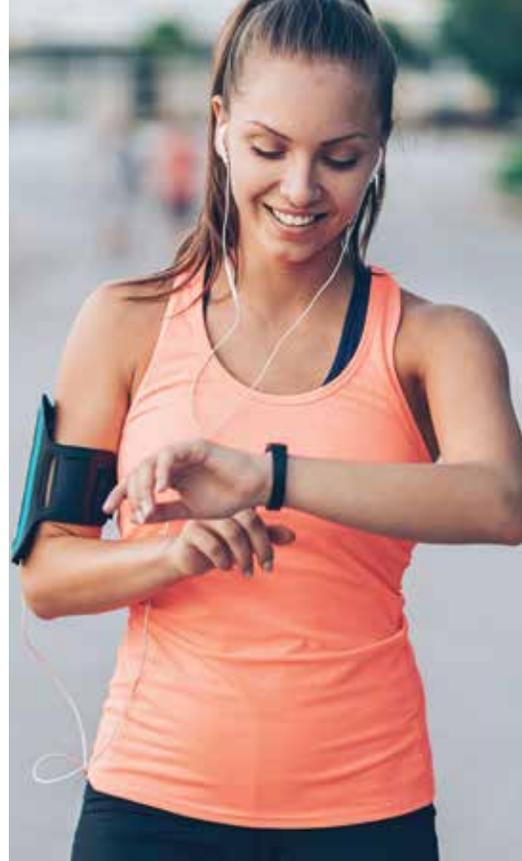
What if the secret to adopting a healthier lifestyle were right there in the palm of your hand? Well, it is—sort of. Thanks to a surge in popularity of diet- and fitness-related apps, a smartphone might be the layman's greatest tool in managing what they eat, finding the right workout, holding themselves accountable, and staying dedicated. Because let's face it: Trainers and dieticians are expensive and good accountability partners are hard to come by. Apps should never take the place of an expert professional—some people really do need the guidance of a trainer or dietician—but if you're just looking for a better way to track your progress and stay focused on your goal, one of these popular apps could help.

Remember, even though these apps are convenient, none of them should take the place of professional advice. Talk to your doctor before you start any diet or exercise routine, and if you need extra guidance, consult a trainer or dietitian who can give you some one-on-one counseling.

Here are six of the more popular apps to gain momentum recently and are projected to remain popular throughout 2020

ESQUARED-GYMS & STUDIOS: Using the same application program interface (API) as Uber, Esquared Fitness helps you find nearby gyms that don't require a membership to book one of their on-demand exercise classes. Because there are no commitments or fees to download and register with the app, you don't have to worry about any extra expense.

If you're on vacation, visiting family, taking a business trip, or moving to a new area, Esquared Fitness is an easy way to



find classes for all kinds of workouts— aerobics, yoga, dance, kickboxing, strength training, cycling, and so forth.

Just specify the type of class you're searching for, then select the class to reserve your spot and show up at the right time. You can even pay for your class through the app. It's an easy, adventurous way to stick with your workout routine when you're out of town.

MY FITNESS PAL: This is the go-to app most people use for weight loss, and with good reason! It's an easy way to keep track of the food you eat and the physical activity you do. The app's food database has about 300 million items you can search through to enter what you've eaten that day, plus you can enter what exercises you have done and for how long.

The app helps compare your calories in versus

calories out so you can meet your daily targets. But it's not just about calories—you can track your nutrients also to make sure you're getting enough protein, for example, or enough iron.

And if motivation is a big struggle, you can use My Fitness Pal's discussion forums to learn from others, swap tips, and get encouragement.

COUCH TO 5K: You've always wanted to be a runner, but you just don't know where to start. The popular Couch to 5K app has helped thousands of people in the beginning stages start a workout routine by setting manageable goals, guiding them through what they should do each day, and gradually increasing their intensity and distance until they get to where they want to be.

Couch to 5K pledges that it can help you get ready to run a 5-kilome-



ter (3.1-mile) race in only three months with just a half-hour a day, three days a week. The app customizes your own training plan and lets you log your progress, providing an easy way for you to find out how much your distance has increased, see how your pace has improved, and compare your current workout with ones you undertook previously.

STRONGLIFTS: An app that's ideal for strength trainers, StrongLifts takes all the guess work out of creating your routine. It gives you the sets, reps, weights, and rest times you need to gain strength and build muscle, and it even provides you with video instructions so that you know you're doing your lifts properly.

All you have to do is enter your current best lifts, and the app takes it from there. With the app's guidance, you can figure out how to target specific body parts, such as your biceps or your chest, and how to strive for goals like muscle building, fat loss, or weight gain. The app is also great for tracking what you did each day and measuring your progress.

SWORKIT: Sworkit is the fitness app for people who like to cross-train and try out a variety of exercises. All you have to do is let the app know your personal goal—whether it's fat loss, muscle gain, improved flexibility, increased endurance, maintained weight, or some combination thereof—and how much time you have on

a particular day, and the app will recommend the exercises you should do.

The app has about 300 unique workout routines using about 400 different exercises, so there are plenty of options to choose from. You can either create your own custom workout or let the app provide you with one.

If you need further advice, trainers are available to answer your questions, and the app even has nutrition recommendations so you can best fuel yourself through each of the different workouts.

CALORIE COUNTER-MY-NETDIARY: Tracking your diet can be overwhelming, particularly because fueling your body is about more than counting calories—it's about making sure those calories come from the right sources and that you're getting the nutrients you need to function properly. Ranked highest among diet apps by the American Journal of Preventative Medicine, Calorie Counter-MyNet-Diary lets you log what you ate to track how many calories you've consumed, what percentage of your calories come from fat, carbohydrates and protein, and how much you've consumed of vital vitamins and minerals. You can either select from the 900,000-plus foods in the app's database or scan the barcode on food packaging. You can even connect with an online community with advice from registered dietitians, online recipes and healthy tips.

Lather Up

WHAT YOU SHOULD KNOW ABOUT SUNSCREEN

By Dylan Roche

After a long winter, the first 70-degree sunny day can make you feel like you're waking up from hibernation—and it's tough to resist being outside. But before you leave the house, take a moment to remember your need for sunscreen. Caring for your skin isn't a practice you should limit to days on the beach or at the pool; it's important any time you're going to be out in the sun for a long period of time.

But not all sunscreen is the same, and all the lingo on the labels make it difficult to differentiate between all the options. More importantly, there's been some talk lately that some of the chemicals in sunscreen aren't so good for your skin after all.

WHY SUNSCREEN?

Sunscreen, sun lotion, sunblock... this topical product goes by many different names (there's a slight difference between sunscreen and sunblock, but more on that later—for now, just assume we're using them interchangeably). It protects from sunburn, skin cancer, premature aging of the skin, and other risks of overexposure, according to the Food and Drug Administration.

Sunscreen varies in its effectiveness because some products are made for broad spectrum protection while others are not, and each product has its own sun protection factor, better known as an SPF, expressed as a numeral. Broad spectrum protection is important because it screens your skin against both types of ultraviolet light: ultraviolet A (UVA) and ultraviolet B (UVB).



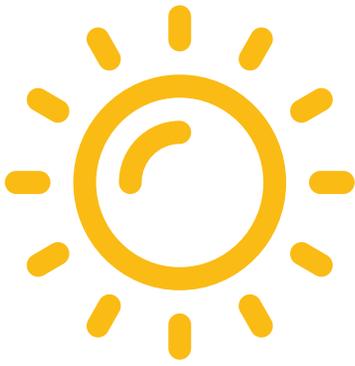
The Skin Cancer Foundation explains that both types of UV rays are harmful but in slightly different ways. UVB rays are the ones that cause skin burning whereas UVA rays tend to cause aging. Both can wreak damage on the DNA in skin cells, leading to skin cancer.

When you see the SPF number on a bottle of sunscreen, you're seeing how much ultraviolet radiation exposure is needed to get a sunburn when you're wearing that product. Basically, the higher the SPF, the more protected you are and the more sunshine it takes to damage your skin. Everyone should use a product with an SPF of at least 15, but people with fair skin who are prone to burning should go higher and choose between 30 and 50.

Remember that there's no such thing as waterproof sunscreen, only water-resistant sunscreen. Read the label to see how long after swimming or excessive sweating the sunscreen will remain effective and reapply as necessary.

CONTINUE ON PG. 148





WHAT ARE THE TYPES OF SUNSCREEN?

Now, what's the difference between sunscreen and sunblock? If you're going to get technical, sunscreen is often described as what's known as chemical protection and is made with organic ingredients. On the other hand, sunblock is a mineral protection and is made with inorganic ingredients.

Organic ingredients used in sunscreen include oxybenzone, avobenzone, octisalate, octocrylene, homosalate, and octinoxate, all of which rub into the skin and absorb the rays.

Inorganic ingredients are zinc oxide and titanium oxide, which sit on the surface of your skin and deflect the rays. Inorganic ingredients are the ideal option for people with sensitive skin, but because they don't rub into skin the way chemical sunscreens do, they leave a white residue.

IS SUNSCREEN BAD FOR ME?

Ah, the scary question: Is something that's supposed to be good for me actually bad for me? Last year, the Food and Drug Administration proposed a rule that manufacturers must provide more data about the safety of sunscreen ingredients.



This is because the FDA found evidence that some ingredients in sunscreen may be absorbed via the skin into the body, and that research is needed to determine what consequences this might have. So far, the FDA's rule deems titanium dioxide and zinc oxide as generally recognized as safe, but information is still being sought on the ingredients ensulizole, octisalate, homosalate, octocrylene, octinoxate, oxybenzone, and avobenzone. The FDA has ruled PABA and tolamine salicylate are not safe, but these ingredients are not used in any products legally sold in the United States.

This rule from the FDA makes some people a little wary, but experts agree that sunscreen does more good than it does harm. The American Academy of Dermatology emphasizes that scientific evidence supports the use of sunscreen and any claims that the ingredients are toxic are unproven. Those who still have concerns should opt for

a mineral-based block with titanium dioxide or zinc oxide.

Furthermore, the Centers for Disease Control and Prevention discourages people from trying to DIY their own sunscreen, which has become a growing trend but does not offer the same protection as FDA-regulated products.

WHAT ARE SOME OTHER SUN SAFETY TIPS?

You might know sunscreen is good for you, but have you ever wondered whether you're applying it correctly? Dermatologists recommend putting on sunscreen 15 minutes before you head out in the sun and using about 1 fluid ounce

Dermatologists recommend putting on sunscreen

15 min.
before you head out in the sun and using about 1 fluid ounce to cover your entire body from head to toe.

to cover your entire body from head to toe. Be diligent about getting those easy-to-miss places like the back of your neck, your hairline, your ears, and the tops of your feet. Re-apply every two hours.

Extra measures of precaution include limiting your time in the sun, especially between 10 a.m. and 2 p.m., when the sun is its most intense. Wear clothing and accessories that will cover your skin from the sun: long-sleeved shirts, long pants, sunglasses, and brimmed hats.

If you're being responsible in your sun exposure, be sure to share what you're doing and motivate others to do the same. The Centers for Disease Control and Prevention encourages posting photos to social media with the hashtag #SunSafeSelfie as a way of raising awareness.

And if you do suffer a sunburn? Take a cool bath to reduce the heat, moisturize to ease the dryness, and take an aspirin or ibuprofen to reduce the swelling, redness, and discomfort.




Workout in Comfort
Come in for your personal fitting and discover your own stunning style.

1910 Towne Center Blvd - Suite 115 | Annapolis, MD
410.280.9771 | www.alamodeintimates.com

A Trusted & Superior Level of Dental Care!




- Invisalign® Premier Provider
- General and Family Dentistry
- Cosmetic Veneers
- Dental Implants

Dr. April Calton

410-990-4700
507 South Cherry Grove Ave., Suite A
Annapolis
www.aboutsmilesdentistry.com

Appointments as early as 7:30am & as late as 6:30pm




Anne Arundel Gastroenterology Associates, P.A.

"Setting the Standard for Gastroenterology"

WE ARE PLEASED TO WELCOME



Nicole Dennis, CRNP



Tracey Turner, CRNP



Anneke Langenhoven, CRNP



At Anne Arundel Gastroenterology Associates (AAGA), we are dedicated to making a positive impact on each of our patients by providing high quality care in Annapolis, Bowie, Kent Island and Pasadena.





820 Bestgate Road, Annapolis, MD 21401
4175 N. Hanson Court, Suite 304, Bowie, MD 20716
8109 Ritchie Hwy, Suite 102, Pasadena, MD 21122
130 Love Point Road, Suite 106, Stevensville, MD 21666

Accepting new patients in all four convenient locations • 410-224-2116 • aagastro.com



329 Gambrills Road
Gambrills, MD 21054
410-317-2276
barnandlodge.com

THE BLACKWALL
BARN & LODGE



ORDER YOUR PLAQUES TODAY!



WHATSUPMAG.COM



Award Winning Wings



Signature Southern Dishes



Julep

SOUTHERN
Kitchen & Bar

Welcome to Julep, Annapolis' new, creative southern restaurant & gathering place!

Come and enjoy our award winning wings, chicken fried steak, ribs and incredible comfort food!

Happy Hour

Monday - Friday 3-6pm
Food and Drink Specials

2207 Forest Dr. • Next to Outback • Annapolis • 410.571.3923 • julepannapolis.com

The Boatyard's Party & Meeting Platters



Chesapeake Lifestyle-on-the-Go

Crab cakes, crab balls, crab dip, shrimp, wings, gourmet sandwiches, soups, smoked fish dip and more

Options and pricing on our website
Minimum 24 hour notice needed



Fourth & Severn, Eastport • 410-216-6206
boatyardbarandgrill.com

HAPPY HOUR Mon-Fri 3-7PM

Dining

152 TASTE | 154 GUIDE

Butternut
Squash Soup
at **Blackwall
Barn & Lodge**

WHAT'S UP? READERS

RESTAURANT
REVIEW

Calling All Food Critics!

Send us your restaurant review and you'll be eligible for our monthly drawing for a **\$50** gift certificate to a local restaurant. Fill out the form at whatsupmag.com/promotions.

Photo by Stephen Buchanan

Cutting Edge Experience

By Tom Worgo

Photography by Stephen Buchanan

Blackwall Barn & Lodge's menu is as big as the vast space the restaurant and event center occupy. The expansive menu, in the eyes of owner James King and executive chef Neil Langermann, is a recipe for big-time success. "We don't really have bad nights here," King says. "No question, the quality of the food is better and its more consistent."

Enter the 57-year-old Langermann, who joined the restaurant in April, with his impressive culinary background and achievements. Langermann earned Restaurant Association of Metropolitan Washington, D.C.'s Chef of the Year in 2001 and is a three-time winner of Baltimore Restaurant Week's Appetizer Challenge. He owned his own restaurant, Langermanns, in Canton for eight years and worked 14 years in Washington, D.C., including 10 at the four-star Georgia Brown's.

At Georgia Brown's, King says Langermann put out consistent dishes for a 175-seat restaurant. Blackwall Barn, part of the local Blackwall Hitch group, seats 200.

"I have worked with some incredible chefs who do some incredible things when they are serving 25 seats," King explains. "They have all night to do it. These same guys crumble on a Friday night when they have to put 300 plates out. Neal doesn't."

We recently talked to Langermann, a Bowie resident, about how he became an executive chef, his favorite dishes to cook, and impact at Blackwall.



BLACKWALL BARN & LODGE

329 Gambrills Road, Gambrills
410-317-2276 | barnandlodge.com

Why did you choose to work at Blackwall? What was so appealing about the opportunity?

I have a mutual friend (Greg Casten) with James King and he put us together. It started off as a farm-to-table concept. James told me, "I need you to do Greek or things on the fly. It's not going to be an American menu all the time." I have a very well-rounded background. I am able to adapt to different cultures and cuisines. I liked what they were doing. James gave me his vision and I like what he's trying to achieve. I feel we can get there. I think my talents fit in well.

You have won several awards. Which one meant the most to you?

The Chef of the Year was the biggest one for me because it was voted by peers. It is very rewarding. That's recognition in the industry by people who know what we do and how we do it. For them to pick me, showed that all the things I have been taught and was teaching were valid.

What kind of impact do you feel you've made with the restaurant?

The biggest impact has been the consistency of the operation. You have to have a personality, be a leader, and have everyone buy into it. That's why the relationships are so important. You have to earn everyone's respect. People follow when they are being taken in the right direction.

How do you keep up on the latest trends?

When I am not at the restaurant, I am online constantly, googling things for new ideas and talking to people. I am trying to find the next great thing. You have to stay current. What do they say about college? You spend one hour in class and two hours studying outside class. It's the same in the restaurant business. When you get home, you have to keep pounding the pavement. I'm here 60 to 65 hours a week, then I'm working at home another 15 to 20 hours. As an executive chef, there's really no day off.

How did you become an executive chef?

I was always working in restaurants. I got introduced to a master chef in San Francisco, where I grew up. After a couple of months of working with him, he invited me to do a European apprenticeship. So, I spent three years with him, doing everything from dough-making to a nine-course tasting menu and working with the finest ingredients and some of the world's best wines. I always loved to cook and I am really good at it because I can remember the flavors. I love the chaos of it and trying to figure it out on a daily basis.

What does the executive chef position involve?

There's a lot more than cooking. You have to be good with people because you are working with 20 or 30 in the kitchen. It's like a radio station. You have to tune into each person, making sure everybody responds and understands. You also have to teach people. You have to have everybody buy in and you have to take them where they can't get by themselves. It's a business-mind approach to things. I am being asked to run a five-million-dollar business, which means I am being asked to spend one million dollars of someone's money.

How would you describe your menu?

Standard and seasonal. You can get salmon anywhere, so we don't have a salmon entrée. We have a salmon salad, and sandwich. We have very nice herb roasted chicken. It's not a pedestrian chicken. A lot of restaurants save a couple of spots for people



who aren't adventurous. They want something they are familiar with. We try to give them unique things you don't often see. It has to do with the way we present it, like the way our burgers go out on boards. We don't want pedestrian; what you could have gotten anywhere. We feel we offer a very unique experience, and it always needs to be on the cutting edge. We think the comfort food works for us with a unique twist. The food speaks for itself.

What is your top-selling dish?

A flaming crab dip is our number one. We put a little Sherry on it, and flame it table side. Our saffron risotto with shrimp and scallops. The shrimp and scallops get people's attention. We pair it with the saffron risotto. The dish looks beautiful. We stand the shrimp up and scallops on top of the risotto. We put butter sauce on it and some micro green for garnish. They turn around and say, "What is that?" Our French onion soup is also popular.

We use three different onions. We use a little of bit vermouth and sherry, seasoning, sour dough croutons, and two cheeses, so it has that beautiful crust.

What else are best sellers?

Our prime rib is fantastic. We do a prime rib every single day. We do three on Thursday because its prime rib night. We put rosemary and garlic and a little bit of Montreal seasoning and olive oil on it. We are really a meat lover's paradise.

What is your favorite dish to cook?

I would say the butter nut squash soup with apples and ginger bread spice. It's just a nice beautiful flavor profile that we seem to hit pretty successfully. I also like to cook Osso Buco. It's like a veal shank. The reason I like cooking it is because it takes time. You have about 30 different steps to make it right. When it's right, it's falling off the bone.



Butternut Squash Soup

Yields 3 1/2 quarts

Ingredients

3 pounds butternut squash
4 ounces unsalted butter
1/2 pound yellow onion cut julienne
1/2 pound carrots
cut into 1/4 inch rounds
2 each granny smith
apples peeled and core removed
1/2 ounce rubbed sage
1 teaspoon cinnamon
1 teaspoon nutmeg
1 teaspoon ground ginger
2 quarts chicken stock
1 cup heavy cream
1 tablespoon kosher salt
1/2 cup honey

Directions

In a small sauce pot over low heat melt the butter. Add julienne onions and sauté until softened. Add carrots, butternut squash and apples. Add chicken stock and cream. Bring to boil and allow to simmer for 15 minutes until vegetables are soft. Add seasonings. Blend using a food processor, beurre mixer, or blender. When soup is blended, serve hot, or transfer to a container to cool in refrigerator. To re-heat, place in pan and bring to a boil over medium heat.

Dining Guide

Advertisers Listed in Red

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

☎ Reservations

Y Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐕 Dog Friendly

👑 Best of 2019 Winner

Downtown Annapolis

Annapolis Ice Cream Company

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

Armadillo's Bar & Grill

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

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 \$\$ Y 🍷 🍷 🐕

Café Normandie

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

Castlebay Irish Pub

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

Chick & Ruth's Delly

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

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 \$\$ Y 🍷 🍷 🍷 🐕 🎵

Dry 85

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

Federal House Bar & Grille

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

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 🍷 Y 🍷 🍷 🍷

Galway Bay Irish Restaurant & Pub

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

Harry Brown's

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

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 \$\$ Y 🍷

Latitude 38

12 Dock Street, Annapolis; 667-204-2282; Latitude38waterfront.com; American; lunch, dinner, Sunday brunch \$\$, 🍷 Y 🍷 🍷 🍷 🍷 🍷 🍷

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 \$\$ 🍷 Y 🍷 🍷 🍷 🍷 🍷

Middleton Tavern

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

Mission BBQ

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

O'Brien's Oyster Bar & Restaurant

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

OB's Prime

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

Osteria 177

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

Preserve

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

Pusser's Caribbean Grille

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

Red Red Wine Bar

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

Reynolds Tavern

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

Sakura Café

105 Main Street, Annapolis; 410-263-0785; Annapolissakuracafe.com; Japanese; lunch, dinner \$\$ 🍷 Y 🍷 🍷 🍷 🍷

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 \$\$ Y

Upper Annapolis

49 West, Coffeebar, Winebar & Gallery

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

Azure

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

Carpaccio Tuscan Kitchen & Wine Bar

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

Chesapeake Brewing Co.

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

El Toro Bravo

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

Fado Irish Pub

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

Lemongrass

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

Level Small Plates Lounge

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

CARROL'S CREEK

"When we have guests from out of town, we always take them to Carrol's Creek. The food service is totally outstanding!" —Ms. Logue

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 \$\$

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; Broadneckgrill.com; Contemporary American and Mexican Cuisine; serve breakfast Saturday and Sunday; lunch, dinner \$\$

Bruster's Real Ice Cream

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

Buffalo Wild Wings

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

Cantler's Riverside Inn

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

The Canton Restaurant

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

Cooper's Hawk

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

Chevys Fresh Mex

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

Chris' Charcoal Pit

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

Double T Diner

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

Eggcellence

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

Evelyn's

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

Giolitti Delicatessen

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

Gordon Biersch

1906 Towne Centre Boulevard, Ste. 155, Annapolis; 410-266-5965; Gordongordonbiersch.com; American; lunch, dinner \$\$

Grapes Wine Bar

1410 Forest Drive, Annapolis; 410-571-5378; Grapeswinebarannapolis.com; Mediterranean; lunch (Sat. only), dinner \$\$

The Greene Turtle

177 Jennifer Road, Annapolis; 410-266-7474; Greenturtle.com; American, sports bar; lunch, dinner \$

Herald Harbor Hideaway

400 Herald Harbor Road, Crownsville; 410-923-4433; Herald-harborhideaway.com; American; lunch, dinner \$

Heroes Pub

1 Riverview Avenue, Annapolis; 410-573-1996; Heroespub.com; American, sports bar; lunch, dinner \$\$

Italian Market & Restaurant

126 Defense Highway, Annapolis; 410-224-1330; Theitalianmarket.com; Italian; lunch, dinner \$

Jalapeños

85 Forest Plaza, Annapolis; 410-266-7580; Jalapeñosonline.com; Spanish, Mexican; lunch, dinner \$\$

Julep Southern Kitchen & Bar

2207 Forest Drive; Unit #2 Annapolis, Md; Julepannapolis.com; 410-571-3923; American; Lunch, dinner \$\$

Prime Steaks

Located on Restaurant Row in Annapolis' Historic Eastport 4th & Severn Avenue

Buttery crisp outside, juicy tender inside. With over 90 years Annapolis restaurant experience, LEWNES' serves only USDA prime aged steaks.

Come taste the difference perfection makes.

Also featuring whole Maine lobsters 3 pounds plus, and a Wine Spectator "Best of Award of Excellence" award winning wine list.

EASTER SUNDAY

Special prix fixe menu

OPEN AT 12 P.M.

THANKS TO

The Daily Meal

VOTED 2019

VOTED

BEST STEAKHOUSE
BEST ROMANTIC RESTAURANT

DON'T FORGET MOM IN MAY!

MOTHER'S DAY SPECIAL

Special prix fixe menu

OPEN AT 12 P.M.



410-263-1617

FEATURING USDA PRIME STEAKS
WWW.LEWNESSTEAKHOUSE.COM



HARVEST THYME

"Service is excellent, wine selection is excellent, food - perfection" -Elizabeth Matarese winner

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; Lebane-setaverna.com; Middle Eastern; lunch, dinner \$ 🌿 🍷 🐾

Lemongrass Too

2625-A Housley Road, Annapolis; 410-224-8424; Lemongrassannapolis.com; Thai; 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; Newk's.com; Sandwiches, soups, salads, pizza; lunch, dinner \$ 🍷 🍷

Paladar Latin Kitchen & Rum Bar

1905 Towne Centre Boulevard, Ste. 100, Annapolis; 410-897-1022; Paladarlatinkitchen.com; Latin American; lunch, dinner, late-night, Weekend brunch \$\$ 🍷 🌿 🍷 *

Paul's Homewood Café

919 West Street, Annapolis; 410-267-7891; Paulshomewoodcafe.com; Mediterranean; lunch, dinner, brunch \$\$ 🍷 🌿 🍷 🍷 🍷 🍷 🍷 🍷

Pasticcio Fresh Italian Kitchen

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; Soullannapolis.com; Southern-inspired small plates; lunch, dinner, Saturday & Sunday brunch \$\$ 🍷

Stoney River

2190 Annapolis Mall, Annapolis; 410-224-8312; Stoneyriver.com; Steakhouse; lunch, dinner \$\$ 🍷 🌿

Union Jack's

2072 Somerville Road, Annapolis; 410-266-5681; Union-jacksannapolis.com; British-style pub; lunch, dinner, Sunday brunch \$\$ 🌿 🍷 🍷 🍷

Ziki Japanese Steakhouse

1906 Towne Center Boulevard, Ste. 4250, Annapolis; 410-224-6598; Zikisteakhouse.com; Japanese, sushi; lunch, dinner \$\$ 🍷 🌿 *

Zoe's Kitchen

1901 Towne Center Boulevard, Ste. 105, Annapolis; 410-266-7284; Zoeskitchen.com; Casual Mediterranean Lunch, dinner \$ 🌿 🍷 *

Eastport / Bayridge**Adam's Taphouse and Grille**

921C Chesapeake Avenue, Annapolis; 410-267-0064; Adams-grilleannapolis.com; Barbecue; lunch, dinner \$\$ 🌿 🍷

Annapolis Smokehouse & Tavern

107 Hillsmere Drive, Annapolis; 410-571-5073; Annapolis-smokehouse.com; American BBQ; lunch, dinner, catering, Weekend brunch \$\$ 🍷 🌿 🍷 🍷 🍷 🍷

Bakers & Co.

618 Chesapeake Avenue, Annapolis; 410-280-1119; Bakersandco.com; Bakery, café; Breakfast \$

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 \$\$ 🌿 *

Carrol's Creek

410 Severn Avenue, Annapolis; 410-263-8102; Carrolscreek.com; Seafood; lunch, dinner, Sunday brunch \$\$ 🍷 🌿 🍷 🍷 🍷 🍷

Chart House

300 Second Street, Annapolis; 410-268-7166; Chart-house.com; Seafood; dinner, Sunday brunch \$\$ 🍷 🌿 🍷

Davis' Pub

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

Eastport Kitchen

923 Chesapeake Avenue, Annapolis; 410-990-0000; Eastport-kitchen.com; American; breakfast, lunch, dinner \$\$ 🍷

Grump's Café

117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$ 🌿 🍷

Jack's Fortune

960 Bay Ridge Road, Annapolis; 410-267-7731; Jackfortune1.com; Chinese; lunch, dinner \$ 🌿 🍷 🍷

Lewnes' Steakhouse

401 Fourth Street, Annapolis; 410-263-1617; Lewnessteakhouse.com; Steakhouse, seafood; dinner \$\$\$ 🍷 🌿 🍷

Main & Market

914 Bay Ridge Road, Annapolis; 410-626-0388; Mainandmarket.com; Farm-to-table; breakfast, lunch, dinner \$\$ 🌿 🍷 🍷

O'Leary's Seafood Restaurant

310 Third Street, Annapolis; 410-263-0884; Olearysseafood.com; Seafood; dinner, Sunday brunch \$\$\$ 🍷 🌿 🍷 🍷 🍷 🍷

Rocco's Pizzeria

954 Bay Ridge Road, Annapolis; 410-263-9444; Roccospizzashop.com; Pizza; lunch, dinner \$ 🌿 🍷 🍷

Ruth's Chris

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris-Annapolis.com; Steakhouse; dinner \$\$\$ 🍷 🌿 🍷

Sammy's Pizza Kitchen
1007 Bay Ridge Ave,
Annapolis; 410-990-
9800; 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, Edge-
water; 410-956-2995;
Adamsgrilleannapolis.
com; Barbecue; lunch,
dinner \$\$ 🍷 🌿 🍷

All American Steakhouse
139 Mitchells Chance
Road, Edgewater;
410-956-4494; Theal-
lamericansteakhouse.
com; American; lunch,
dinner \$\$ 🍷 🌿 🍷

Bayside Inn
1246 Mayo Road, Edge-
water; 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 Ameri-
can; breakfast, lunch,
dinner \$\$ 🍷 🌿

Chad's BBQ
158 W Central Ave,
Edgewater; 410-956-
7774; chadsbbq.com;
Authentic smoked bar-
beque; 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, Edge-
water; 410-956-3202;
Edgewaterrestaurant.
com; American, seafood;
lunch, dinner, Sunday
brunch \$\$ 🍷 🌿 🍷

Fuji Steakhouse
169 Mitchells Chance
Road, Edgewater;
410-956-8898; Fu-
jisteakhousemd.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, Edge-
water; 410-956-1144
; Greenturtle.com;
American Lunch, dinner,
late-night \$ 🍷 🌿 🍷

Happy Harbor
533 Deale Road, Deale;
410-867-0949; Hap-
pyharbordeale.com;
American; lunch, din-
ner \$ 🍷 🌿 🍷

**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, Edge-
water; 410-956-7205;
Latin American; break-
fast, lunch, dinner \$

Killarney House
584 West Central Av-
enue, Davidsonville;
410-798-8700; Killar-
neyhousepub.com;
Irish; lunch, dinner,
late-night \$\$ 🍷 🌿 🍷
🌿 🍷

Ledo Pizza
3072 Solomons Island
Road, Edgewater; 410-
956-6700; Ledopizza.
com; Pizza, pasta, sand-
wiches; 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, din-
ner \$-\$\$

Old Stein Inn
1143 Central Avenue,
Edgewater; 410-798-
6807; Oldstein-inn.com;
German; dinner \$\$ 🍷
🌿 🍷 🌿 🍷

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

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

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

Red N Reel Restaurant
4165 Mears Avenue,
Chesapeake Beach;
410-257-2735; Ches-
apeakebeachresortspa.
com; Seafood; breakfast,
lunch, dinner \$\$ 🍷 🌿
🍷 🌿 🍷

Saigon Palace
10 Mayo Road, Edgewa-
ter; 410-956-0505; Viet-
namese; lunch, dinner
\$ 🍷 🌿 🍷

**Skipper's Pier
Restaurant & Dock Bar**
6158 Drum Point Road,
Deale; 410-867-7110;
Skipperspier.com; Sea-
food; 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 Annap-
olis Boulevard, Severna
Park; 410-647-5757;
Adamsribs.com; Bar-
becue; lunch, dinner
\$\$ 🍷 🌿 🍷

BLUE ROOSTER CAFÉ

**"Love the Grilled Ham and Brie
sandwich. Never too old for a great
grilled cheese!" –Matt Stewart**

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 Gambrells Road,
Gambrells; 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, din-
ner, Sunday brunch \$\$
🍷 🌿 🍷 🌿 🍷

Café Bretton
849 Baltimore Annapo-
lis; 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
\$\$ 🍷 🌿 🍷 🌿 🍷

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

Founders Tavern & Grille
8125 Ritchie Highway,
Pasadena; 410-544-
0076; Founde-
stavernandgrille.com;
American; lunch, din-
ner \$ 🍷 🌿

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

La Posta Pizzeria
513 Baltimore Annapo-
lis 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, sandwich-
es; lunch, dinner \$\$
🍷 🍷

Lemongrass Arnold
959 Ritchie Highway,
Arnold; 410-518-6990;
Lemongrassannapolis.
com; Thai; lunch, hap-
py hour, dinner \$ 🍷

Mamma Angela's
2225-A Defense High-
way, Crofton; 443-584-
4038; Mammaas.com;
Italian; lunch, dinner
\$-\$\$ 🌿

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

Mother's Peninsula Grill
969 Ritchie Highway,
Arnold; 410-975-5950;
Mothersgrille.com;
American, seafood;
lunch, dinner \$\$ 🍷
🌿 🍷

O'Loughlin's Restaurant
1258 Bay Dale Drive,
Arnold; 410-349-0200
Oloughlinpub.com;
American; lunch, din-
ner, late-night \$\$\$ 🍷
🌿 🍷

SPRING FASHION SHOW

TO BENEFIT THE LIGHTHOUSE SHELTER



APRIL 2nd, 2020

6:00 p.m. - 9:00 p.m.

at Great Gatherings in the Annapolis Towne Centre

Tickets - \$45 now, \$50 at the door

Ticket price includes Amazing Drinks & Awesome Food by local restaurants

To purchase tickets visit
www.friendslhs.org

Will feature Spring collections from Annapolis' most fashionable retailers including:



DINING GUIDE

Park Tavern

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

Pascal's Chophouse

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

The Point Crab House & Grill

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

Rico's Tacos and Tequila Bar

1266 Bay Dale Drive, Arnold; 410-571-3466; Ricostacos.co; Mexican; lunch, dinner, weekend brunch \$ 🍷 🍴

Rips Country Inn

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

Romilo's Restaurant

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

Severna Park Taphouse

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

Sin Fronteras

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

Twains Tavern

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

Vida Taco Bar

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

Regional

Bistro St. Michaels

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

Hemingway's Restaurant

357 Pier 1 Road, Stevensville; 410-604-0999; Hemingwaysbay-bridge.com; Seafood; lunch, dinner \$\$ 🍷 🍴 🍺 🌟

The Island Hideaway

14556 Solomons Island Road S, Solomons; 410-449-6382; Theislandhideawaysolomons.com; American; lunch, dinner 🍷 🍴 🍺 🌟

Knoxie's Table

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

Mason's - Redux 2017

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



WHAT'S UP FOR LUNCH?

Come join us for a great Business to Business Networking Lunch!

Monday, March 2nd

from 11:30 am to 1:00 pm

at The Blackwall Barn & Lodge
329 Gambrills Rd
Gambrills, MD 21054

RSVP to this event at whatsuptix.com



The networking is on us, the lunch is on you!

LEASH FREE LIVING
 Trained dogs have more fun!

Private Lessons
 Group Classes
 Board & Train
 Day Care Training
 Walk & Train

Puppy & Adult Dog Training, Basic Obedience, Behavior modification, Agility & Nosework

LEASH FREE LIVING
 Trained dogs have more fun

Leash Free Living.com

We Bring Veterinary Medicine to Your Door

MOBILE PET VET
 410.544.8300

Less Stress for You and Your Pet

Why not skip the trip to the Veterinarian? Have your pet cared for in the comfort of your home.

Lisa C. Beagan, DVM, CVA
 Robin Hennick, Technician, Office Manager

- Well and Sick Visits
- Vaccinations
- Laboratory Services
- Senior Wellness
- In-Home Hospice Care
- Nutrition Consultation
- Herbal Therapy
- Acupuncture

Annapolis Best of ANNAPOLIS 2019

410.544.8300 • www.mobilepetvet.com

WELCOME TO ALTERNATIVE PET CARE MD

PERSONALIZED PET CARE
 WELLNESS WALKS
 SPA TREAT • PLAYDATES
 BEHAVIOR MODIFICATION & MUCH, MUCH MORE!

Service areas include Edgewater & Annapolis, MD Available 24 x 7

410.349.7828 • alternativepetcaremd.com
sandy@alternativepetcaremd.com

EXPERIENCE THE DIFFERENCE



Hoffman Animal Hospital

Committed to caring and connecting with your pet.

Annapolis Best of ANNAPOLIS 2019

15 Old Mill Bottom Road North
 Annapolis, MD 21409
www.hoffmanah.com
 410-757-3566

Perfect Pet RESORT

Happy Pets Make Happy People

Lodging • Daycare
 Spa & Wellness
 Training

410-741-0000
perfectpetresort.com

840 West Bay Front Rd.
 Lothian, Maryland 20711

Annapolis Best of ANNAPOLIS 2019

MARYLAND THEATRE FOR THE PERFORMING ARTS
AT PARK PLACE – WEST ST & TAYLOR AVE

Where Business Meets The Arts

Our Exciting New Vision for 2020! Annapolis' First-Ever Full Service Conference & Cultural Center

Phase 1 will unveil a beautiful atrium, high-tech multi-purpose meeting rooms, a full kitchen and catering capability, and scenic rooftop event patio. Highlighting the opening will be a **200-350 seat flexible theatre** that will house a resident professional theatre company.

Phase 2 –the main conference/ performance hall – will include **flexible multi-use space to accommodate up to 1,200** for conferences, trade shows, banquets, school proms... virtually any type of event including top-tier performances that require premier sound and smart technology capabilities.

Your tax deductible investment will help build this world-class conference and cultural center that will bring large conferences, tourism and the arts all beautifully together in Annapolis. Please consider making an investment at **MTPA-Annapolis.org**, and be sure to check out all our events happening now!

Donate Today!
410-626-6055

SAVE THE DATE

MAY 29TH
6:30PM
AT THE WESTIN
ANNAPOLIS

The Carlo Aonzo Trio
& John Kirk

ITALIAN MANDOLIN
BASS | GUITAR

TICKETS \$150



MTPA is supported by
The Arts Council of Anne Arundel County.



MTPA
MARYLAND THEATRE
for the Performing Arts

MTPA is a non-profit 501(c)3 organization.

March Calendar

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

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



↑ March 8th will be the 8th annual Annapolis St. Patrick's Day Parade through the City of Annapolis. This event will be the biggest and best parade of the year and end with a party on the City Dock. This admission free and kid friendly parade will have entertainment, food, and face painters. The parade will start at 1:00 p.m. and will proceed through Downtown Annapolis.

Sunday

1

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. 10 a.m. aacofarmersmarket.com

Crawfish Boil & Muskrat Stew Fest at Downtown Cambridge, Cambridge. 1 p.m. visitdorchester.org

Delaware Restoration: Sawn & Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

Sea Kayaking 101 Training Program

at Cuit Classic Brewing Company, Stevensville. 8:30 a.m. visitqueennanes.com

Gamelatron at Academy Art Museum, Easton. 10 a.m. Through April 30 academyartmuseum.org

Monster Jam at Royal Farms Arena, Baltimore. 1 p.m. royal-farmsarena.com (F)

Graciela Iturbide's Mexico at National Museum of Women in the Arts, D.C. 12 a.m. Through May 25. 202-783-5000. nmwa.org

Delita Martin: Calling Down the Spirits at National Museum of Women in the Arts, D.C. 7:30 p.m. Through April 19 202-783-5000. nmwa.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. 2 p.m. thecolonialplayers.org

The 39 Steps at Annapolis Shakespeare Company, Annapolis. 2 p.m. 410-415-3513. Annapolisshakespeare.org

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. 2 p.m. repstage.org

The Mineola Twins at Fells Point Corner Theatre, Baltimore. 2 p.m. fpct.org

Wicked at The Hippodrome Theatre, Baltimore. 1 & 6:30 p.m. france-merrickpac.com

YAO YAO at The John F. Kennedy Center for the Performing Arts, D.C. 1:30 & 4 p.m. kennedy-center.org

Celia and Fidel at Arena Stage, D.C. 2 & 7:30 p.m. arenastage.org

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. 3 & 7 p.m. kennedy-center.org

A Thousand Splendid Suns at Arena Stage, D.C. 2 & 7:30 p.m. arenastage.org

Trixie Mattel: Crown Up at Lincoln Theatre, D.C. 6:30 p.m. thelincolndc.com

Mother Road at Arena Stage, D.C. 7:30 p.m. arenastage.org

Richard & Jane & Dick & Sally at Centerstage, D.C. 2 p.m. centerstage.org

MUSIC

Todd Snider at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

SiriusXM Hip Hop Nation pres. Young Dolph & Key Glock: No Rules Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

Aretha - A Tribute at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

Soulwax at 9:30 Club, D.C. 7 p.m. 930.com

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m.

Washington Performing Arts Presents I am a Man: Reclaiming Brilliance in the Midst of Brokenness at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m.

Baltimore Symphony Youth Orchestra Concert at George Washington Carver Center, Towson. 2:30 & 5:30 p.m. bsonmusic.org

SPECIAL EVENTS

City of Annapolis: Annapolis Education Commission Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 6 p.m. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

City of Annapolis: Human Relations Commission at Pip Moyer Recreation Center, Annapolis. 6:30 p.m. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. 9:30 a.m. theccm.org

Jay Fleming: Capturing the Chesapeake Bay in Photos at Chesapeake Bay Trust, Annapolis. 6:30 p.m. 410-974-2941. cbtrust.org

Chesapeake Film Festival: Harriet at Talbot County Free Library - Easton Branch, Easton. 6 p.m. (F)

Weekend Walk-In: Workshops for All Ages at American Visionary Art Museum, Baltimore. 1 p.m. avam.org (F)

PERFORMING ARTS

Live Playwrights' Society at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 7 p.m. garfieldcenter.org

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

of Montreal at 9:30 Club, D.C. 7 p.m. 930.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. kennedy-center.org

DEMO by Damian Wozniel: NOW 2020 at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m.

SPORTS

Orioles Spring Training vs. Rays at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Tuesday

3

SPECIAL EVENTS

City of Annapolis: Board of Appeals at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Bus Trip from St. Michaels, Md. to the Philadelphia Flower Show at Philadelphia Convention Center, Philadelphia. 12 a.m. 410-745-6073. stmichaelscc.org

PERFORMING ARTS

Young Actor's Performance Company at Everyman Theatre, Baltimore. 6:30 p.m. everymantheatre.org

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. 7:30 p.m. everymantheatre.org

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Mother Road at Arena Stage, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. 7:30 p.m. thenationaldc.com

MUSIC

John Lodge of the Moody Blues at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramsheadonstage.com

G Herbo- PTSD Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

Monday

2

Aventura: Inmortal Tour at Capital One Arena, D.C. 8 p.m. capitalonearena.com

Wednesday

4

SPECIAL EVENTS

City of Annapolis: Alcoholic Beverage Control Board at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Archaeology Lab Open House at Anne Arundel County Archaeology Lab, Annapolis. 10 a.m. historiclondontown.org [F]

AAWGT's Women and Leadership Forum at Blue Heron Center, Annapolis. 6 p.m. givingtogether.org

Annapolis Horticulture Society Talk & Meeting at Annapolis Horticulture Society, Annapolis. 6:45 p.m. annapolishorticulture.org

Masterchef Junior Live! at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. modell-lyric.com [F]

PERFORMING ARTS

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Mother Road at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

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

Lil TJay - True 2 Myself Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmore-silverspring.com

Dermot Kennedy at The Anthem, D.C. 6:30 p.m. theanthemdc.com

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m.

SPORTS

Washington Capitals vs. Philadelphia Flyers at Capital One Arena, D.C. 7 p.m. nhl.com

Thursday

5

SPECIAL EVENTS

City of Annapolis: Planning Commission Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Projectile Point Workshop: The Bob Ogle Collection at Anne Arundel County Archaeology Lab, Annapolis. 3 p.m. historiclondontown.org

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. 10:30 a.m. theccm.org

From Our Living Room to Yours: The Leroy E. Hoffberger School of Painting at Maryland Hall for the Creative Arts, Annapolis. 12 a.m. Through May 2

Unnatural Causes: Earth Day 50th Anniversary at Maryland Hall for the Creative Arts, Annapolis. 12 a.m. Through May 2

Lecture Series: LGBTQ+ History in Maryland at Historic London Town and Gardens, Edgewater. historiclondontown.org

Heart & Music Opening Night Gala at Oxford Community Center, Oxford. 6 p.m. forall-seasonsinc.org [C]

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

Play Club: Berta, Berta at Everyman Theatre, Baltimore. 10:15 a.m. everymantheatre.org

Five Spoons at Theatre Project, Baltimore. 8 p.m. theatreproject.org

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Martha Graham Dance Company: The EVE Project at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. kennedy-center.org

Mother Road at Arena Stage, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

Chelsea Cutler: How to be Human Tour with Alexander 23, X Lovers at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilverspring.com

Koe Wetzel at 9:30 Club, D.C. 7 p.m. 930.com

Aventura: Inmortal Tour at Capital One Arena (See 3/3)

SPORTS

Orioles Spring Training vs. Twins at Oriole Park at Camden Yards, Baltimore. 3:05 p.m.

Friday

6

SPECIAL EVENTS

American Indian Art from the Fenimore Art Museum: The Thaw Collection at The Mitchell Gallery, St. John's College, Annapolis. 12 a.m. Through April 26. 410-626-2556. sjc.edu

Art and Story Time at Chesapeake Children's Museum, Annapolis. 10:30 a.m. theccm.org

Public Night: Sip & Scratch at Chesapeake Bay Maritime Museum, Saint Michaels. 6 p.m. 410-745-4980. cbmm.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

Jim Jefferies Oblivious Tour at MGM National Harbor, Oxon Hill. 7:30 p.m. 844-346-4664. mgmnationalharbor.com

Five Spoons at Theatre Project, Baltimore. (See 3/5)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. 8 p.m. chesapeake-shakespeare.com

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Mother Road at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

The Weight Band feat. members of The Band and Levon Helm Band at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramsheadonstage.com

Pat Owens Live Music 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. hideaway-odenton.com

Eric Johnson Classics: Present and Past at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilverspring.com

70's Soul Jam at Modell Performing Arts Center at the Lyric, Baltimore. 8 p.m. modell-lyric.com

Vivaldi Mandolin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

Little Brother at Rams Head Live!, Baltimore. 8 p.m.

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

La Roux at 9:30 Club, D.C. 8 p.m. 930.com

SPORTS

Maryland Black Bears vs Johnstown Tomahawks at Piney Orchard Ice Arena, Odenton. 7:45 p.m.

Washington Wizards vs. Atlanta Hawks at Capital One Arena, D.C. 7 p.m. nba.com

Saturday

7

SPECIAL EVENTS

The 2020 Annapolis St. Patrick's Hooley! at Susan B. Campbell Park, Annapolis. 5:30 p.m. [F]

Intro to Prenatal Fitness at Anne Arundel Medical Center Clatanoff Pavilion, Rotary Room, Annapolis. 9 a.m.

Barbara W. Ellis "Greener Gardens, One Step at a Time" at Woods Memorial Presbyterian Church, Severna Park. 10 a.m. unitygardens.org

Spring Hearth Cooking Workshop with Rebecca Suerdieck at Historic London Town and Gardens, Edgewater. 10 a.m. historiclondontown.org

St. Michaels Chocolate Fest at St. Michaels, 11 a.m. stmichaelsmd.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

Bull & Oyster Roast 2020 at Baltimore Museum of Industry, Baltimore. 10 a.m. thebmi.org

Operation Secret Sleepover at International Spy Museum, 7 p.m. spymuseum.org [F]

Dance Fitness at The John F. Kennedy Center for the Performing Arts, D.C. 11:30 a.m.

Harriet Tubman Day at the Visitor Center at Harriet Tubman Underground Railroad Visitor Center, Church Creek. 9 a.m. visitdorchester.org [F]

Women Of The World Festival Baltimore at Columbus Center, Baltimore. 10 a.m.

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Five Spoons at Theatre Project, Baltimore. (See 3/5)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Jonathan Richman & Bonnie "Prince" Billy at Lincoln Theatre, D.C. 6:30 p.m. thelinc-colndc.com

Mother Road at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

The Dirty Grass Players at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

Brandt Dunn Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410-757-2919. riverbayroadhouse.com

Johnny Gill & Ralph Tresvant at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. mgmnationalharbor.com

Changes in Latitudes: Jimmy Buffett Tribute Show at Todd Performing Arts Center, Chesapeake College, Wye Mills. 8 p.m. 410-827-5867. chesapeake.edu

Fundraising Concert & Dance: The Fabulous Hubcaps! at St. Michaels Inn, Saint Michaels. 7:30 p.m. 410-745-6073. stmichaelscc.org [C]

Teen Artist's Ensemble at Everyman Theatre, Baltimore. 9 a.m. everymantheatre.org

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m.

The Ill Smokies & Joe Pug at 9:30 Club, D.C. 6 p.m. 930.com

Vivaldi Mandolin Concerto at Strathmore, North Bethesda. 8 p.m.

SPORTS

Navy Men's Lacrosse vs Colgate at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Johnstown Tomahawks at Piney Orchard Ice Arena, Odenton. 7:45 p.m.

DC United vs Inter Miami CF at Audi Field, D.C. 3:30 p.m.

Sunday

8

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

WOMAN

YEAR OF THE

100 YEARS. WHAT'S NEXT?

PUBLIC ART + BLACK VOICES + CIVIL RIGHTS

A public arts project that transforms the interior galleries of the Banneker-Douglass Museum with 16+ murals that interpret the Association for the Study of African American Life and History (ASALH) 2020 theme: African Americans and the Vote. This temporary exhibit is going on now through December 21, 2020.

CHESAPEAKE FILM FESTIVAL: HARRIET

On March 2 at Talbot County Free Library—Easton Branch at 6 p.m. This just released feature film celebrates one of America's greatest heroes, Harriet Tubman, whose courage and ingenuity helped free hundreds of slaves. Sponsored by the Friends of the Library.

AAWGT'S WOMEN AND LEADERSHIP FORUM

Anne Arundel Women Giving Together is pleased to announce Maggie Gunther Osborn, Sr. Vice President and Chief Strategy Officer of the United Philanthropy Forum, as speaker for our annual Women and Leadership forum. Ms. Osborn's timely topic will be The Cost of Silence. The March 4 event (6:00 to 8:00 PM) is open to AAWGT members and the general public.

AFRICAN AMERICANS AND WOMEN'S SUFFRAGE MOVEMENT

Join the Banneker Douglass Museum on March 5 from 6 to 8 p.m. for a lecture and discussion with Asst. Professor Sharon Harley of the University of Maryland College Park, and Dr. Eveyln Higginbotham of Harvard University as we explore the important and often overlooked presence of African American women during the Women's Suffrage Movement. Voter registration will be held at this event.

WOMEN OF THE WORLD FESTIVAL BALTIMORE

On March 7 from 10 a.m. to 4 p.m. come celebrating all women who are gaining momentum to collectively make change, the WOW Festival will feature artists, writers, politicians, performers and activists to promote inclusivity, honor the strength and inventiveness of women, and actively break down societal barriers through events, workshops, lectures, debates, activities, and performances. Presented by Notre Dame of Maryland University. Admission is \$10-30.

2020 ANNE ARUNDEL COUNTY TRUST FOR PRESERVATION LECTURE SERIES

Kacy Rohn will be discussing the outstanding digital story map program she created for the Maryland Historical Trust that provides a tour highlighting the people and places of the Maryland women's suffrage movement at Robert E Kauffman Theatre, Pascal Center for the Performing Arts at Anne Arundel Community College on March 9 at 6:00 p.m. Admission is free and open to the entire community.

CHESAPEAKE FILM FESTIVAL: MAIDEN

Join The Friends of the Talbot County Free Library and the Chesapeake Film Festival on March 9, at 6 p.m. at Talbot County Free Library—Easton Branch for the showing of Maiden. The story of Maiden's upstart, defiant run at the Whitbread Round the World Race has all the elements of an epic adventure tale—50-foot waves, life and death drama, near-mutiny, thrilling victory—grounded in a perceptive group portrait of a team of courageous young women led by the remarkable, complicated Tracy Edwards.

FLY GIRLS: WOMEN AVIATORS IN WWII

On March 16 at 7:00 p.m., Bruce Kagan will be visiting the Severna Park Community Library to put on his historical presentation of the little known heroic contribution brave women made to win WWII. These women were the first female pilots of U.S. military aircraft. Their story is of women past, present, and future.

WOMEN'S RIGHTS... THE STRUGGLE FOR THE VOTE

Join Bruce Kagan once again on March 17 at either Odenton Library at 1:00 or Maryland City at Russett Community Library in laurel at 7:00 p.m. for the story of key figures in the Suffrage Movement. Get a digital look at the historic homes of Elizabeth Cady Stanton and Susan B. Anthony.

CYRANO OF THE SUFFRAGISTS—A LIVING HISTORY PERFORMANCE OF ELIZABETH CADY STANTON

Mary Ann Jung will be at Eastport-Annapolis Neck Community Library March 21 at 2:00 p.m. to bring to life Elizabeth Cady Stanton's journey as a champion for Women's Rights at the same time she is busy being a mom of seven. Stanton was a speech writer for Susan B. Anthony, fought and won property rights for married women, and earned equal guardianship of children.

CLARA BARTON: RED CROSS ANGEL

Award winning actress and Smithsonian Scholar Mary Ann Jung relays the story of Clara Barton, Red Cross Angel on March 21 at the Severn Community Library at 11:00 a.m. Miss Barton was a true heroine, risking her life to help others while nursing at the Battle of Antietam. She was a passionate and moving public speaker, and became the first woman to work for the Federal Government, as well as America's first female ambassador.

COMING IN APRIL

AMENDING AMERICA: HOW WOMEN WON THE VOTE

Come down to Discoveries: The Library at the Mall on April 2 at 7 p.m. for a one-woman performance by Kate Campbell Stevenson. FREE/Open to the public. Sponsored by The League of Women Voters of Anne Arundel County.

IRON JAWED ANGELS

To celebrate 100 years of women voting, the League of Women Voters of Anne Arundel County will host a screening of Iron Jawed Angels on April 9 from 6 to 8 p.m. at the Eastport-Annapolis Neck Community Library. The film is a moving tribute to the suffragists who worked tirelessly for passage of the 19th Amendment giving women the right to vote. Not a documentary, the movie focuses on the final decade of a 70 year battle, led by the younger Alice Paul (Hilary Swank), Lucy Burns (Frances O'Connor), and the elder activist Carrie Catt (Anjelica Houston). (NR, 2004).

On Stage

Annapolis

The 39 Steps

Annapolis Shakespeare Company; Through March 8; Prices Vary; annapolishakespeare.org. In this comedic adaptation of Alfred Hitchcock's 1935 thriller, a cast of four actors portrays every hero, villain, spy, and love interest in this farcical mystery. Moving by train from London to the moors of Scotland, the characters' many illusions to Hitchcock films, and amusing Scottish accents, provide lots of laughs and surprises along the way.

Book of Days

The Colonial Players; Through March 14; \$23; thecolonialplayers.org When murder roars through a small Missouri town, Ruth Hoch begins her own quest to find truth and honesty amid small town jealousies, religion, greed, and lies. This tornado of a play propels you through its events like a page-turning mystery and proves that there are no small roles in life. "An intriguing, prismatic and thoroughly engrossing depiction of contemporary small-town life with a murder mystery at its core."

Fences

Bowie Community Theatre; March 13 through March 29; Prices Range \$17-\$22; bctheatre.com This sensational drama centers around Troy Maxson, a former star of the Negro baseball leagues who now works as a garbage man in 1957 Pittsburgh. Excluded as a black man from the major leagues during his prime, Troy's bitterness takes its toll on his relationships with his wife and his son, who now wants his own chance to play ball.

Baltimore

Wicked

The Hippodrome Theatre; Through March 8, 2020; Prices Vary; France-merrickpac.com Wicked, the Broadway sensation, looks at what happened in the Land of Oz...but from a different angle. Long before Dorothy arrives, there is another girl, born with emerald-green skin—smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally popular, their initial rivalry turns into the unlikely of friendships...until the world decides to call one "good," and the other one "wicked."

Queens Girl: Black in the Green Mountains

Everyman Theatre; March 3 Through April 12, 2020; Prices Vary; Everymantheatre.or As the Vietnam War rages and the Kent State killings ignite college campuses across the country, Jackie arrives in Vermont to begin college. Caught between wildly divergent sets of friends—outrageously wealthy "WASPS," militant black activists and passionate theatre people—Jackie is forced to confront the space between white and black culture to find her place in the world.

Annapolis St. Patrick's Parade at Downtown Annapolis, Annapolis. 1 p.m. [F]

Spring Hearth Cooking Workshop with Rebecca Suerdieck at Historic London Town and Gardens, Edgewater. 10 a.m. historiclondontown.org

Hoopers Island Gun Bash at Governors Hall at Sailwinds Park, Cambridge. 11 a.m. visitdorchester.org

Wine Seminar Series 2: Pairing Food & Wine at Crow Vineyard & Winery, Kennedyville. 1 p.m. 302-304-0551.

Linda Nochlin: The Maverick She at National Museum of Women in the Arts, D.C. 12 a.m. Through July 31. 202-783-5000. nmwa.org

Women's History Month: International Women's Day at National Museum of Women in the Arts, D.C. 12 p.m. 202-783-5000. nmwa.org

Spring Maryland Home and Garden Show at Maryland State Fair, Timonium. 10 a.m. 410-863-1180. mdhomeandgarden.com

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Kill Move Paradise at REP Stage Regional Theatre in Residence - Howard Community College, Columbia. (See 3/1)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Wicked at The Hippodrome Theatre, Baltimore. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Five Spoons at Theatre Project, Baltimore. (See 3/5)

Mother Road at Arena Stage, D.C. (See 3/1)

Bandstand at The National Theatre, D.C. (See 3/3)

MUSIC

Columbia Pro Cantore: Celebrating Women Composers at First Evangelical Lutheran Church, Ellicott City. 4 p.m. 410-696-2888. procantore.org

Vivaldi Mandolin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 3:30 p.m.

Silversun Pickups at 9:30 Club, D.C. 7 p.m. 930.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

Washington Performing Arts presents Seong-Jin Cho, piano at The John F. Kennedy Center for the Performing Arts, D.C. 8 p.m. kennedy-center.org

SPORTS

Orioles Spring Training vs. Yankees at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Washington Wizards vs. Miami Heat at Capital One Arena, D.C. 7 p.m. nba.com

Monday

9

SPECIAL EVENTS

City of Annapolis: Regular Meeting of the City Council at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Talbot County: Chamber Ambassador's Lunch at Headwaters Seafood & Grille, Annapolis. 12 p.m. talbot-chamber.org

B2C Mastermind at Anne Arundel Chamber of Commerce, Annapolis. 9 a.m. 703-439-7804.

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

Tom Major: Underwater Photography at Maryland Hall for the Creative Arts, Annapolis. 7 p.m.

2020 Anne Arundel County Trust for Preservation Lecture Series at Robert E. Kauffman Theater, Pascal Center for the Performing Arts, Anne Arundel Community College, Arnold. 6 p.m. annearundeltrust.org

Chesapeake Film Festival: Maiden at Talbot County Free Library - Easton Branch, Easton. 6 p.m. [F]

PERFORMING ARTS

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Tuesday

10

SPECIAL EVENTS

City of Annapolis: Rules and City Government Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 4 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Historic Preservation Commission at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Leadership Anne Arundel Board Meeting at TBD, Annapolis. 8 a.m. 410-571-9798. leadershipaa.org

PERFORMING ARTS

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Rome & Duddy- Friends and Family Acoustic Tour at Rams Head On Stage, Annapolis. 8 p.m. ramshheadonstage.com

Silverstein: 20 Year Anniversary Tour at Rams Head Live!, Baltimore. 7 p.m.

The Districts at 9:30 Club, D.C. 7 p.m. 930.com

Celia and Fidel at Arena Stage, D.C. (See 3/1)

SPORTS

Orioles Spring Training vs. Braves at Oriole Park at Camden Yards, Baltimore. 6:05 p.m.

Washington Wizards vs. New York Knicks at Capital One Arena, D.C. 7 p.m. nba.com

Wednesday

11

SPECIAL EVENTS

City of Annapolis: Recreation Advisory Board Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Intro to Prenatal Fitness at Anne Arundel Medical Center Sajak Pavilion, Annapolis. 6:30 p.m.

Cultural Capital: Motherhood ReDux at National Museum of Women in the Arts, D.C. 7 p.m. 202-783-5000. nmwa.org

Vital Voices Global Partnership Presents Vital Voices 2020 Global Leadership Awards at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

PERFORMING ARTS

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

jaimie branch's Fly or Die (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

MUSIC

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

Rain - A Tribute to the Beatles at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. modell-lyric.com

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Celine Dion - Courage at Capital One Arena, D.C. 7:30 p.m.

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

Thursday

12

SPECIAL EVENTS

City of Annapolis: Economic Matters Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 4 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Annapolis Conservancy Board at Pip Moyer Recreation Center, Annapolis. 5:30 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Transportation Committee Meeting at Mayor John T Chamber Jr Council Chambers, Annapolis. 6 p.m. annapolis.gov

City of Annapolis: Financial Advisory Commission at Annapolis City Council Chambers, City Hall, Annapolis. 7:30 a.m. 410-263-7997. annapolis.gov

Ignite Annapolis at Maryland Hall for the Creative Arts, Annapolis. 6 p.m. marylandhall.org

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

Flagship 2020 Law and Public Safety Day at Aa Office Of Emergency Mgt, Glen Burnie. 8 a.m. 410-571-9798. leadershipaa.org

Sante: A Taste of Baltimore at American Visionary Art Museum, Baltimore. 6 p.m. 410-494-8545. kidneymd.org

PERFORMING ARTS

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

MUSIC

Olivia O'Brien at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilverpring.com

Radical Face at 9:30 Club, D.C. 7 p.m. 930.com

Mahler Symphony No. 3 at Strathmore, North Bethesda. 8 p.m.

Forte-A Film by David Donnelly (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

SPORTS

Washington Capitals vs. Detroit Red Wings at Capital One Arena, D.C. 7 p.m. nhl.com

Friday
13

SPECIAL EVENTS

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

PERFORMING ARTS

Susannah at Maryland Hall for the Creative Arts, Annapolis. 7:30 p.m. marylandhall.org

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

TNT: Queen's Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. 6:30 p.m. everymantheatre.org

Nate Bargatzke: Good Problem to Have Tour at Modell Performing Arts Center at the Lyric, Baltimore. 7 p.m. modell-lyric.com

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Caleb Johnson & The Ramblin' Saints (Winner of American Idol Season 14) at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramsheadonstage.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. hideaway-odenton.com

Brian Fallon & The Howling Weather at Lincoln Theatre, D.C. 6:30 p.m. thelincolnhd.com

Mahler Symphony No. 3 at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m.

Women DJs (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

Ellen Reid / Roxie Perkins: prisms (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

The Motet & TAUk at 9:30 Club, D.C. 8 p.m. 930.com

Overkill with Exhorder, Hydraform at Fillmore Silver Spring, Silver Spring. 7 p.m. fillmoresilverpring.com

SPORTS

Orioles Spring Training vs. Blue Jays at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Saturday

14

SPECIAL EVENTS

St. Paddy's Day 5K and 1 Mile Fun Run at General James F. Fretterd Community Center, Denton. 7:30 a.m. 410-479-8120. [F]

Eagle Festival at Blackwater National Wildlife Refuge, Cambridge. 9 a.m. 410-228-2677. friendsofblackwater.org [F]

Open Boatshop at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

Wikipedia Edit-a-thon: Women Artists of Latin America at National Museum of Women in the Arts, D.C. 10 a.m. 202-783-5000. nmwa.org

Shiny Happy Things Workshop with Bob Benson at American Visionary Art Museum, Baltimore. 11 a.m. avam.org

Sound Health: Second Saturdays at The John F. Kennedy center for the Performing Arts, D.C. 9:30 & 11:30 a.m. kennedy-center.org

Genderosity at Lincoln Theatre, D.C. 7 p.m. thelincolnhd.com

PERFORMING ARTS

Passion and Film: Voices of Light at St. Anne's Church at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. marylandhall.org

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Sebastian Maniscalco: you Bother Me at Modell Performing Arts Center at the Lyric, Baltimore. 7 & 9:30 p.m. modell-lyric.com

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Playwrights Corner at Everyman Theatre, Baltimore. 9 a.m. everymantheatre.org

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Hudson River Line Performing The Music of Billy Joel at Rams Head On Stage, Annapolis. 8 p.m. ramsheadonstage.com

Symphonic Pops at Jim Rouse Theatre, Columbia. 7:30 p.m. 410-465-8777. columbiarchestra.org

O.A.R- Spring Fling Tour at Live! Casino & Hotel, Hanover. 8 p.m.

Ellen Reid / Roxie Perkins: prisms (part of DIRECT CURRENT) at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

Chris Thile: Live from Here (live national broadcast) (part of **DIRECT CURRENT**) at The John F. Kennedy Center for the Performing Arts, D.C. 5:45 p.m. kennedy-center.org

Nathaniel Rateliff at The Anthem, D.C. 6:30 p.m. theanthemdc.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m. kennedy-center.org

Camila Meza and the Nectar Orchestra (part of **DIRECT CURRENT**) at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

Mahler Symphony No. 3 at Strathmore, North Bethesda. 8 p.m.

Killswitch Engage: Atone-ment Tour North America 2020 w. August Burns Red at Fillmore Silver Spring, Silver Spring. 7:30 p.m. fillmoresilver-spring.com

SPORTS

Navy Men's Lacrosse vs Johns Hopkins at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Washington Capitals vs. Chicago Blackhawks at Capital One Arena, D.C. 7 p.m. nhl.com

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

The Mineola Twins at Fells Point Corner Theatre, Baltimore. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

The High Kings at Rams Head On Stage, Annapolis. 12 & 8 p.m. ramshtheadonstage.com

Symphonic Pops at Jim Rouse Theatre, Columbia. 3 p.m. 410-465-8777. columbiaorchestra.org

Music Celebrations International Presents 2020 John Philip Sousa Band Festival at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

Sturgill Simpson: A Good Look'n Tour with Special Guest Tyler Childers at The Anthem, D.C. 6 p.m. theanthemdc.com

Dashboard Confessional: 20 Year Celebration at 9:30 Club, D.C. 7 p.m. 930.com

SPORTS

Washington Wizards vs. Oklahoma City Thunder at Capital One Arena, D.C. 5 p.m. nba.com

Fly Girls: Women Aviators in WWII at Severna Park Community Library, Severna Park. 7 p.m. [F]

PERFORMING ARTS

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Chester River Youth Choir Practice at The Garfield Center for the Arts at the Prince Theatre, Chestertown. 4:15 p.m. garfieldcenter.org

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m.

Devin Townsend: Empath Vol. 1 North American Tour at Rams Head Live!, Baltimore. 7 p.m.

SPORTS

Washington Capitals vs. Edmonton Oilers at Capital One Arena, D.C. 7 p.m. nhl.com

Orioles Spring Training vs. Phillies at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Tuesday

17

SPECIAL EVENTS

City of Annapolis: Maritime Advisory Board Meeting at Pip Moyer Recreation Center, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

Larry Lay's 25th year Anniversary at Middleton Tavern, Annapolis. 9 p.m. 410-975-9334.

Women's Rights...The Struggle for the Vote at Maryland City at Russett Community Library, Laurel. 7 p.m. aacpl.librarycalendar.com [F]

Women's Rights...The Struggle for the Vote at Odenton Library, Odenton. 1 p.m. aacpl.librarycalendar.com [F]

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

The Band's Visit at The Hippodrome Theatre, Baltimore. 8 p.m. france-merrick.pac.com

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

We Came as Romans: To Plant a Seed 10 Year Anniversary Tour at Rams Head Live!, Baltimore. 8 p.m.

SPORTS

Orioles Spring Training vs. Nationals at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Orioles Spring Training vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:05 p.m.

Wednesday

18

SPECIAL EVENTS

City of Annapolis: Finance Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 10:30 a.m. 410-263-7997. annapolis.gov

City of Annapolis: Environmental Matters Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. 410-263-7997. annapolis.gov

Archaeology Lab Open House at Anne Arundel County Archaeology Lab, Annapolis. 9 a.m. historiolondontown.org

Postpartum Fitness at Anne Arundel Medical Center Sajak Pavilion, Annapolis. 6:30 p.m.

Writers Block Workshop at Maryland Hall for the Creative Arts, Annapolis. 7 p.m.

The Bachelor Live On Stage at Modell Performing Arts Center at the Lyric, Baltimore. 7:30 p.m. modell-lyric.com

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

The Band's Visit at The Hippodrome Theatre, Baltimore. (See 3/17)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

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

Blood Orange at Lincoln Theatre, D.C. 6:30 p.m. thelincoldc.com

ZZ Ward at 9:30 Club, D.C. 7 p.m. 930.com

Billie Eilish - Where Do We Go? at Capital One Arena, D.C. 7:30 p.m.

Hippie Sabotage: Direction of Dreams Tour w. ilo ilo at Fillmore Silver Spring, Silver Spring. 8:30 p.m. fillmoresilver-spring.com

SPORTS

Navy Women's Lacrosse vs Mount St. Mary's at Navy-Marine Corps Memorial Stadium, Annapolis. 5 p.m.

Thursday

19

SPECIAL EVENTS

City of Annapolis: City Council Work Session at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. 410-263-7997 x7745. annapolis.gov

Conversations on Leadership with Griff Hall - Save the Date at TBD, Annapolis. 8 a.m. 410-571-9798. leadershipaaa.org

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

Adam Sandler at Live! Casino & Hotel, Hanover. 8 p.m.

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

The Band's Visit at The Hippodrome Theatre, Baltimore. (See 3/17)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

10,000 Maniacs at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshtheadonstage.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 7:30 p.m. kennedy-center.org

Ray Chen Performs Shostakovich at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

Best Coast at 9:30 Club, D.C. 7 p.m. 930.com

Friday

20

SPECIAL EVENTS

Annapolis Mothers of Multiples Purse Bingo at The Severna Park Elks, Severna Park. 6 p.m. 410-279-9274. [C]

Scotch and Cigars Dinner at Pusser's at Pusser's Caribbean Grille, Annapolis. 6:30 p.m. 410-626-0004. pussersannapolis.com

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

Masterworks 4 at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. marylandhall.org

Krendl Magic Dinner & Show at Wicomico Youth & Civic Center, Salisbury. 5:30 p.m. 410-548-4911. wicomicociviccenter.org [F]

PERFORMING ARTS

Play Club: Queen's Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. 10:15 a.m. everymantheatre.org

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Furthermore, Also, Too at Theatre Project, Baltimore. 8 p.m. theatreproject.org

The Band's Visit at The Hippodrome Theatre, Baltimore. (See 3/17)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. 8 p.m. churchhilltheatre.org

MUSIC

USNA Pipes and Drums Spring Concert at Mahan Hall, United States Naval Academy. 7 p.m. 410-293-8497. navyperforms.showare.com

Robert DiLutis, clarinet at Annapolis Symphony, Annapolis. 8 p.m.

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. hideaway-odenton.com

Railroad Earth at 9:30 Club, D.C. 7 p.m. 930.com

Sunday

15

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

2020 B&A Marathon and Half Marathon at Severna Park High School, Severna Park. 7:30 a.m. annapolisstriders.org

King Kong at Regal at Waugh Chapel, Gambrells. 1 & 4 p.m. fathomevents.com/categories/classics

PERFORMING ARTS

Susannah at Maryland Hall for the Creative Arts, Annapolis. (See 3/13)

The Book of Days at The Colonial Players, Annapolis. (See 3/1)

Sebastian Maniscalco: you Bother Me at Modell Performing Arts Center at the Lyric, Baltimore. (See 3/14)

Monday

16

SPECIAL EVENTS

City of Annapolis: Audit Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 8 a.m. 410-263-7997. annapolis.gov

City of Annapolis: Housing and Human Welfare Committee Meeting at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. 410-263-7997. annapolis.gov

City of Annapolis: Public Safety Committee at Annapolis City Council Chambers, City Hall, Annapolis. 3 p.m. annapolis.gov

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

Circa Survive at Rams Head Live!, Baltimore. 7:30 p.m.

SPORTS

Maryland Black Bears vs Wilkes-Barre/Scranton Knights at Piney Orchard Ice Arena, Odenton. 7 p.m.

Washington Capitals vs. Ottawa Senators at Capital One Arena, D.C. 7 p.m. nhl.com

Saturday

21

SPECIAL EVENTS

Annapolis Oyster Roast & Sock Burning at Annapolis Maritime Museum, Annapolis. 4 p.m. amaritime.org

Postpartum Fitness at Anne Arundel Medical Center Clatanoft Pavilion, Rotary Room, Annapolis. 9 a.m.

Cyrano of the Suffragists -- A Living History Performance of Elizabeth Cady Stanton at Eastport-Annapolis Neck Community Library, Annapolis. 2 p.m.

GiGi's Playhouse "Seas" the Day Gals at Annapolis Marriott Waterfront Hotel, Annapolis. 6 p.m. 410-517-7474. gijisplayhouse.org [C]

Masterworks 4 at Maryland Hall for the Creative Arts, Annapolis. 8 p.m. maryland-hall.org

Harlem Globetrotters - Pushing the Limits at Capital One Arena, D.C. 1 p.m. [F]

Cultural Capital: Environmental Film Festival at National Museum of Women in the Arts, D.C. 1 p.m. 202-783-5000. nmwa.org

Glen Burnie High School Spring Craft Fair at Glen Burnie High School, Glen Burnie. 9 a.m. 4109034337. ghbsmusic.org/craftfairs.htm

Chart Navigation at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

Clara Barton: Red Cross Angel at Severn Community Library, Severn. 11 a.m. aacpl.librarycalendar.com [F]

PERFORMING ARTS

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

The Band's Visit at The Hippodrome Theatre, Baltimore. (See 3/17)

Furthermore, Also, Too at Theatre Project, Baltimore. (See 3/20)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

MUSIC

The Idles of March Featuring Jim Peterik at Rams Head On Stage, Annapolis. 8 p.m. ramshheadonstage.com

Robert Dilutis, clarinet at Annapolis Symphony, Annapolis. 8 p.m.

Pretty Big Deal Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. riverbayroadhouse.com

Washington National Opera: Samson and Delilah at The John F. Kennedy Center for the Performing Arts, D.C. 7 p.m.

Off the Cuff: Shostakovich Violin Concerto at Joseph Meyerhoff Symphony Hall, Baltimore. 7 p.m.

Millennium Tour at Royal Farms Arena, Baltimore. 8 p.m. royalfarmsarena.com

Jordan Davis at Rams Head Live!, Baltimore. 8 p.m.

Walter Trout at Rams Head On Stage, Annapolis. 12 p.m. ramshheadonstage.com

Music Box: Celebrate Springtime at Joseph Meyerhoff Symphony Hall, Baltimore. 10 a.m. & 11:30 a.m.

SPORTS

Navy Men's Lacrosse vs Holy Cross at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Wilkes-Barre/Scranton Knights at Piney Orchard Ice Arena, Odenton. 7 p.m.

Washington Wizards vs. Milwaukee Bucks at Capital One Arena, D.C. 7 p.m. nba.com

Sunday

22

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

ArtFest at Maryland Hall for the Creative Arts, Annapolis. 1 p.m. marylandhall.org

The Bachelor Live on Stage at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. mgmnationalharbor.com

The Eastern Shore Bridal Show at Kent Island Yacht Club, Chester. 1 p.m. shorebridalupdate.com

Chart Navigation at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-4980. cbmm.org

The Artrageous Experience at Todd Performing Arts Center, Chesapeake College, Wye Mills. 2 p.m. 410-827-5867. chesapeake.edu

PERFORMING ARTS

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

The Band's Visit at The Hippodrome Theatre, Baltimore. (See 3/17)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

MUSIC

The Fifth Dimension at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

Washington National Opera: Don Giovanni at The John F. Kennedy Center for the Performing Arts, D.C. 2 p.m. kennedy-center.org

SPORTS

Orioles Spring Training vs. Phillies at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Monday

23

SPECIAL EVENTS

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

PERFORMING ARTS

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

SPORTS

Orioles Spring Training vs. Mets at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Washington Wizards vs. Boston Celtics at Capital One Arena, D.C. 7 p.m. nba.com

Tuesday

24

SPECIAL EVENTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Al Di Meola VIP Meet and Greet at Rams Head On Stage, Annapolis. 5:30 p.m. ramshheadonstage.com

Al Di Meola - Across the Universe: Legacy and Record Release Tour at Rams Head On Stage, Annapolis. 8:30 p.m. ramshheadonstage.com

David - A Good Time Tour at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

SPORTS

Washington Capitals vs. St. Louis Blues at Capital One Arena, D.C. 7 p.m. nhl.com

Wednesday

25

SPECIAL EVENTS

Do We Really Need the Rain? at Tawes Garden, Annapolis. 11 a.m. tawesgarden.org

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Charles Esten at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

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

Shenson Chamer Music Concert: McDermott Trio with Paul Neubauer at National Museum of Women in the Arts, D.C. 7:30 p.m. 202-783-5000. nmwa.org

SPORTS

Navy Women's Lacrosse vs Lafayette at Navy-Marine Corps Memorial Stadium, Annapolis. 6 p.m.

Washington Wizards vs. Phoenix Suns at Capital One Arena, D.C. 7 p.m. nba.com

Thursday

26

SPECIAL EVENTS

City of Annapolis: Commission on Aging at Annapolis City Council Chambers, City Hall, Annapolis. 11 a.m.

Annapolis Film Festival at Maryland Hall, Annapolis. annapolisfilmfestival.com

Play Group: Creek Critters at Chesapeake Children's Museum, Annapolis. (See 3/5)

Taste of Crofton 2020 at Knights of Columbus, Bowie. 6 p.m.

PERFORMING ARTS

Play Club: Cry it Out at Everyman Theatre, Baltimore. 10:15 a.m. everymantheatre.org

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

Abbarama (tribute) at Rams Head On Stage, Annapolis. 8 p.m. ramshheadonstage.com

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Caribou at 9:30 Club, D.C. 6 p.m. 930.com

SPORTS

Orioles vs. Yankees Home Opener at Oriole Park at Camden Yards, Baltimore. 3:05 p.m.

Washington Capitals vs. New York Rangers at Capital One Arena, D.C. 7 p.m. nhl.com

Friday

27

SPECIAL EVENTS

LAA 101 at TBD, Annapolis. 8:30 a.m. 410-571-9798. leadershipaa.org

Art and Story Time at Chesapeake Children's Museum, Annapolis. (See 3/6)

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

STING in the Last Ship at The National Theatre, D.C. 8 p.m. thenationaldc.com

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

Keven Pollock Live Music at Riverbay Roadhouse, Annapolis. 9 p.m. 410 757-2919. riverbayroadhouse.com

Hollywood Nights - A True Bob Seger Experience at Rams Head On Stage, Annapolis. 8 p.m. 410-268-4545. ramshheadonstage.com

Exhibitions

Annapolis

From Our Living Room to Yours The Leroy E. Hoffberger School of Painting

Maryland Hall for the Creative Arts; March 5 through May 1, 2020; Free; Marylandhall.org; 410-263-5544 The Leroy E. Hoffberger School of Painting has made a permanent name for itself in the world of contemporary art and education as one of the nation's top painting programs because of its community structure, unique specialized curriculum, and in-depth visiting artist and critic relationships. Maryland Hall for the Creative Arts is proud to showcase these eight talented Hoffberger painters uniting under the strong and unique vocabulary that the school is known for. Each painting provides a glimpse into a world constructed by the artist where their mind lives and wanders, asking questions through their individual painting modalities. As a collective whole, these paintings have been given life on the same studio floor and have been in conversation between thin walls.

American Indian Art from the Fenimore Art Museum: The Thaw Collection

The Mitchell Gallery, St. John's College; March 7 through April 26, 2020; Sjc.edu; 410-263-2371 The aesthetic traditions of North America's native peoples are represented through sculptures, paintings, drawings, basketry, textiles, ceramics and other media. The 40 works on view provide insight into the artistry of these spiritual and utilitarian objects. Featured in this exhibition is a mid-13th century Busycon conch shell gorget elegantly carved by a Caddoan sculptor. Also, on view, is a late-19th century war record painted on animal hide by two Lakota artists, and a split buffalo horn Blackfeet headdress embellished with ermine fur, porcupine quills, glass beads, silk ribbon, cotton binding, and other fibers.

Vantage Point: Paintings by Sally Davies

Maryland Hall for the Creative Arts; Through March 22nd, 2020; Free; marylandhall.org; 410-263-5544 Sally Davies paints the human figure from dramatic vantage points and plays with light and shadows to create a strong emotional impact, drawing the viewer into the unfolding narrative. Like the 19th

century French Impressionists, she captures moments in time; a commuter biking home, a mother and child crossing a busy street, a skateboarder doing kick-flips, or ballet dancers rehearsing. With minimal architectural details, she leaves a mystery for the individual viewer to infer a sense of place and feel a common bond of humanity.

Baltimore

Lines of Sight: Signs and Signals B&O Railroad Museum; Through March 15th, 2020; Borail.org; 410-752-2490 The B&O's newest temporary exhibit, *Lines of Sight*, explores the aesthetics and design choices of the railroad industry's most iconic signs and signals. This unique collection, comprised of both American and international railroad signs as well as authentic railroad safety signals, features fresh, inventive visual arrangements and engaging hands-on learning opportunities for the whole family to enjoy. Try your hand at recreating the flag signals of the railroad, or simply soak in the sights of railroading's most memorable signs and signals.

Adorned: African Women and the Art of Identity

Baltimore Museum of Art; Through June 19th, 2020; Free; artbma.org; 443-573-1700 This exhibition brings together two dozen works from the BMA's collection to demonstrate the critical role of women in shaping and maintaining social identities across 20th-century Africa. These vibrant works served as visual signifiers of age, marital status, ethnic identity, economic achievement, and political authority.

Free-Form: 20th-Century Studio Craft

Baltimore Museum of Art; Through June 7th, 2020; Free; artbma.org; 443-573-1700 This exhibition presents a selection of embroidery, ceramics, and jewelry by innovative American artists who shifted away from the functional aspect of craft towards an avant-garde engagement with abstraction and expression

Men's and Women's Glee Clubs Spring "Home" Concert at US Naval Academy - Main Chapel, Annapolis. 7 p.m. 410-293-8497. navyperformers.showare.com

Friday Night Karaoke at The Hideaway, Odenton. 9 p.m. 410-874-7300. hideaway-odenton.com

James McMurtry at Avalon Theatre, Easton. 8 p.m. avalonfoundation.org

Lil Mosey - Certified Hitmaker North American Tour 2020 at Fillmore Silver Spring, Silver Spring. 8p.m. fillmoresilver-spring.com

SPORTS

Maryland Black Bears vs Northeast Generals at Piney Orchard Ice Arena, Odenton. 7 p.m.

Saturday

28

SPECIAL EVENTS

The Clutter Solution Workshop at Calvary United Methodist Church, Annapolis. 9 a.m. 410-507-7924. The-ClutterSolution.com

Neighborhood Leadership Academy - Session 3 at TBD, Annapolis. 10 a.m. 410-571-9798. leadershippa.org/events/event_list.asp

Comedy Show at Riverbay Roadhouse, Annapolis. 6 p.m. 410-757-2919. riverbayroadhouse.com

City of Annapolis: Port Wardens Meetings at Annapolis City Council Chambers, City Hall, Annapolis. 7 p.m.

Baltimore Heart Ball at The Hippodrome Theatre, Baltimore. 12 a.m. ahaltimore.org [C]

Delaware Restoration: Sawn & Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

STING in the Last Ship at The National Theatre, D.C. (See 3/27)

Queens Girl: Black in the Green Mountains at Everyman Theatre, Baltimore. (See 3/3)

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

In the Company of... Moving Dialogues Part II at Theatre Project, Baltimore. 7 p.m. theatreproject.org

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Kat Edmonson at Rams Head On Stage, Annapolis. 8 p.m. ramshendonstage.com

Thundercat at Fillmore Silver Spring, Silver Spring. 8 p.m. fillmoresilver-spring.com

Iliza: The Forever Tour at Live! Casino & Hotel, Hanover. 8 p.m.

Young People's Concert: Peter and the Wolf at Jim Rouse Theatre, Columbia. 10:30 a.m. & 1 p.m. 410-465-8777. columbiatorchestra.org

Chamber Concert Three: Beethoven and Beyond at Christ Episcopal Church, Columbia. 1 p.m. 410-465-8777. columbiatorchestra.org

Bruno Major at 9:30 Club, D.C. 10 p.m. 930.com

Music box: Celebrate Springtime at AMP by Strathmore, North Bethesda. 10 & 11:30 a.m.

Soccer Mommy at 9:30 Club, D.C. 6 p.m. 930.com

Caamp at Rams Head Live!, Baltimore. 8 p.m.

Mozart and Mendelssohn at Joseph Meyerhoff Symphony Hall, Baltimore. 8 p.m.

SPORTS

Navy Women's Lacrosse vs Colgate at Navy-Marine Corps Memorial Stadium, Annapolis. 12 p.m.

Maryland Black Bears vs Northeast Generals at Piney Orchard Ice Arena, Odenton. 7 p.m.

Orioles vs. Yankees at Oriole Park at Camden Yards, Baltimore. 4:05 p.m.

Washington Wizards vs. Los Angeles Lakers at Capital One Arena, D.C. 8 p.m. nba.com

Sunday

29

SPECIAL EVENTS

Anne Arundel County Farmer's Market at Anne Arundel County Farmers' Market, Annapolis. (See 3/1)

Delaware Restoration: Sawed Bent Frames at Chesapeake Bay Maritime Museum, Saint Michaels. 10 a.m. 410-745-2916. cbmm.org

PERFORMING ARTS

The 39 Steps at Annapolis Shakespeare Company, Annapolis. (See 3/1)

Philadelphia Story at Church Hill Theatre, Church Hill. (See 3/20)

STING in the Last Ship at The National Theatre, D.C. (3/27)

The Complete Works of William Shakespeare, Abridged at Chesapeake Shakespeare Company, Baltimore. (See 3/6)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

Celia and Fidel at Arena Stage, D.C. (See 3/1)

MUSIC

Maysa: 25th Anniversary of First Studio Album at Rams Head On Stage, Annapolis. 5:30 & 8:30 p.m. rams-headonstage.com

Charlie Wilson at MGM National Harbor, Oxon Hill. 8 p.m. 844-346-4664. mgmnationalharbor.com

Hiplet at Joseph Meyerhoff Symphony Hall, Baltimore. 3 p.m.

Polica at 9:30 Club, D.C. 7 p.m. 930.com

Mozart and Mendelssohn at Strathmore, North Bethesda. 3 p.m.

SPORTS

Orioles vs. Yankees at Oriole Park at Camden Yards, Baltimore. 1:05 p.m.

Monday

30

SPECIAL EVENTS

City of Annapolis: Citizen Fingerprinting at Annapolis Police Department, Annapolis. 6:30 p.m. 410-268-9000. annapolis.gov

Play Group: Babies and Toddlers at Chesapeake Children's Museum, Annapolis. (See 3/2)

PERFORMING ARTS

Berta, Berta at Everyman Theatre, Baltimore. (See 3/5)

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

MUSIC

Third Eye Blind at 9:30 Club, D.C. 7 p.m. 930.com

SPORTS

Orioles vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:35 p.m.

Tuesday

31

SPECIAL EVENTS

City of Annapolis: Art in Public Places Commission Meeting at Pip Moyer Recreation Center, Annapolis. 7 p.m. 410-263-7997. annapolis.gov

PERFORMING ARTS

Celia and Fidel at Arena Stage, D.C. (See 3/1)

Cry It Out at Everyman Theatre, Baltimore. 7:30 p.m. everymantheatre.org

Shear Madness at The John F. Kennedy Center for the Performing Arts, D.C. (See 3/1)

STING in the Last Ship at The National Theatre, D.C. (3/27)

MUSIC

In This Moment & Black Veil Brides w. Special Guests DED & Raven Black at Fillmore Silver Spring, Silver Spring. 6:30 p.m. fillmoresilverpring.com

SPORTS

Orioles vs. Red Sox at Oriole Park at Camden Yards, Baltimore. 6:35 p.m.

Washington Capitals vs. Toronto Maple Leafs at Capital One Arena, D.C. 7 p.m. nhl.com

REMEDY GREEN

MARYLAND MEDICAL CANNABIS CERTIFICATION

WHY REMEDY GREEN?

- Experienced, trusted nurse practitioners
- In-home medical cannabis consultations for qualifying patients

www.remedygreen.net or call 410-774-5189 to schedule an appointment

We come to you!

Wolf Tax Advisory LLC

A FULL-SERVICE TAX AND FINANCIAL ADVISORY FIRM SERVING BOTH BUSINESS AND INDIVIDUAL CLIENTS

FREE CONSULTATIONS

TO GET STARTED, CONTACT BRANDON AT BRANDON.WOLF@WOLFTAXADVISORY.COM

ANNAPOLIS | 410-353-7860 | WOLFTAXADVISORY.COM

YOGAVIBEZ

WATER FRONT STUDIO AT PIER 7 MARINA | BEGINNERS TO ADVANCED YOGA CLASSES | FREE PARKING

At YogaVibeZ Edgewater we offer a space that was born out of respect, non judgement, and forgiveness of oneself. Our belief is that yoga should be accessible to everyone, and our goal is to build a strong yoga community. We are committed to offering a calm and inviting environment that encourages freedom of exploration and self discovery. Together we can create and spread good vibes.

FIRST CLASS IS ALWAYS FREE!

For classes and events, go to yogavibezedgewater.com

ANNAPOLIS
BEST YOGA STUDIO

48 SOUTH RIVER RD. S EDGEWATER, MD | 443-865-3109 | YOGAVIBEZEDGEWATER.COM

FIND MORE EVENTS AT WHATSUPMAG.COM/CALENDAR

**Shop Local.
Buy Local.**

RESERVE YOUR SPACE TODAY

Contact Ashley Raymond at 410-266-6287 x1115 or araymond@whatsupmag.com

EXPERIENCE THE JOY

of backyard bird feeding at Wild Birds Unlimited Nature Shop



- Certified bird feeding experts
- Premium bird seed
- Feeders with lifetime warranties
- Exclusive advanced pole system
- Nature themed gifts & educational events

20% OFF
one item with this ad

 Wild Birds Unlimited Nature Shop

The Village at Waugh Chapel
1304 Main Chapel Way
Gambrills, MD 21054
410-451-6876
www.wbu.com/gambrills

Visit Us or Shop Online: MyWBU.com/Gambrills

*We don't believe in luck,
but we do believe in chance.*

MATHNASIUM
The Math Learning Center

Mathnasium of Annapolis
www.mathnasium.com/annapolis

WE SCAN ANYTHING

UP TO 48 X 60

 Winsey Cove Framing & Fine Art Printing

410-956-7278
209 Chinquapin Round Rd, Suite 101 Annapolis



Conservation Framing • Maps • Shadowboxes • Diplomas
Giclee Printing • Photo Restoration • Photo to Canvas • Nautical Charts

Hours: M-F 10-6 & Sat 10-3 | Visit us online at www.marylandframing.com

RR Range & Reef

Providing live-fire grilling and specialty cooking services year round



Book Range & Reef for Your Next Event
(240) 476-7291
© www.rangeandreef.com

CHESAPEAKE BALLET COMPANY
Presents

Cinderella
MAY 16 & 17

1:00 & 4:00

For tickets visit www.chesapeakeballetcompany.com

PHOTOGRAPHY: Ana Fallon Photography, Aoba by Celine Simar

JACKIE'S DESIGN
HAIR & SKIN STUDIO

Voted Best Salon for Color, Brazilian Blow-out, Bridal Hairstyling, & Hair Extensions

Specializing in Balayage, Color Correction, Highlights, Brazilian Blowout, Trendy Cuts, Weddings, Airbrush Makeup, Facials, Peels, Lash Lift, Lash Extensions, Brow Shaping & more.

4 Annapolis Street | Annapolis, MD 21401
410.263.0777 | www.jackiesdesign.com

ANNAPOLIS PLUS

SEVERNA SPARK
AUTOMOTIVE

LET US SHOW YOU THE WAY!

FREE LOCAL SHUTTLE SERVICE

STRESS-FREE AUTO REPAIRS

MD State Inspections | Pre-Purchase Inspections
Computer Diagnostics, Tires and Full Service Repairs

Serving the community since 1960

499 Ritchie Hwy, Severna Park, MD 21146
410-647-8322 | severnasparkautomotive.com

Appointments Recommended

CHESAPEAKE CHEF SERVICE

Chef Kurt Peter

Chesapeake Chef Service is a full-service catering team that sources locally and seasonally to deliver an unforgettable experience. Chef Kurt and his team bring the cuisine of the Chesapeake Region to your table, artfully personalizing and executing each detail with excellence.

(410) 829-0307
www.chesapeakechefs.com
kurt@chesapeakechefs.com

CENTER FOR DERMATOLOGY & SKIN CARE OF MARYLAND

Medical, Surgical & Cosmetic Dermatology

Laser treatments • Sculptra™ • Radiesse® • Microdermabrasion • Botox™ • Dysport™
Restylane™ • Juvéderm™ • Vitalize Peel • Vi Peel • Illuminize Peel

We offer MOHS Micrographic Surgery



Acne • Warts • Skin Cancer • Hair Loss • Moles • Eczema • Poison Ivy • Psoriasis • Rosacea



Lisa C. Kates, M.D., FAAD
Board-certified Dermatologist
410.451.5500

FULL FACE MICRONEEDLING
\$299

Expires March 31, 2020. Maximum fee of \$2,000. Special pricing. Offer cannot be combined with other promotions or specials.



 Insurances accepted: blue cross/blue shield ppo, aetna ppo, tricare & medicare.  www.dermofmd.com • 2200 Defense Highway, Ste. 201 • Crofton, MD 21114

Bella Italia

Annapolis



A family Pizzeria - Restaurant

- Dinner Entrees
- Salads
- Subs
- Catering





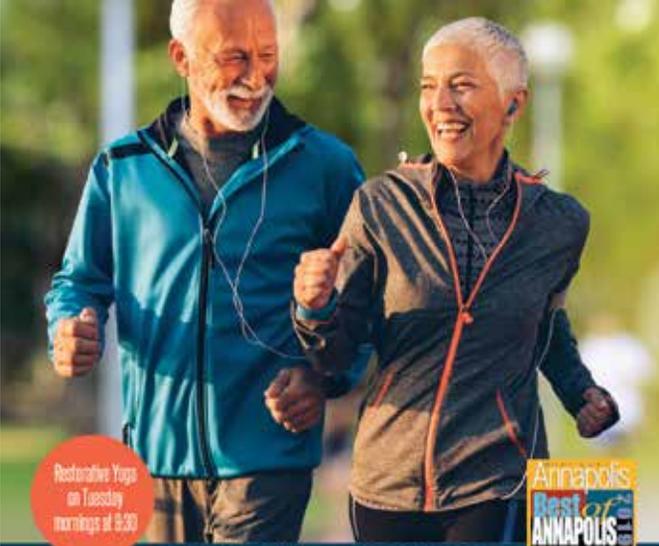
Eat-in or Carryout
410-216-6061
609-B Taylor Ave • Annapolis
bellaitaliamd.com

Monday Night Special
16" pizza
\$8.99 dine in or carryout
Coupon not required

Simply STRONGER

... a personal touch

YOGA, FITNESS AND MASSAGE STUDIO



Restorative Yoga on Tuesday mornings at 8:30



Debi McKibben 443-994-3513
 1610 West St., Ste. 204 • Annapolis • simplystronger204@gmail.com
www.simplystronger.com





DAVID E. WHITE'S

PLUMBING HEATING & REPAIR

For over 30 years we have been offering plumbing services and new construction to Annapolis, Baltimore and surrounding areas.

- Commercial & Residential
- Service & Repairs
- Water Heater Service
- Backflow Testing & Install
- Master Gas
- New Construction
- Bathroom Remodels
- Sewer & Drain Cleaning
- Camera Inspections
- Boiler Install & Repair

24 Hour Emergency Service

410-216-7132

davidwhiteplumbing.com

MGC MARYLAND GARAGE CONCEPTS

// IT'S TIME TO GET ORGANIZED

Monkey Bars AUTHORIZED DEALER

443-829-4959
www.MDGarageConcepts.com

Floor coatings • Cabinetry • Storage racks • We do it all!

Call us for a free consultation & 3D rendering to get started on your garage makeover

FINANCING AVAILABLE

EMERGENCY SERVICE
24 HOURS A DAY 7 DAYS A WEEK

Once upon a time, there was a *dirty stain.*

Now, it's just a *distant memory.*

HAPPILY. EVEN AFTER.

RAINBOW INTERNATIONAL RESTORATION
a neighborhood company

Water • Fire • Smoke • Mold

Proudly Serving Anne Arundel County for 30 years

410-757-8910

What's important to you?

Make your financial future a priority...

Women focused experienced advisor

Liz Verhelle Skibbie
 Financial Advisor

Edward Jones
 MAKING SENSE OF INVESTING

Clock Tower Place
 1410 Forest Drive - Suite 25
 Annapolis, MD 21401

443-949-7429
 liz.skibbie@edwardjones.com
 edwardjones.com/liz-skibbie

BRINGING THE FUTURE OF TREES TO AN OUTDATED INDUSTRY

410-647-TREE
www.myitree.com

Tree Removal & Trimming
 Stump Grinding • Lot Clearing
 24-hr Storm Damage • On Time Insured • Bonded • Free Estimates

Over 50 Years' Experience!
 Serving Anne Arundel, Howard & Surrounding Counties!

25% OFF Unlimited Services

With this coupon. Not valid with any other offers or prior services. Offer expires 2/7/20

iTree LLC
 WE WILL BEAT ANY LICENSED COMPETITOR'S WRITTEN PROPOSAL!
I Tree LLC
410-647-TREE

INTERNAL MEDICINE



Matthew J. Malta, M.D., M.P.H.



132 Holiday Ct.
Suite 201
Annapolis, MD 21401
410-573-2477
www.drmalta.com

Thank you for voting me the Best in Internal Medicine



OLD WORLD FLAVORS



Fresh Italian Kitchen

PIZZA | PASTAS | SALADS | DESSERTS | CATERING



ALL DAY DELIVERY

443-949-0608 | 150-F JENNIFER ROAD | ANNAPOLIS

www.pasticcioannapolis.com



Byzantium

A BANQUET & MEETING DESTINATION



WEDDINGS • EVENTS • CORPORATE EVENTS • TRADE SHOWS



2747 Riva Road • Annapolis, MD 21401
www.TheByzantium.org

TRIBE

INDOOR CYCLING
ANNAPOLIS

We are a boutique studio offering indoor cycling classes designed to tone and strengthen your body. We're more than just a place to sweat, we are a supportive community that strives to empower your journey towards fitness and a positive state of mind. Let's work each day to be our best selves. Let's ride!



890 BESTGATE RD WWW.TRIBECYCLE.COM



Where's Wilma?

FIND WILMA AND WIN!

Spring is finally on its way, and so are warmer temps and longer days! Get in the warm-weather spirit by reading "Happy Campers," which features some summer camp tips and nostalgic tales. Break out your favorite green outfit and follow Wilma over to the calendar to find a fun spot to celebrate St. Patrick's Day. Life becomes busy, so make sure you relax and take a breath of fresh air every once in a while!

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: Dave Short of Riva, who won a gift certificate to O'Leary's 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



Please Print Legibly

I FOUND _____ Advertiser _____
WILMA _____ Advertiser _____
ON PG. _____ Advertiser _____

Name _____
 Phone _____
 Address _____
 E-mail address _____

What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by March 31, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

A La Mode.....	149	HD Squared Architects LLC.....	WWLU
AAMC Foundation.....	44	Hoffman Animal Hospital.....	159
AAMG Medical Group-Plastic Surgery.....	BC	Homestead Gardens.....	137
About Smiles Dentistry.....	149	Hospice of the Chesapeake.....	40
Accurate Asphalt LLC.....	122	Indian Creek School (Upper Campus).....	75
Adrian Development.....	123	Innovative Family Dental Health.....	49
Alternative Pet Care.....	159	iTree Services.....	173
Annapolis Area Christian School.....	102, WWLU	Jackie's Design Studio.....	171
Annapolis Area Christian School Camps.....	101	Johnson Lumber Co.....	123
Annapolis Auto.....	34, 38	Julep Southern Kitchen.....	150
Annapolis Opera.....	53	Key School.....	6
Annapolis Painting Services.....	27	Leash Free Living.....	159
Annapolis Plastic Surgery.....	5	Lewnes' Steakhouse.....	155
Annapolis Recreation & Parks.....	101	Liff & Walsh LLC Attorneys at Law.....	82, LREP
Anne Arundel Gastroenterology Associates.....	149	Long & Foster-Mr. Waterfront Team.....	108
Anne Arundel Women Giving Together.....	54	Lundberg Builders / 314 Design Studio.....	129
Archbishop Spalding High School.....	74	Mairead M. O'Reilly.....	49
Atlantic Prime Mortgage.....	128	Malta Matthew Dr.MD.....	174
Ballet Theater of Maryland.....	165	Maryland Garage Concepts.....	173
Bay Village Assisted Living & Memory Care.....	1BC	Maryland Paint & Decorating.....	47
Bayside Pediatrics.....	75	Maryland Theatre For The Performing Arts.....	160
Baywoods of Annapolis.....	34	Maryland Therapeutic Riding.....	54
Bella Italia.....	172	Mathnasium.....	170
Betty Batty Hello Home of Compass-Real Estate.....	LREP	Mid Maryland Title Company.....	95
Blackwall Barn & Lodge.....	150	Mobile Pet Vet.....	159
Boatyard Bar & Grill.....	150	Nancy Hammond Editions.....	38
Boys' Latin School.....	74	Northrop Realty A Long & Foster Company.....	110
Bazzuto Homes.....	4	Pasticcio Fresh Italian Kitchen.....	174
Brothers Services Company.....	119	Perfect Pet Resort.....	159
Burrows Hill Foundation.....	43	Philbin & Reinheimer Orthodontics.....	24
Cabinet Discounters.....	22	Plastic Surgery Specialists.....	21
Catalina Pool Builders.....	127	ProMD Health.....	138
Catherine Purple Cherry Architects.....	8	Rainbow International Restoration.....	173
Center For Dermatology & Skin Care.....	172	Rams Head on Stage.....	17
Center for Eye & Laser Surgery/Adaro Medical Spa.....	15	Range & Reef.....	170
Cherry Family Dental.....	55	Remedy Green.....	169
Chesapeake Ballet Company.....	171	Saint John the Evangelist Catholic School.....	102
Chesapeake Chefs Service.....	171	Sandel Duggal Center For Plastic Surgery.....	3
Chesapeake Eye Care Management PC.....	18	Scott Finlay DDS & Associates.....	13
Chesapeake Financial Planning & Tax Services.....	WWLU	Scott Schuetter.....	118, LREP
Chesapeake Montessori.....	75	Severn Bank.....	62
Christina Palmer.....	80, LREP	Severn School.....	73, WWLU
Church Circle Title & Escrow.....	53	Severna Park Automotive.....	171
Ciminelli's Landscape Services Inc.....	128	Sidewinders Lacrosse.....	102
Code Ninjas.....	74	Simply Stronger.....	172
Coldwell Banker-Travis Gray.....	LREP	Skin Wellness MD.....	37
Compass Stone & Tile Studio.....	122	Sotheby'S International Realty-Shane Hall.....	135
David E. White Plumbing.....	172	St. Martin's Lutheran School.....	55
David Orso.....	LREP	Studio 180 Dance.....	101
Diane and Crew of Taylor Properties.....	121	Sullivan Surgery and Spa.....	1FC
Discover Easton.....	32	The Byzantium Event Center.....	174
Djowdan Center for Implant and Restorative Dentistry.....	1	The Jaklitsch Law Group.....	11
Dr. Henrik L. Anderson.....	2	The Summit School.....	74
Drs. Walzer Sullivan & Hlousek PA.....	9	The United Group of Companies Inc.....	117
Edward Jones.....	173	The Wellness House.....	41
Ehmann Kathryn DDS.....	28	Timberlake Design Build.....	45, LREP
Engel & Volkers.....	LREP	Tribe Cycle.....	174
Erica Baker-TTRSIR Real Estate Agent.....	LREP	TTR Sotheby's Annapolis.....	31, LREP
Esposito Meridith DDS.....	10	USA Kitchen Expo Annapolis LLC.....	129
Essex Bank.....	7	Wild Birds Unlimited.....	170
Fichtner Services.....	133	Winsley Cave Framing & Fine Art Framing.....	170
Fishpaws.....	55	Wolf Tax Advisory.....	169
Friends of the Lighthouse.....	158	YogaVibez Edgewater.....	169
Hague Quality Water.....	128	YWCA of Annapolis & Anne Arundel County.....	33

Hedy Lamarr Syndrome & the Forgotten Genius of Women

By Ellen Moyer

The Hedy Lamar Syndrome—beauty saved her from the Holocaust, her intelligence was ignored. Walt Longmire, the fictional, tough Wyoming sheriff created by author Craig Johnson, reflects in one of his stories “how it is women’s lot to be dismissed by men.”

The case of Hedy Lamarr is a point in fact. If you remember Hedy Lamarr at all, it’s as an American movie star in the mid-1900s and a world-beauty glamour icon who sold millions of dollars of war-bonds to a loving public during World War II. But, Lamarr also was an inventor. Your Wi-Fi and cellphone are the result of Lamarr’s groundbreaking invention. Who knew? In 2014, she was posthumously inducted into the National Inventors Hall of Fame for “frequency hopping spread spectrum technology,” patented in 1942 under her married name Hedy Kiesler Markey.

Hedy Kiesler was born in Austria to a fairly wealthy Jewish family. An only child, she was fascinated with theater and acting. Having performed on stage and in film from age 16, eventually she was cast as the lead in a movie called *Ecstasy* that was both an award-winning artistic film and banned in Germany and the United States for being much too risqué.

However, her beauty was noticed by one of the richest men in Austria, Friedrich Mandl—an arms merchant and munitions manufacturer. He became obsessed with Hedy, showering her with flowers after every stage performance of *Sissy*, an award-winning play about Empress Elisabeth.

The interest finally culminated in marriage 1933 (she was 18-year-old). A patron of Mussolini and Hitler, Mandl required Hedy to convert to Catholicism before the marriage and give up the stage—he then proceeded to control her life. She was his arm-candy hostess at dinner parties and accompanied him on business trips that also exposed her to

conversations about munitions. Preventing torpedoes from being jammed, in their mission to destroy the Navy ships of the British, was a regular topic of conversation.

After four years of a controlled and guarded lifestyle, she managed to escape to Paris and London, where she met Louis B. Mayer, who was recruiting for MGM. He signed her in 1937, changed her name to Hedy Lamarr, and promoted her as the “World’s most beautiful woman.” The rest is American theater history. In 1950, she starred as Delilah opposite Victor Mature in *Samson and Delilah*, an Academy Award-winner and the highest grossing film in 1950.

Throughout her career in Hollywood, she continued to pursue invention. She advised Howard Hughes to make his airplane more streamlined. He supported her ideas. When she asked to join the Inventors Club, she was advised to sell war-bonds instead. She did, her beauty and popularity attracting many sales. However, personally disturbed by the damage radio-controlled torpedoes were doing to allied shipping, she set about to find a way to jam torpedo frequency, thus diverting them from their trajectory. Working with pianist George Antheil, she was successful in designing a frequency hopping signal that could not be tracked. She took her invention to the U.S. Navy, who declined to use it or pay for it until reviving it sometime in the 1960s. It is the technological basis for Wi-Fi, Bluetooth, and the cell phone technology we use today.



Ellen’s Recommended Reading

1. *The Only Woman in the Room* by Marie Benedict
2. *Mothers of Invention: From the Bra to the Bomb: Forgotten Women & Their Unforgettable Ideas* by Ethlie Ann Vare and Greg Ptacek
3. *America’s Women* by Gail Collins

Until winning the right to vote in 1920, women were not welcome or expected to be adept in math and science. It wasn’t ladylike. Yet, it was women biologists who brought us penicillin and tetracycline, and a host of serums and vaccinations that save our lives. And women inventors that created artistic lighting for stage performances. And a woman that created the indigo industry in a financially faltering South Carolina economy. The stories of women’s contributions to our quality of life are all around us. But their names have vanished over time. To be invisible is to deny existence. Not to be forgotten?

What do you think and why?

Please email your thoughts to our Publisher and Editor at: Veronica@whatsupmag.com and Editor@whatsupmag.com.

OPENING LATE SPRING 2020!



BAY VILLAGE™
Assisted Living & Memory Care

A NEW HOME IS WAITING. *For Both of You.*

Welcome to Bay Village, Annapolis' state-of-the-art Assisted Living and Memory Care community. Our tranquil wooded setting offers the comforts and beauty of nature, while still convenient to shopping and downtown Annapolis. Staying true to the vision of Annapolis, Bay Village features vibrant social activities, spacious apartments, and the latest technology to enhance resident care.

And at Bay Village, your companion is always welcome.

To learn more, call 888.687.5440, visit integracare.com/bay-village or stop by our Sales Center at 947 Bay Ridge Road in Annapolis.



RESERVE YOUR APARTMENT TODAY WITH A REFUNDABLE DEPOSIT

There's
more to
me than
'mom'.



FIND YOUR WAY BACK TO YOU.

Call 443-273-5171 or visit askAAMC.org/cosmetic

 Anne Arundel
Medical Group
Plastic Surgery