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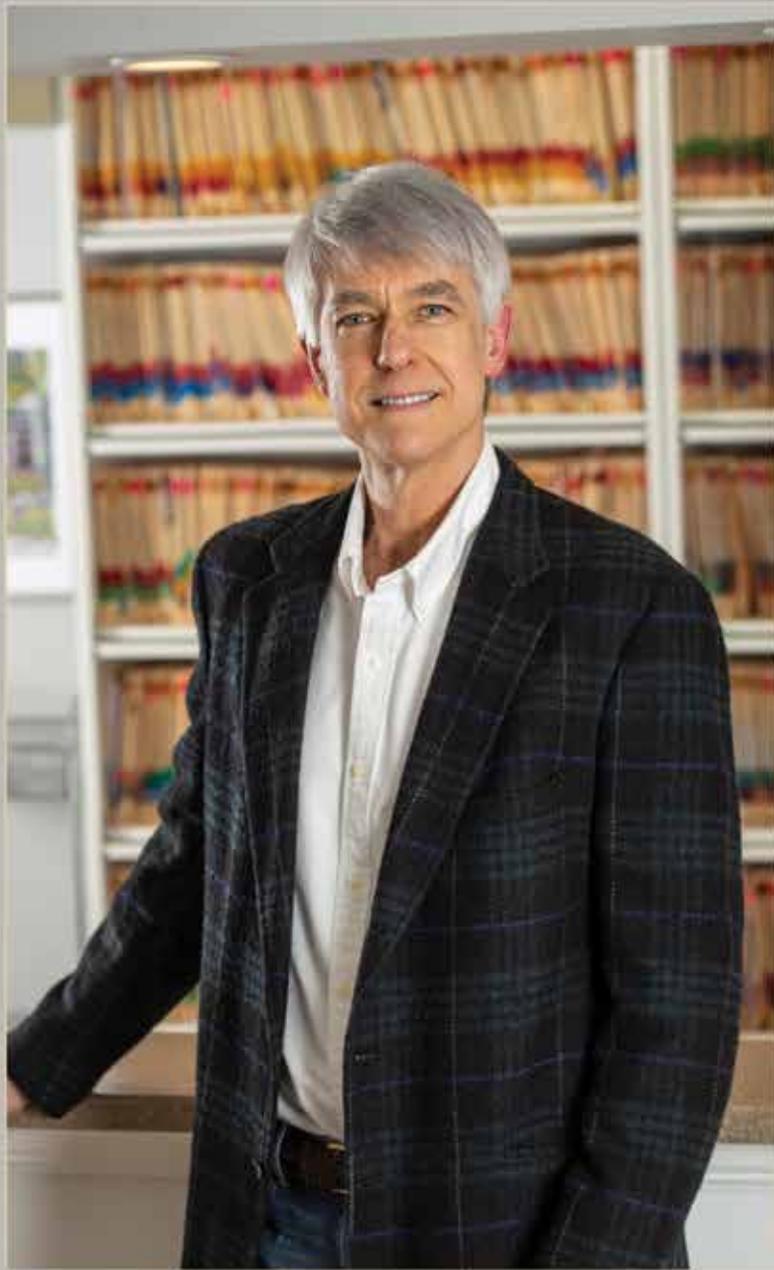
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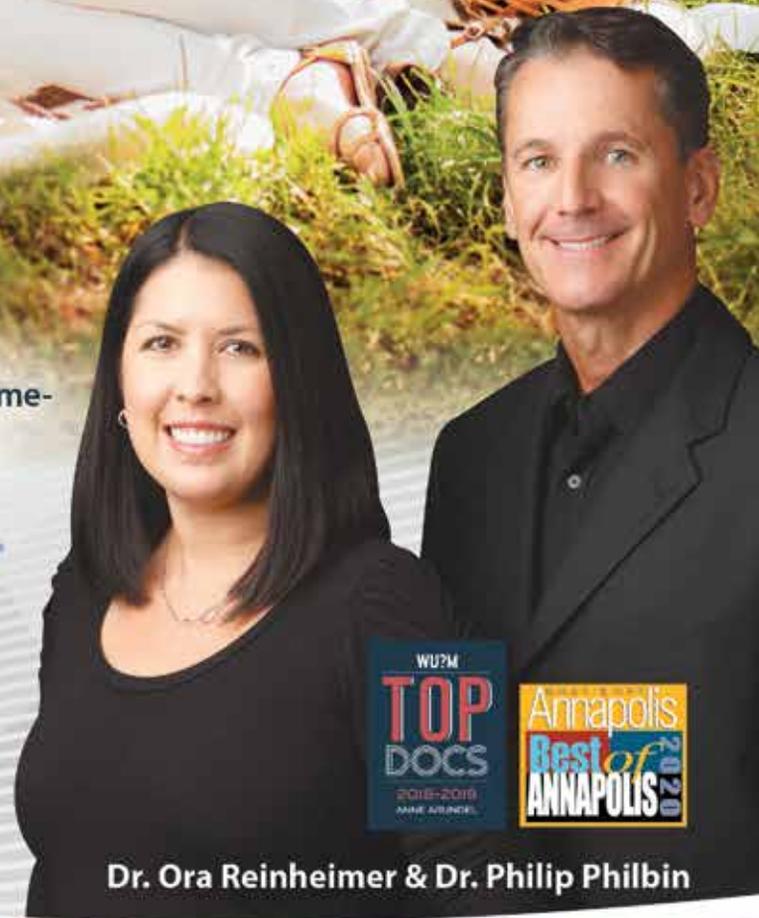
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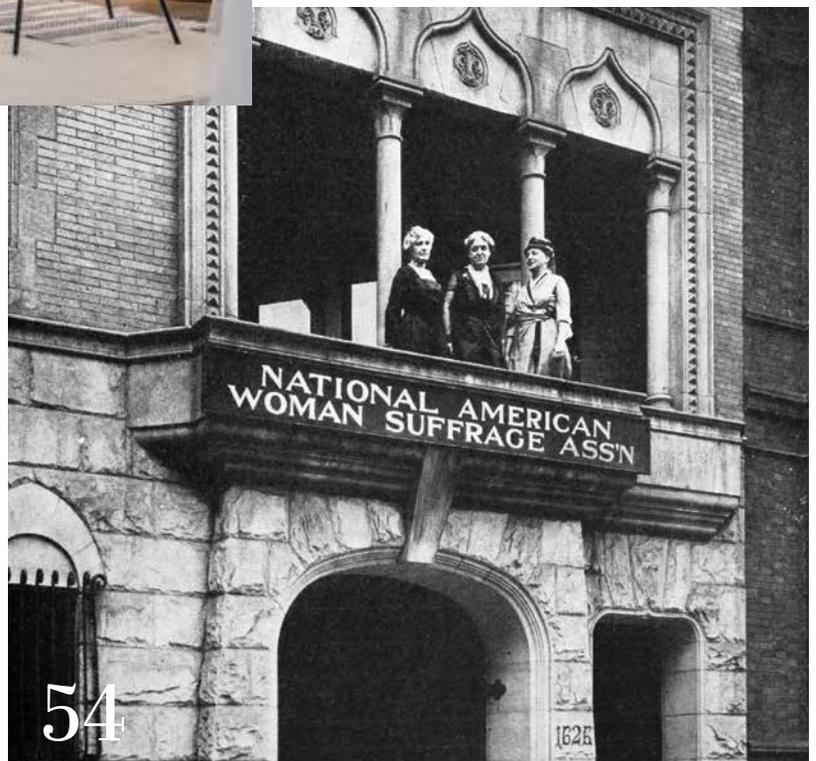
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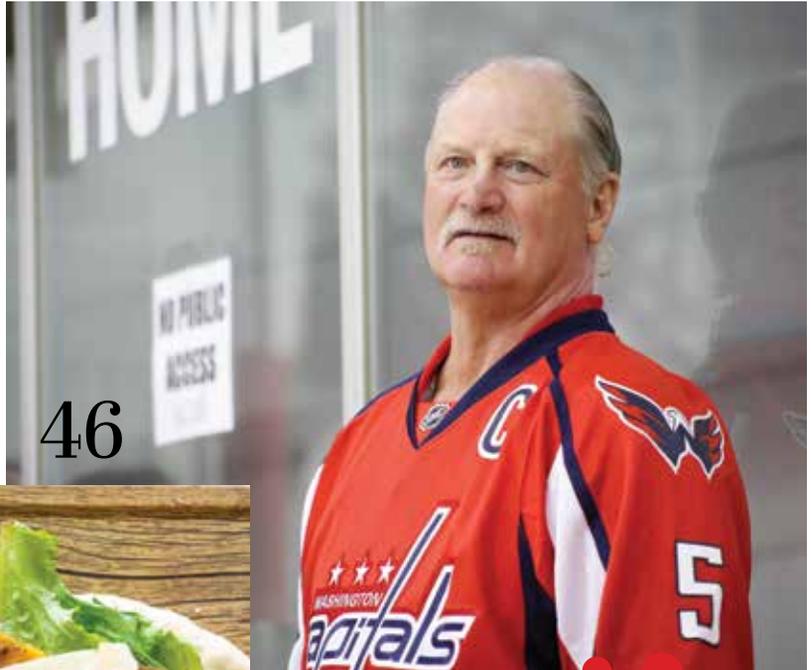
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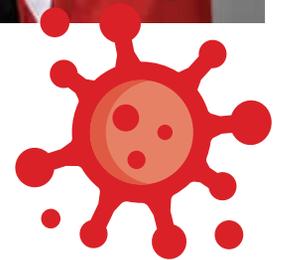
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EDITOR'S NOTE: April's event-related columns and the Calendar of Events have been removed from this issue due to the high-volume of cancellations related to the COVID-19 pandemic.



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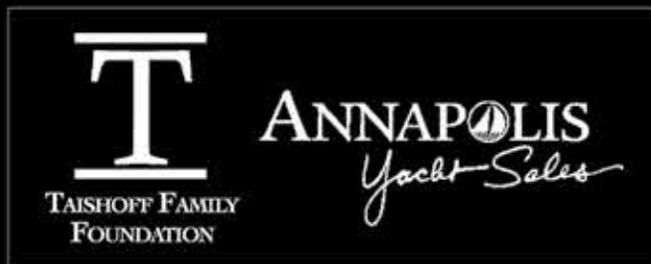
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editor *From the*

Interestingly, we also planned the feature article “Financial Spring Cleaning for 2020” into this issue, which is chock-full of advice from fiduciaries and tax professionals about investment strategy and tax law, with an eye on the future. I think you’ll find reassuring words to help weather what’s probably the beginning of a bear market.

If you’re yearning for anything sports, we did happen to catch up with Caps alum and NHL Hall of Famer Rod Langway, who reflects on his playing days and the team’s recent Stanley Cup championship. A fun read in lieu of live games. Our Year of the Woman celebration continues with an in-depth look at the suffrage movement’s sometimes fractured approach to political action 100 years ago. I think the lesson is that there’s no singular, one right way of doing things—it ultimately took a village to make progress. Health-wise and somewhat coincidentally, writer Kelsey Casselbury delivers a feature article, “A Battle with P.A.N.D.A.S.” about a bacterial infection and subsequent condition that’s every bit as scary (more so?) as the viral COVID-19. On this article’s heels is our first installment of 2020’s “Best Of” series, beginning with the Best of Medical, Dental, and Veterinary winners as chosen by you, our readership.

And what would be April without the year’s most recognized environmental event, Earth Day? As the spring season, well, springs up and greens our gardens and landscaping all around, we acknowledge Earth Day’s 50th anniversary with writer Frederick Schultz’s enlightening article “Interpreting Our Carbon Footprint Today.” It’s a read that will leave you thinking twice about your individual environmental imprint. The health of our planet is every bit as important as your own health and wellness. And if you think otherwise, then perhaps you didn’t notice a winter without snow or hear about a worldwide pandemic. Something is afoot...Mother Earth is saying something. What that is...is becoming increasingly apparent.

LIVE ON, BUT LIVE RESPONSIBLY.

James Houck,
Editorial Director

As I type this letter, I’m receiving update after update about COVID-19’s effect on our communities. All schools just announced a two-week closure; major events have postponed or cancelled altogether; my beloved Washington Capitals and the NHL have suspended games indefinitely; ditto for the NBA, MLB, and NCAA, among other sports leagues. The list grows hourly.

If you’re reading this, then certainly the worldwide pandemic and local situation have evolved. I sure as heck hope for the better.

So, as we entered our final week of production on this April issue, we knew that our approval of files and the content within would include dated information. Do we pull the plug? Of course not. We move forward. We adjust and adapt. We’re human. And we hope you understand that as a monthly publication, we can’t control every evolution of every detail that we cover—especially event-related and date-specific intel. We did decide to remove all pages of event-related content because most, if not all, local events in the month of April have been postponed or cancelled.

What we can control are the overarching messages and storylines that we present in our feature articles and many of the columns. Just before our deadline, and by design, we received our economics column written by Anirban Basu—he evaluates the impact of COVID-19 on our worldwide, national, and state economies. Maryland, it seems, just can’t catch a break in the first quarter. For three years running, our state has been hit with slowdown events (weather, Federal shutdown, and now this virus). There are several silver linings though, and Basu reveals them.

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1



2



3



5



6

Photography courtesy Governor's Office of Community Initiatives **1**. MCAAHC receiving a Governor's Citation honoring its 50th anniversary from Mr. Patrick Lally, Senior Executive Director of Governor's Coordinating Offices; Steve McAdams, Executive Director of Governor's Office of Community Initiatives (GOCI); and Winston Wilkinson, Chief of Staff of GOCI **2**. Honorable Chair of MCAAHC 50th Anniversary Kweisi Mfume, center, with Chanel Compton and Tamara Wilson **3**. Staff for MCAAHC and Banneker-Douglass Museum **4**. Winston Wilkinson, Chief of Staff of GOCI and Dr. Dale Glenwood Green, former chair of MCAAHC **5**. MCAAHC Chair Reverend Tamara Wilson presenting an award to Reverend Dr. Frances "Toni" Draper, Treasurer of the Board of Afro-American Newspapers **6**. Gala MC Reverend Tony Lee

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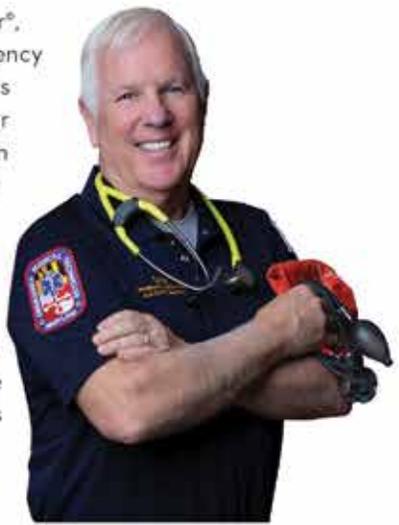


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TOWNE SOCIAL

Party for the Arts

On January 29, What's Up? Media and the Arts Council of Anne Arundel County held its quarterly Party for the Arts artist reception at the What's Up? Media gallery at 201 Defense Highway in Annapolis. The exhibition's theme is "Bright as Day, Dark as Night" and continues through the end of April. More than 100 guests enjoyed light fare and drinks, and perused the artwork, voting for Best in Show honors.

Photography by Stephen Buchanan **1**. Sharon and John O'Neill **2**. Phil Scrivener, Lucy Spiegel, and Brenda Collins **3**. Catherine Fuller and Karen DeGraffenreid **4**. Betty Pethel with her artwork **5**. Tony Spencer, Sunhee Kim Jung, and Jerray Slocum **6**. Debra Gorinan-Walker, Rebecca Tuck, and Dave West



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TOWNE SALUTE

Nina Fisher

Scenic Rivers Land Trust

By Tom Worgo

You could call Nina Fisher Scenic Rivers Land Trust’s most valuable volunteer. She easily deserves that moniker because of what she’s accomplished as the nonprofit organization’s board president over the past four years.

And even though the 62-year-old Fisher’s term as president is up this April, she plans to remain as committed as ever to Scenic Rivers and its mission of land conservation.

“I won’t be saying goodbye and disappearing,” the Annapolis resident says. “I will be involved. I think it’s so important to stay involved especially in the era of climate change. It will take a lot of effort to preserve our forests, which are critical. I will also be on some of the committees and certainly help out with our fundraising events.”

Fisher is modest by nature. She tends to deflect praise and insists that everything she has accomplished has actually been part of a team effort.

“I think it’s so important to stay involved especially in the era of climate change. It will take a lot of effort to preserve our forests, which are critical.”

“If you talk to her, she is pretty low key,” says Sarah Knebel, the organization’s executive director. “The amount of energy she’s put into Scenic Rivers has been amazing. You know from what she does that she deeply cares about promoting land conservation. Whenever she is at an event, she’s constantly talking to people about land conservation and what Scenic Rivers does.”

Knebel and her co-workers admire Fisher for her impressive professional background and expertise.

Fisher spent eight years as a senior scientist on projects under contract to the Environmental Protection Agency’s Chesapeake Bay Program, as well as other state and federal agencies involved in the bay’s restoration. She also worked as a science writer, editor, and college instructor.

She’s put all her experience to work for Scenic Rivers since joining the board in 2012. She spearheaded the two-year effort to get national accreditation, has been instrumental in planning the organization’s main fundraiser, recruiting sponsors, and writing, proofing, and editing just about every kind of document that comes into or goes out of Scenic Rivers.

“Before we had a communications person come on board last year, we needed a lot of help with design and the literature we put out,” Knebel says. “She was really great at proof reading. She has looked at a lot of different documents and really worked hard on them so we could put out some really quality stuff.”

Fisher, who holds a bachelors in geology and biology from Tufts University and has masters in environmental sciences from the University of Virginia, sees Scenic Rivers’ mission as vital.

“The pressure to develop land in the county is just so high,” she explains. “You could easily have developers dictating which areas end up being developed. For families that have owned land for generations, the financial incentives are just so strong. If someone comes along and offers them a million or two, it’s hard to turn that away. We come up with methods to preserve and protect the land.”

One of her most challenging projects was securing national accreditation. Getting approval for national accreditation through the Land Trust Accreditation Commission. That alone took countless hours and required the compilation of documentation to ensure that the organization’s processes and procedures met the commission’s standards.

“As president, she worked with me to make sure we had all the proper policies in place that were required, and she updated our current policies,” Knebel says. “She did a lot of work in writing

and editing all those materials, as well as changing nearly our entire record system from paper to digital. We reorganized all 50 files.”

Fisher adds, “It’s a significant accomplishment for a small land trust to be able to do that. That shows you are operating at the highest level of land trust alliance standards and practices.”

Fisher, a certified Master Watershed Steward and Master Naturalist, is a driving force in planning and coordinating the organization’s events. One of these is Walk for the Woods, an annual celebration in April. For this year’s event, families will get to explore in the permanently protected Bacon Ridge National Area in Crownsville.

Another important event was last year’s *Conservation Celebration*, which marked Scenic Rivers’ 30th anniversary with a fundraising gala. It sold out and raised about \$20,000.

“She was one of the most active planners on the event,” Knebel recalls of the *Conservation Celebration*. “She made sure all the decorations were there and that we got enough sponsors. She sold a lot of tickets. She and another board member made pottery and put plants in them for giveaways. I think they made 130 pieces of pottery.”

Fisher enthusiastically looks forward to Lifeline 100, a bike event October 4th for all ages that includes lengthy rides around the county. Scenic Rivers recently became a partner with Bike Anne Arundel.

“She has been the cornerstone of, like, everything that has happened in the last couple of years,” says Edmee Geis, another one of the organization’s board members. “She is invaluable and a great leader. She gets people to show up.”

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NATIONAL VETERANS PROGRAM RENEWS LEVEL 5 STATUS FOR HOSPICE OF THE CHESAPEAKE

The National Hospice and Palliative Care Organization recently announced that Hospice of the Chesapeake's "We Honor Veterans" program has once again been named a Level 5 partner. It is one of only 36 hospices in the nation and continues to be the only partner in Maryland to earn this level of excellence. Hospice of the Chesapeake first earned the program's highest level in the beginning of 2019 for its commitment to providing specialized care to veterans facing a life-limiting illness. Aside from existing partner requirements, Level 5 partners place a greater emphasis on staff education and caring for Vietnam-era and combat Veterans. Additionally, Level 5 partners take on the role of regional mentor to other WHV partners working to enhance their programs. The designation is not a one-time honor: Partner organizations must annually demonstrate they are meeting the program's stringent standards to qualify.

Severn Native Receives Sailor of the Year Award

Musician 1st Class Vincent Moody, from Severn, Maryland, assigned to U.S. 7th Fleet Band, received the U.S. 7th Fleet Shore Sailor of the Year Award from Rear Adm. Ted LeClair, deputy commander, U.S. 7th Fleet and Command Master Chief Jason Haka. The 7th Fleet Sailor of the Year Week is designed to share with these outstanding Sailors the unique operational environment in the 7th Fleet as well as enhance regional partnerships with like-minded forces. (U.S. Navy photo by Mass Communication Specialist 2nd Class Markus Castaneda).

J. ROBERT BRADSHAW JOINS PROVIDENCE CENTER'S BOARD OF DIRECTORS ↓

Providence Center, a nonprofit organization that supports adults with intellectual and developmental disabilities, recently announced that J. Robert Bradshaw has joined the organization's Board of Directors. Bradshaw is a Trustee of the Chesapeake Bay Trust; is a past member and Chairman of the Archbishop Spalding High School Board of Directors, where he provided leadership in the fundraising efforts for a new athletic center and stadium; is a past member and President of the Davidsonville Athletic Association Board of Directors, where he led the efforts to raise funds for a new Davidsonville Park; and a past Commissioner and Vice Chair of the Housing Commission of Anne Arundel County.



↑ Crosby Named "Top Workplace" for Third Year

For the third straight year, Crosby Marketing Communications was named a "Top Workplace" by *The Washington Post*. The Annapolis-based company, which provides integrated advertising, public relations, social media, and digital marketing services has been in business for more than 45 years. The firm also ranks No. 4 on *PR-Week's* list of largest healthcare PR firms and No. 26 on *O'Dwyer's* list of national PR agencies. Crosby's mission of Inspiring Actions That Matter™ helps clients make a positive impact for individuals, families, communities, and society. To learn more, visit crosbymarketing.com.



**↑ HOGAN
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Governor Larry Hogan and the Governor's Office on Service and Volunteerism partnered with M&T Bank and the Baltimore Ravens to honor the service of youth volunteer groups in Maryland and to foster the spirit of civic engagement at a young age. Fifteen groups were chosen based upon the scale of which the group met the needs of the surrounding community. During each Baltimore Ravens home game throughout the 2019 season, as part of the 20th Annual M&T Bank Honor Rows program, these fifteen youth groups were recognized: St. John's Episcopal Church-Young Adults in Church Youth Group (YAC); #OurCommonCalvert; Stephen Decatur High School National Honor Society; Girl Scout Troop 1093; We Canerve Movement, Inc.; Leadership, Education, and Awareness about Disabilities (L.E.A.D); Volunteen; Drug Free Cecil; Youth Coalition, Youth Empowerment Source (YES); Baltimore Area Council, Boy Scouts of America; Maryland National Guard Freestate Challenge; Girl Scout Troop 1165; Hampstead's Little Free Pantry; Sho'men Youth Swim Team Volunteer Club; Big Brothers Big Sisters at the Y; and Berlin Intermediate School After School Academy.

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



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TOWNE ATHLETE

Storrie Kulynych- Irvin

Key School
Swim, Cross-Country

By Tom Worgo

Storrie Kulynych-Irvin must have felt like her dreams had come true or at least one of them. Kulynych-Irvin, who is 15 now, received a four-year Caroline D. Bradley scholarship to the high school of her choice in 2018, and she was only one of 28 students from across the country to earn such an honor.

She finished in the 99th percentile in the SATs, had to submit essays, and get recommendations, among other qualifications to earn the scholarship.

Picking a private school proved to be difficult. The standout swimmer and cross-country runner considered several, including two known for their top-notch athletes: McDonogh in Owings Mills and Lawrenceville in New Jersey.

Kulynych-Irvin ultimately decided on Key School in Annapolis for her freshman year last fall. It's not known for its athletics and competes in the Interscholastic Athletic Association C Conference. But, part of her consideration was that she wanted to continue swimming for the Naval Academy Aquatic Club like she has doing since 2009. And besides, Key was only two miles from her Annapolis home.

"I decided it would be better to stay local for my freshman year," says Kulynych-Irvin, who has played the violin since elementary school and won the Anne Arundel County Spelling Bee twice to advance to national competitions. "Maybe later in high school I would consider other options."

Key Cross-Country Coach Brandon Demers couldn't believe his good fortune to have her on his team this fall. He says Kulynych-Irvin has Division I college potential.

"She could be scary good," Demers explains. "She does everything with a college athlete's level of focus. She carries herself in such profes-

"She could be scary good. She does everything with a college athlete's level of focus. She carries herself in such professional manner for a freshman."

sional manner for a freshman. (Mount de Sales) Julie Whitaker made it to Footlocker Nationals and was an All-American. That's something Storrie can certainly be."

The 5-foot-8-inch Kulynych-Irvin dominated the best races in the Baltimore-Metro area this past fall and she first got noticed by winning the small school race of the Bull Run Invitational (18:24.1) at Hereford High in late September.

She beat South Carroll's Grace Siehler by nearly two minutes and her time would have finished one and half seconds ahead of Whitaker, who ran in elite varsity race.

"With that tough course and the hilly terrain, I was thinking she could break 19 minutes," Demers says. "My phone was blowing from media, friends, coaches, and other athletes. Even after all the state championships that have been run there, she had all-time top-four time."

Kulynych-Irvin also captured titles in the Georgetown Prep Classic, the George Prep Classic, and the Interscholastic Athletic Association of Maryland championship, which features many competitors that go on to run in college.

"I beat a lot of really good runners and the competition rivals the public school (state) championships,"

Before high school, she developed her skills running in Howard County Striders youth events and also Annapolis Striders races. Kulynych-Irvin is always eager to improve. She looks for tips watching video of other elite runners.

"It gives me some ideas or inspiration about how I can improve," Kulynych-Irvin says. "I look at race strategy, how to improve my form, and learn more about training."

Demers adds, "She is all over the Internet looking at workouts for all the best runners in the nation."

Kulynych-Irvin has been swimming in the Naval Academy Aquatic Club for a decade, and does more than just participate. She won a bronze medal in 1,650-yard freestyle the TYR Nationals in St. Peterborough, Florida, last year.

This summer, she will compete in the National Club Swimming Association Junior Nationals in Orlando in 200 meter butterfly and 1,650 yard freestyle.

"I have always thought about being a collegiate swimmer," says Kulynych-Irvin, who doubles up on swimming and cross-country practices in the fall. "Maybe Division I. As I started running, that has become a possible goal. I might be closer in running, but I am still hoping to improve my swimming."

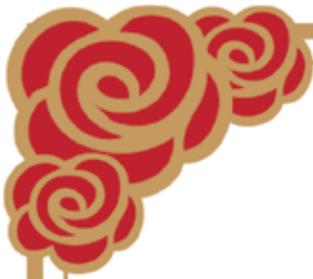
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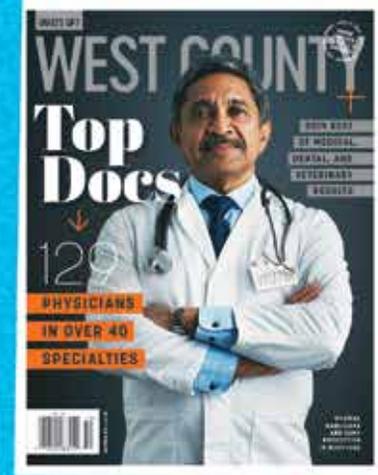
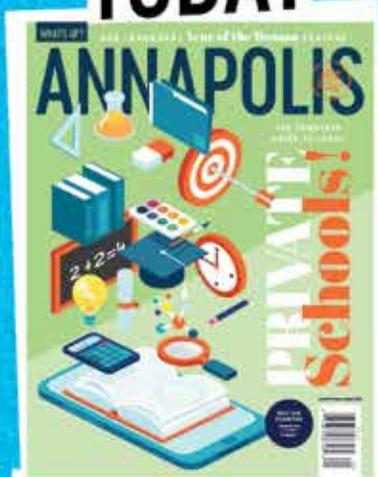
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TOWNE INTERVIEW

Talking Caps

Washington Capitals alum and NHL Hall of Famer Rod Langway answers our questions

By Tom Worgo

It is rare when the arrival of a single player immediately changes an entire sports franchise's fortune. That was the case for the Washington Capitals in 1982 when they acquired defenseman Rod Langway in a blockbuster trade with Montreal.

Langway, now 62, led Washington to 11 consecutive playoff appearances (1983–93). The Capitals never made the postseason during their first eight years in the NHL. Things got so bad in the summer of 1982, that fans spearheaded a campaign to “Save the Caps” and keep the team from moving to another city.

“The story was (owner) Abe Pollin wanted 12 million dollars for the team,” Langway recalls. “When I came here, I was guaranteed one year. I was told to rent and not to buy. It was probably a 75 percent chance that we would be gone.”

Langway, a central Virginia resident, won the Norris Trophy, given to the NHL's best defenseman, in 1983 and 1984. He was inducted into the league's Hall of Fame in 2002. “When you were coming down on Langway, it was like trying to skate through seaweed and around an octopus,” says Craig Laughlin, a former teammate of Langway's and current Capitals' broadcaster. “Langway was the same as Wayne Gretzky, but in a defensive mode. He was the best defenseman arguably ever to play.”

We recently talked to Langway, nicknamed the Secretary of Defense, about winning a Stanley Cup with Montreal, his reaction to the Capitals capturing the Cup recently, and his involvement with the franchise today.

What were your emotions when the Capitals finally won a Stanley Cup?

It was an unbelievable night and it was a great sight to see. I was at my restaurant, where it was standing room only. I enjoyed it so much. I had tears of happiness. I was so exhausted rooting for and watching them. I am going on 39 years being involved with the Capitals.

How did it compare to winning the Cup with Montreal?

I was 21 years old and I will never forget it. It was the beginning of my career and laid the foundation for what

kind of player I was going to become. It was an eight o'clock game in Montreal and it was Game 5. We stayed at a hotel and my roommate was Bunny Larocque. We couldn't sleep until 2:30 in the morning. We had a 40-minute walk to the rink and when we got there, you just knew it was over. We won and we went crazy on the ice.

Have you enjoyed yourself in your role as Capitals ambassador?

Absolutely. I can come and go as I please, but they put me in position where I can mingle with the fans and get involved in the charities that they support. I represent the Capitals the way they want me to, but also the way I feel I need to. One of the things I do is go around to selected suites during the game for birthdays and other events. I get requests for people that want to meet me and take pictures with me. I go to 35 games a year and the playoffs. They keep me busy. I'm on the payroll. I wouldn't say it's a full-time job, but I am on-call. I mingle with VIP season-ticket holders, 30- and 40-year season-ticket holders. I have traveled on Capitals trips to Nashville and Florida.

You are always involved in the Hero's Salute at games. How much do you like meeting these veterans that are Capitals fans?

That's special. Most of my family was in the service, all branches except Air Force. I was born into a Navy family. I was born in Taiwan after the Korean War. The Capitals selected me to do the salute and it's right down my alley to really respect the servicemen.

Did one particular veteran stick out?

A couple of years ago there was a pilot. I believe he was 93 years old and he was in World War II. He still fit in his old uniform. He lost his first wife and married a 70-year-old. She looked like she was 35 [next to him]. I was talking to his wife and she said, "I can't get him to sit down. We live on a farm. My daughter rides horses and he works around the farm. About a week ago, he was under a truck changing the oil."

After you stopped playing, you got into coaching in the minors? Did you want to be an NHL coach?

I didn't want to be a head coach. My goal was to be a defensive assistant coach. I was like a player-assistant coach, but my legs couldn't hold up. I couldn't keep up with the young kids. I stop playing and concentrated on coaching. I had a bad taste in my mouth from a couple of teams. They weren't really honest with me or the players I coached. In the minors, if you are not affiliated with an NHL team, it's kind of tough.

Talk about the two restaurants named after you?

Langway's [in Gambrills] just has my name. No money involved in it. When I came here in '82, I met the Koutroumpis family. They owned the restaurant across from the hotel I stayed in for two months. I went there every chance I got. About five years later, the youngest brother Willy, wanted to use my name on a sports bar (in Lanham). I stopped playing in '93 and he closed it in '95. Then about four years

"I represent the Capitals the way they want me to, but also the way I feel I need to."

ago, he bought the old Crazy Otto's. He revamped it, came to me and said, "Can I use your name again." I said I won't be there much, but it's going well.

What was it like not playing with a helmet?

Everyone asks me that. It's like playing in practice. When I started playing as a kid, I never wore a helmet outside on the ice. You had a hat on because it was so cold, but you didn't have a helmet. I wore helmets in baseball and football. When I got to the pros, no one wore helmets in practice. I was one of the last guys not to wear a helmet. Craig MacTavish and Brad Marsh were the others. If I played today, I wouldn't wear a helmet.

Are you feeling any effects from playing without a helmet? How is your health?

My health has nothing to do with not wearing a helmet. My issues are with my knees, shoulders, and back. That's wear and tear, but I would do it again. That's for sure. I get around okay. I can work out a little bit and play golf. I do mostly bikes. I would love to run and skate, but I can't do that. I haven't been on skates in over 10 years.

John Carlson could be first Capitals defenseman since you to win the Norris Trophy this year. Do you think he can do it?

Absolutely. He is the front runner now. It's overdue. I am a big fan of his. He plays a lot. If he does win it, it's well deserved.



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Coronavirus Takes Center Stage

No One Will Request an Encore...

By Anirban Basu

Coming into 2020, there was a strong sense that global economic fortunes were poised to improve. According to the International Monetary Fund (IMF), the global economy expanded just 2.9 percent last year, the worst performance since the end of the financial crisis. But with ratification of the U.S.-Mexico-Canada trade agreement, the attainment of a first phase Sino-U.S. trade agreement, and a more predictable resolution to Brexit (though not Megxit), risks of burgeoning trade wars afflicting the worldwide economy abated.

The Sino-U.S. trade dispute has wreaked havoc on many economies, including Germany's, which flirted with recession for much of last year, and many Latin American and African economies, which depend heavily upon a combination of Chinese economic growth and investment. The diminution of uncertainty helped induce IMF economists to establish a 3.3 percent predicted pace of global growth for 2020, which while not fabulous by historic standards, would represent substantial improvement vis-à-vis a lackluster 2019.

Alas, economists, whether based in Geneva, London, New York, Washington, Beijing, or Baltimore cannot predict certain things—like coronavirus or COVID-19. As of this writing, the epidemic has spread to every continent (except Antarctica), with more than 105,000 confirmed cases and in excess of 3,500 deaths. Three cases have now appeared in Maryland, all in Montgomery County. Undoubtedly, these numbers will rise in coming weeks.

Accordingly, economists are racing to downgrade their forecasts for global growth this year, including for the U.S. Goldman Sachs economists recently indicated that the U.S. economy will expand at a less than 1 percent annualized pace during 2020's initial quarter and won't grow at all during the second. Many policy analysts are now calling for a stimulus package in the U.S., perhaps as large as a trillion dollars to stabilize financial markets and solidify waning business and consumer confidence.

Most other economies are in worse shape. Nations like China, Japan, South Korea, Germany, France, and Italy were already facing profound economic challenges due to trade disputes, preexisting supply chain disruptions, and domestic political uncertainties. The spreading coronavirus serves to compound these fragilities, with the result being an ongoing partial strangulation of global economic activity.

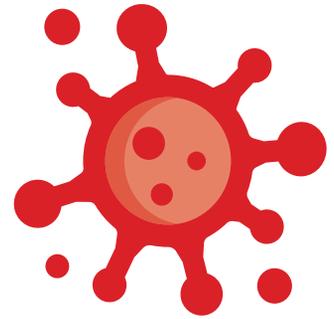
Importantly, the U.S. economy enjoyed plentiful momentum coming into the public health crisis. An initial estimate from the Bureau of Labor Statistics indicated that the nation added 273,000 net new jobs in February. Job growth was also strong in January after ending 2019 on a strong note. Unemployment stands at 3.5 percent, a 50-year low.

FIRST CORONAVIRUS CASES REPORTED IN MARYLAND

Maryland always seems to start of each year in lackluster fashion. Two years ago, a challenging winter blanketed Maryland, limiting job growth. Last year began with a federal government shutdown that overlapped with a period of swooning stock prices. Maryland's economy would not regain any meaningful momentum until the summer. This year, it's coronavirus, though of course we are not alone.

If one is searching for a silver lining, it may be that the nation is refocused on the importance of public health and medical research. Both of these are Maryland specialties, and the added focus should translate into more dollars pouring through these segments of the Free State's economy. On the other hand, Maryland is the 5th most densely populated state in the nation, which may support faster spread of COVID-19.

Like the nation, the region comes into the crisis with solid momentum. The Baltimore metropolitan area added 1.9 percent to job totals last year, ranking it a solid 14th among the nation's 25 largest



metropolitan areas and ahead of all other northeastern communities. Washington metro added jobs at a 1.6 percent rate, ranking it 16th. Boston ranked 19th, New York 20th, and Philadelphia 22nd. Unemployment in both the Baltimore and Washington metropolitan areas has recently been below 3 percent.



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.



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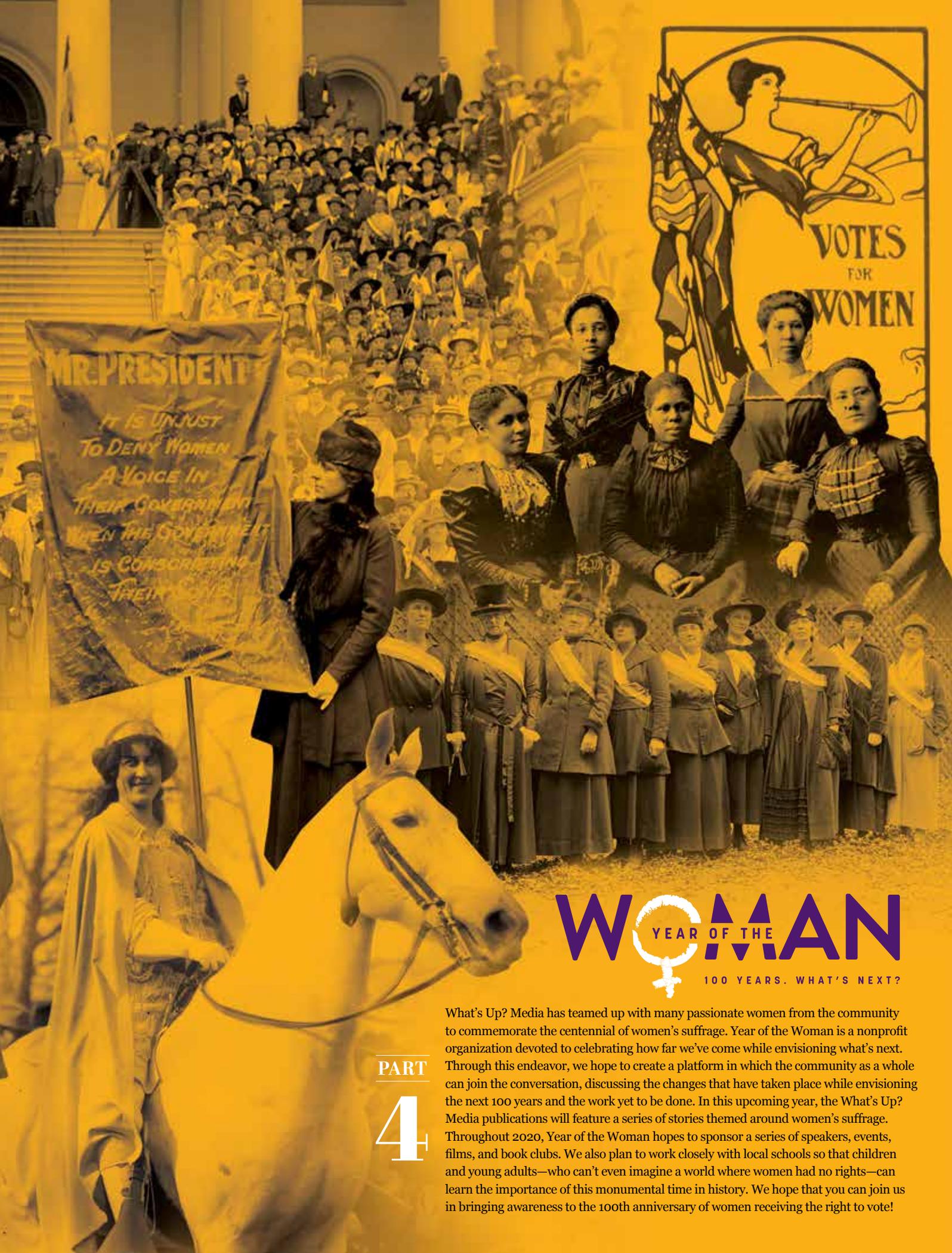
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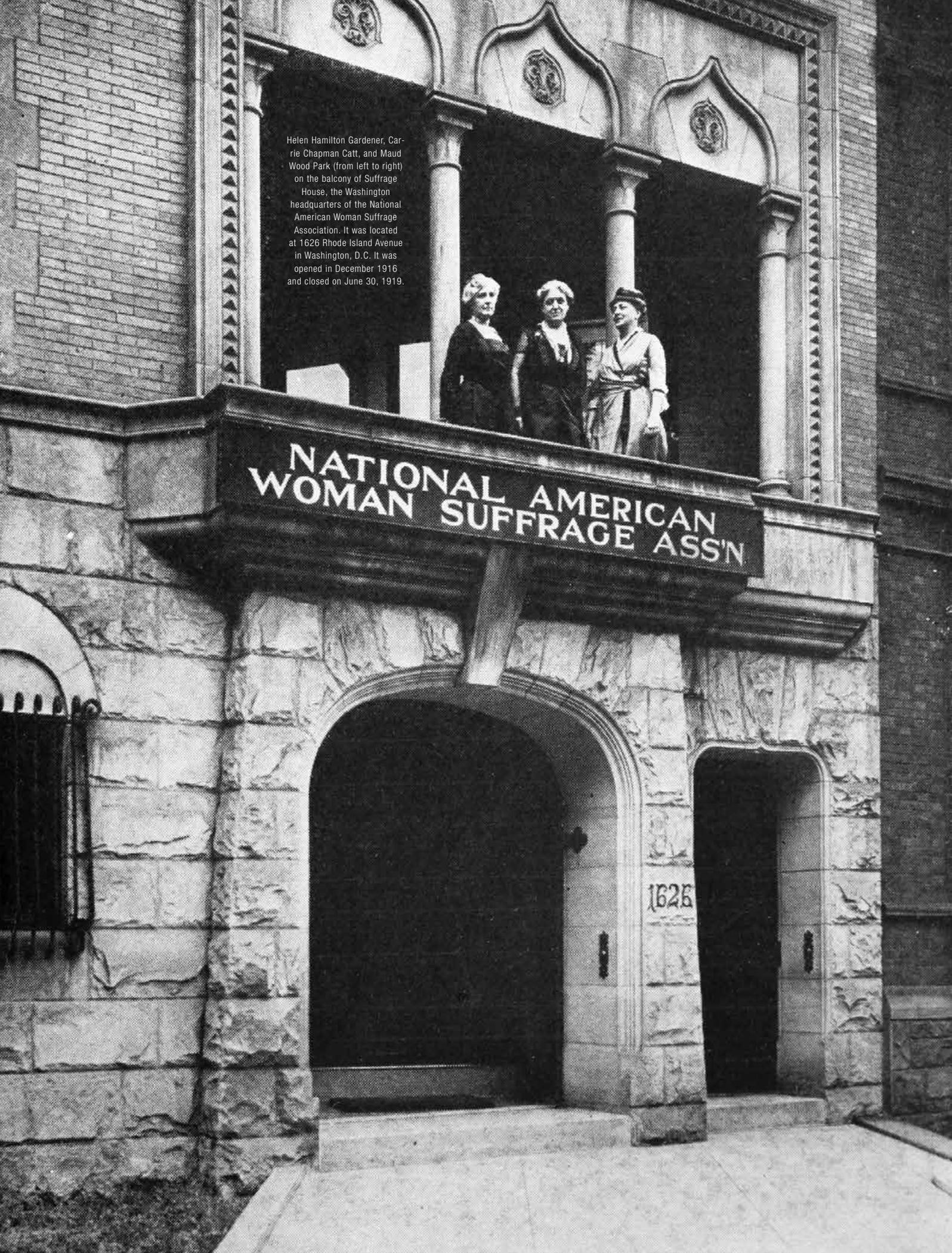
100 YEARS. WHAT'S NEXT?

PART

4

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!

Helen Hamilton Gardener, Carrie Chapman Catt, and Maud Wood Park (from left to right) on the balcony of Suffrage House, the Washington headquarters of the National American Woman Suffrage Association. It was located at 1626 Rhode Island Avenue in Washington, D.C. It was opened in December 1916 and closed on June 30, 1919.



NATIONAL AMERICAN
WOMAN SUFFRAGE ASS'N

1626

Divisions Within

How a growing national movement for women's suffrage splintered into multiple organizations with differing strategies at the turn of the 20th century

By Ellen Moyer



Alva Belmont



Carrie Chapman Catt

The year was 1908 and Alva Smith Vanderbilt Belmont found herself a very wealthy widow upon the death of her second husband Oliver Belmont, and with lots of time on her hands. Alva had always been a fighter and worked hard to benefit her family and place in New York's elite society. She also contributed to programs that benefited the poor and working-class women. So, she decided to explore the women's suffrage movement. She had always given lip service to women's right to vote, but as an activist and benefactor...she had her shortcomings. At the time, if Alva was to be remembered at all, it was as the mother who kidnapped her daughter and forced her into a loveless marriage with the Duke of Marlborough. She wanted to change that perception.

Invited by her daughter's friend to a meeting that featured Carrie Catt and Ida Tarbell, Alva found it boring. Alva had strong views about the world of politics. She believed men respect power, women had no leverage, 50 years of education had not accomplished the right to vote, and with nothing to negotiate, the movement would not succeed unless the effort was more militant and stimulating. Thus, gaining the right to vote became another war to Alva.

She joined the National American Woman Suffrage Association, sponsored lectures on its behalf in Newport and New York City, encouraged the association to sponsor rallies and parades (similar to those that Emmeline Pankhurst was doing in London), and pushed for actions to capture press attention. However, the NAWSA was not enthusiastic with the ideas of this "Johnny come lately." Women had committed time and energy to the work of suffrage quite respectively for decades. Impatient, Alva resigned from NAWSA in 1914 and joined Alice Paul's new group, The National Woman's Party, and their more militant approach. Over the years, Alva would contribute hundreds of thousands of dollars to the effort to secure suffrage for women.

The road to success had not been easy. Long before Alva Belmont came on the scene, strategies for accomplishing the goal of suffrage had been split among different, competing organizations. In 1869, disagreement over support for the 15th Amendment—granting African American men the right to vote—caused the first split. Susan B. Anthony, Lucretia Mott, and Elizabeth Cady Stanton—the early organizers of the National Woman Suffrage Association—opposed the amendment, arguing, "It was we, the people; not we, the white male citizens; nor yet we, the male citizens; but we, the whole people, who formed the union."

Meanwhile, Lucy Stone, her husband Henry Blackwell, Julia Ward Howe, and Henry Ward Beecher supported the amendment and formed the American Woman Suffrage Association. Headquartered in Boston and more moderate in their goals, the AWSA became more popular as Stone also published *Woman's Journal* (which lasted until 1931). The overall division continued for 21 years until Stone's daughter, Alice Blackwell, negotiated a merger in 1890, which became the National American Woman Suffrage Association and boasted 7,000 members. But 25 years later, the overall suffrage movement would split opinions again. This time over a strategy disagreement between NAWSA President Carrie Catt and newly-formed NWP's leader Alice Paul (and her benefactor Alva Belmont).



Taken on the front porch of the family homestead in Adams, Massachusetts. Susan B. Anthony, is seated at the center. Around her: Laura Clay, daughter of famed anti-slavery activist Cassius M. Clay, and co-founder in 1888 of the Kentucky Equal Rights Association; Anna Howard Shaw, the first female Methodist minister in the United States, a close confidant of Anthony, head of the National Woman Suffrage Association from 1904 to 1915, and later a leader of the Women's Christian Temperance Union; Alice Stone Blackwell (front row, far right), noted suffragist, editor of the leading woman's rights newspaper, the *Woman's Journal*, and recording secretary of the National Woman Suffrage Association, 1890–1918; Annie Kennedy Bidwell, wealthy supporter of woman's and temperance causes, and wife of the 1892 Prohibition candidate; Carrie Chapman Catt, one of the principal suffragists along with Anthony, and Elizabeth Cady Stanton, and chairperson of the National Association, 1895–1900; Ida A. Husted Harper (back row, far right), journalist and considered the unofficial "historian" of the woman's suffrage movement. One of its leading pamphleteers, and author of the authorized 3-volume biography of Anthony; and Rachel Foster Avery, corresponding secretary of the National American Woman Suffrage Association during the 1890s. Also believed to be pictured are Winfred Harper and Mary Hayes.

Carrie Chapman Catt was born Carrie Lane in Ripon, Wisconsin on Jan 9, 1859. Ripon was a politically active town in the 1850s, strongly anti-slavery, and is recognized as the birthplace of the Republican party. At age seven, her family moved to Iowa, where she entered college and worked as a dishwasher and teacher to pay for her expenses. During her time at Iowa State University, she organized a female debate society, which gained the women's right to speak at campus meetings. She was the only female to graduate in her 1880 class.

In life after college, she became the first female school superintendent in Mason City, Iowa. She later married newspaper editor Leo Chapman, worked as San Francisco's first female journalist after he died, and returned to Iowa to marry George Catt, a wealthy engineer in 1890, the same year NAWSA was born. He encouraged her to participate in the suffrage movement, where her organizational skills and political savvy, in turn, encouraged more women to push for the right to vote.

In 1900, Carrie Catt was elected President of NAWSA, a position she held for four years before resigning to tend to her husband's ill health.

During her appointment, she introduced her "society plan" for invigorating the suffrage cause. America was in the midst of its most progressive era, a time of social activism and political reform. Based on the idea that women had a moral duty and responsibility to transform public policy, women's clubs began springing up in towns and communities across America. Originally literary groups, these middle-class clubs were tackling issues such as child labor, education, and civil justice in the municipalities of their homes. Catt proposed to tap into this network of "municipal housekeepers" on behalf of the suffrage movement. By 1910, one-million women were involved in woman's clubs.

Anna Shaw would follow Catt as president of NAWSA, serving ten years and combating the rise of States' rights in the suffrage movement and the southern leagues that were excluding the participation of African American women. Shaw would not adopt policies that "advocated the exclusion of any race or class from the right of suffrage. The Southern States Woman Suffrage Association, for example, with its racist agenda was weakening the NAWSA in her opinion. This, however, differed from a growing sentiment among membership that the NAWSA needed to appeal to

the southern faction to advance the overarching movement. Thus, Carrie Catt—long considered a brilliant political strategist—was elected NAWSA's president for the second time, in 1915.

In 1916, Catt issued her “winning strategy” for political action. NASWA lobbying teams would push for increased State support under a more centralized management, deal with States' rights by appealing to the prejudice of the Southern organizations, and work to secure the support of elected Congressional leaders. It was a two-fold agenda: create a critical mass of State suffrage legislation that would lead to Federal support. The Blackwell/Catt strategy in the South proclaimed that suffrage of educated women would increase white supremacy based on a larger mass of qualified white women voters. The strategy, however, did not gain any Federal southern elected legislator support, but did succeed in capturing State Democrat and Republican party support for suffrage votes.

Catt then engaged in open combat with Alice Paul, president of the new National Woman's Party. While a member of NASWA, Paul had pursued a more militant agenda to garner press attention. She helped stage the first major parade in Washington, D.C., the day before President Woodrow Wilson's inauguration in 1913. Women picketed the White House with banners proclaiming, “How long must women wait for liberty.” The march became riotous and was finally settled down by the Calvary. But it did attract attention. One observer noted, “The movement, when we got into it, had as much energy as a dying kitten; it is now a big virile, threatening thing, and is actually fashionable.”

The next year, a once-reluctant President Wilson supported the Suffrage Amendment. And in 1914, the one-million-member General Federation of Women's Clubs did too. But Catt's growing dislike for Paul's singular focus on federal legislation and militant action—that gained press attention with arrests and hunger strikes—compelled Paul to leave NAWSA and form the National Woman's Party in 1916. Paul continued picketing and organized rallies that pressured elected leaders, particularly Democrats who controlled Congress and were targeted for election defeat. Despite their division over strategy, Paul seldom criticized Catt or the NAWSA, seeing the ultimate goal as one and the same.

When NAWSA supported the armed forces and United States engagement in World War I, Catt won praise from politicians as public attitude shifted to one of respect for the patriotism of these moral and respectable women that sought the right to vote. Catt was visible, respected, and

a darling of the press. In the early 20th century, Catt was one of the best-known women in the United States, as she led an army of two million to pressure Congress for support of the 19th Amendment. After endless lobbying, on August 26, 1919, Congress supported the amendment granting women—all women—the right to vote.

But the battle was not over. Thirty-six states had yet to ratify the amendment over the next year. States' rights would rear its head in opposition of the 19th Amendment, but by a slim vote in Tennessee and the untiring dedication of Catt, the vote for women was won. The press and politicians credited Catt for doing the slow, steady, respectable work that won the day. Paul and her tactics were dismissed.

Six months prior to the ratification victory, Catt founded The League of Women Voters, to ensure that, win or lose, women would continue to have a large role in public affairs with a focus on civic engagement and political action. Today, 100 years later, there are more than 1,000 local associations among all 50 states and the Virgin Islands.

NAWSA became the League of Women Voters. The National Woman's Party continued with a new battle to secure additional equal rights for women. Forgotten for a nearly a century, Alice Paul and Alva Belmont were memorialized by President Barack Obama in 2016, during a presidential proclamation establishing the Belmont-Paul Women's Equality National Monument in Washington, D.C. And their battle for equal rights—specifically the Equal Rights Amendment, first written and introduced to Congress by Paul in 1923—finally gained the ratification of state number 38, Virginia, in January 2020 (thus gaining the “three-fourths of the union” threshold written into the Constitution for its adoption).

The parades, pickets, arrests, and the degradation that took place during the militant years are visual reminders of a long-lasting struggle, cued in 1787 when Abigail Adams asked her husband to “remember the ladies” as he drafted the U.S. Constitution or else there would be riots in the streets. But it was the enduring commitment of those at Seneca Falls in 1848 that ushered along a forceful movement—led by the sophisticated leadership, practical politics, and commitment to education and just reform of Carrie Catt—that delivered victory in the war for women's suffrage.



Lucy Stone



Alice Paul



Anna Shaw

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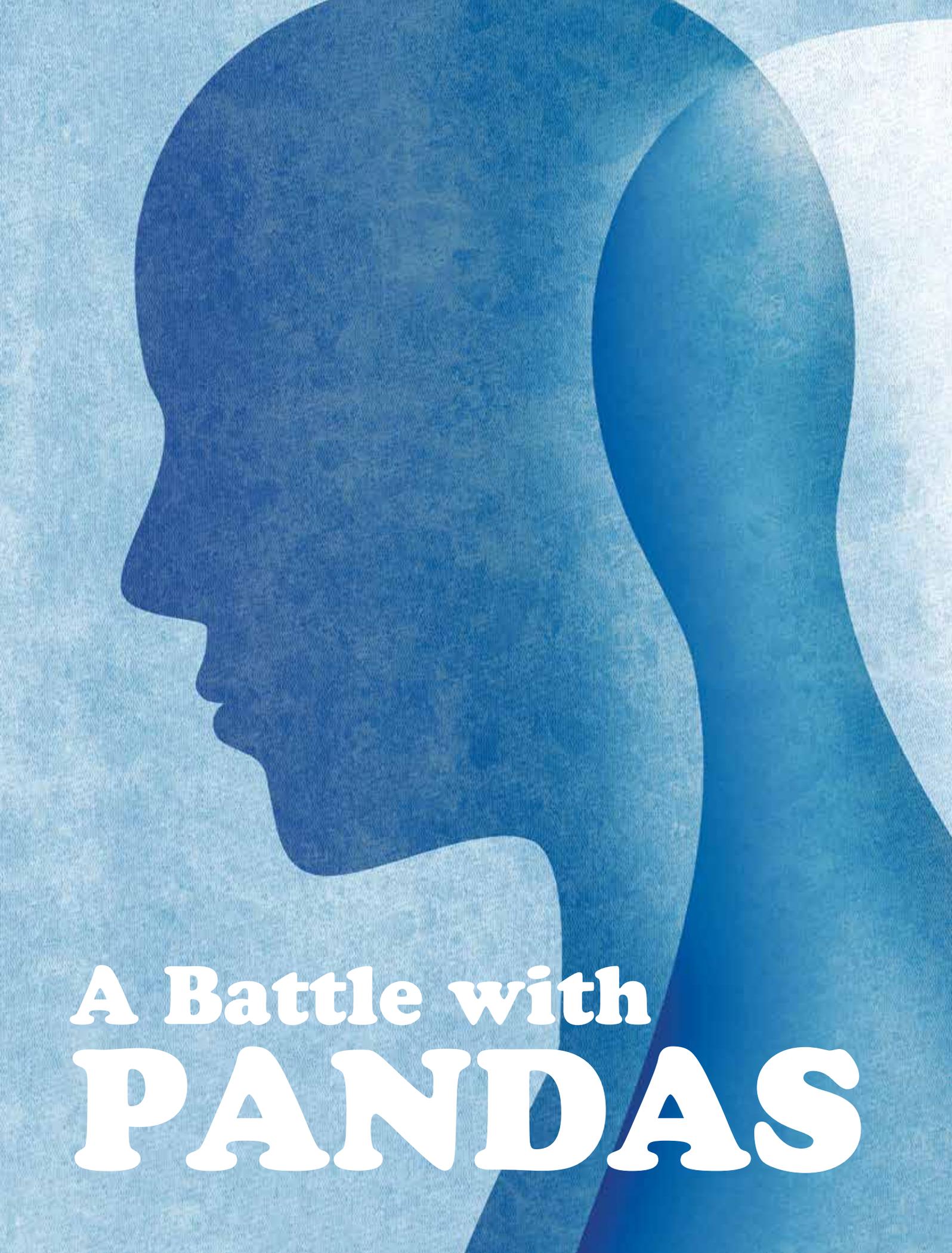
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A Battle with
PANDAS



Parents fight for recognition of a childhood disease that some say doesn't exist

BY KELSEY CASSELBURY

Strep throat. Just those two words conjure up a heavy sigh from parents, who know that a diagnosis of the common childhood illness means three to seven days of swollen, infected tonsils, a high fever, and a lot of Popsicles for the sick child.

Luckily, though, strep throat—despite being incredibly contagious, noted by the way it can whip through an elementary school classroom in a matter of days—is highly curable with a quick round of antibiotics. Though the National Institute of Allergy and Infectious Diseases estimates there are more than 10 million mild infections per year, most people—particularly children—bounce back quickly.

Sometimes, however, strep bacteria doesn't disappear. Instead, it goes into hiding, evading the immune system through "molecular mimicry," in which the bacteria develops molecules on the cell wall so it looks nearly identical to the body's own tissues, including the brain. Even strep can't hide forever, though, and the immune system eventually recognizes the invasion. Because of the mimicry, though, there's some confusion and the antibodies attack the child's own tissues, according to the National Institute of Mental Health, a division of the National Institutes of Health. Research has found that some of those antibodies can attack the brain, causing neuropsychiatric symptoms such as OCD and tics—and a condition known as Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections, or PANDAS.

The condition is so new—an NIMH investigator named it just 22 years ago in 1998—that it's not well-known, or even widely accepted. That's led to a bit of controversy about whether PANDAS is a legitimate medical condition, but parents of kids who have been affected are adamant—not only is PANDAS very real, it's also quite devastating.

Grace Anne's Story

Like so many students, Grace Anne Phillips, 14, of Stevensville, occasionally has to write about herself. This year, she chose to pen an essay about a condition, PANDAS, that's changed her life.

"My family and I think I got PANDAS when I was about three years old," Grace Anne wrote. "You might be thinking that I am breaking the law because keeping pandas in captivity without a license is illegal. The thing is, I am not talking about a black and white bear; I am talking about a neurological disease that very few people know about. PANDAS stands for Pediatric Autoimmune Neuropsychiatric Disorders Associated with Streptococcal Infections. Now you might be thinking that that is a lot of big words, but what it essentially means is that it is a disorder that kids get in the brain and it is caused by strep. But something that all of these big words can't express is that it is hard to live with."

It was more than a decade ago when Grace Anne's parents, Susan and Michael Phillips, noticed that something seemed off with their daughter. "Grace Anne had always been a high-energy child," Susan remembers. "She was also a child who had strep throat, ear infections, and croup frequently."

Susan recalls taking Grace Anne shopping with a friend at the tender age of four. Kids around this age are bound to act up every once in a while, but "there was a nagging feeling that this was not normal," Susan says. "We were at Sears, and some small thing set her off. She was unreachable, she was talking about hurting herself, and she was hitting her leg violently."

Then, as suddenly as the fit came on, it stopped. Grace Anne was a pleasant child again—until the next episode. "Mostly, she was a sweet girl with an *explosive* temper," her mother recalls.

The fits became more frequent. Then they became worse. Months became years as the Phillips family did what they could to help Grace Anne through the rough times, first starting her on a mood stabilizer in January of third grade. "This helped, but gradually things continued to grow worse," Susan says. "She was hurting herself frequently and would not sleep in her own room. In the middle of her 'rages,' she would run to the knife drawer—so we had to lock up the knives."



Putting the Pieces Together

A couple years later, Susan's mother was watching an episode of "The Doctors" on TV, and they started discussing a disorder—PANDAS. Noting the similarities to Grace Anne, Susan's mother told her about what she had seen. Of course, Susan and Michael followed up on the lead, asking the pediatrician about the condition. They were met with blank stares, but were willing to order blood tests to see if strep bacteria was still lurking in Grace Anne's body.

Those tests were enough to send the Phillips family to Dr. Beth Latimer, a pediatric neurologist in Washington, D.C., who specializes in PANDAS (according to Latimer's website, PANDAS accounts for 70 percent of her patients). "It was a three-month wait to see her, she didn't take insurance, and our out-of-network covered less than half of the cost, but it was the best appointment we have ever had," Susan says. "Dr. Latimer put the many pieces together."

Everything that Grace Anne had been struggling with over the years—the body aches, the cold sores, the psychiatric symptoms of anxiety, depression, OCD, suicidal thoughts, manic behavior, skin picking, and the academic symptoms of poor handwriting and visual processing disorder—these were all symptoms of PANDAS.

Dr. Latimer prescribed antibiotics for Grace Anne. Within one week, Susan says, they saw improvement.

A Controversial Condition

Unfortunately, antibiotics isn't the end-all, be-all for treatment of PANDAS, and many parents can't afford the cost of seeing a doctor that not only believes in the diagnosis of PANDAS but is willing to treat it. "There's not a single doctor in Maryland that takes insurance and treats this condition," says Katie Riesner, a Catonsville mother whose son, Henry, was diagnosed with PANDAS a couple of years ago. After antibiotics, the next step is to undergo intravenous immunoglobulin (IVIT) therapy, which averages about \$10,000 per treatment. "You normally need multiple treatments, and insurance almost never covers it," Riesner notes. "[Henry] has everyone in his corner, we have great insurance, and I cannot get it covered."



Riesner is part of a support group, PANDAS Network, that's working to change that. In early 2019, Riesner's delegate, Charles Snyder (D-Baltimore County) entered a bill during the legislative sessions that would require Medicare to pay for IVIG as part of PANDAS treatments. The hope is that once Medicare covers IVIG, private insurance would follow.

Parents from the PANDAS Network came together in support of the bill, testifying in front of the state legislature, writing to various professional organizations to try to get their support, and sharing research with government committees. "We are not lobbyists," Riesner adds. "We are a group of special needs parents who have sick kids and jobs and are just trying to do the best that we can."

Unfortunately, Snyder withdrew the bill during the session, but Riesner says it's going to be reintroduced in the 2020 session. "It's our hope that we are able to get this passed," she says. "We had a good amount of support, and I think our testimony was very impactful."

The Research Continues

If the effects of PANDAS are so debilitating, why are so many doors slammed in parents' faces when they try to get a diagnosis, treatment, or insurance coverage? Simply put, some physicians don't think there's enough evidence to support the diagnosis. However, ongoing research suggests treatment can reduce the symptoms of PANDAS.

For example, a small study published in 2017 in the *Journal of Child and Adolescent Psychopharmacology* found that the antibiotic azithromycin may be helpful in controlling neuropsychiatric symptoms associated with PANDAS. However, additional research is needed to confirm its use in treatment.

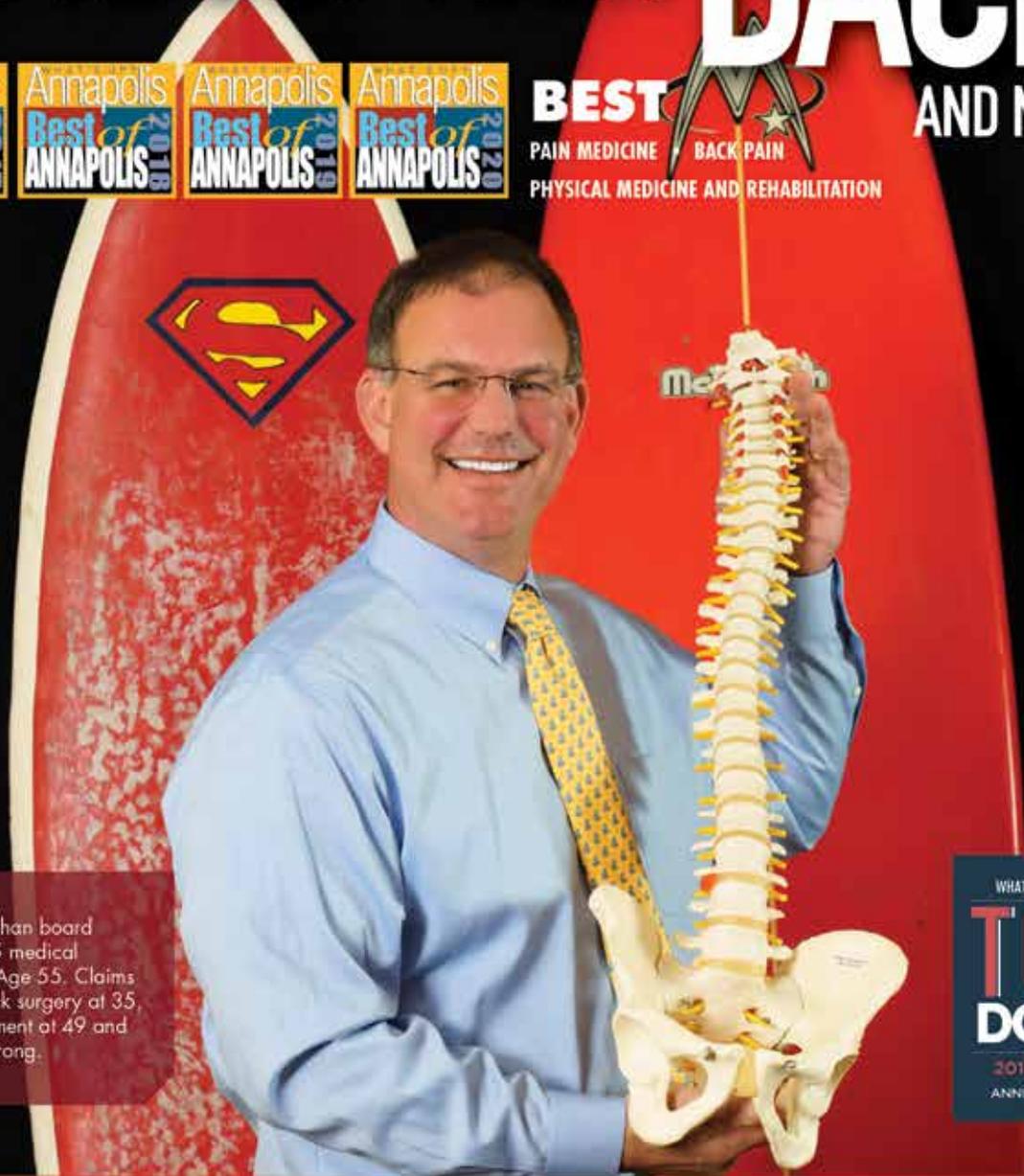
For now, parents of children showing signs of PANDAS will continue to have to fight to make sure their little ones are getting the treatment that they need. "This is a David and Goliath situation that we're in here," Riesner claims. "Quick and proper diagnosis and treatment is absolutely key. They're concerned about the cost of treating this, but the cost of not treating it is so much higher."

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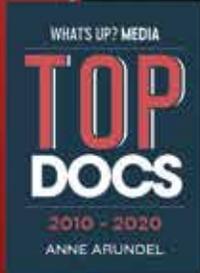


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CPE Clinic, LLC is comprised of leading psychiatrists and psychologists whose clinical expertise is built on years of research, teaching, and treating patients to deliver comprehensive clinical care in the field of mental health. We treat adults, adolescents, and children. Patients often find us after being treated by other providers without progress or improvement. Our providers leverage their expertise with their patients in attention, anxiety, OCD, behavior problems, learning and development challenges, mood disorders, bi-polar disorder, PoTs/ Dysautonomia and Tourette's. We spend our time not only diagnosing and treating but educating and enabling our patients to move forward. People we treat emerge as stable, more resilient, and successful in their pursuits. They lead happier home lives, perform better academically, professionally, and socially. In our care, patients change the course of their lives by managing and improving their mental health.

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

WHO WE ARE

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

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

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

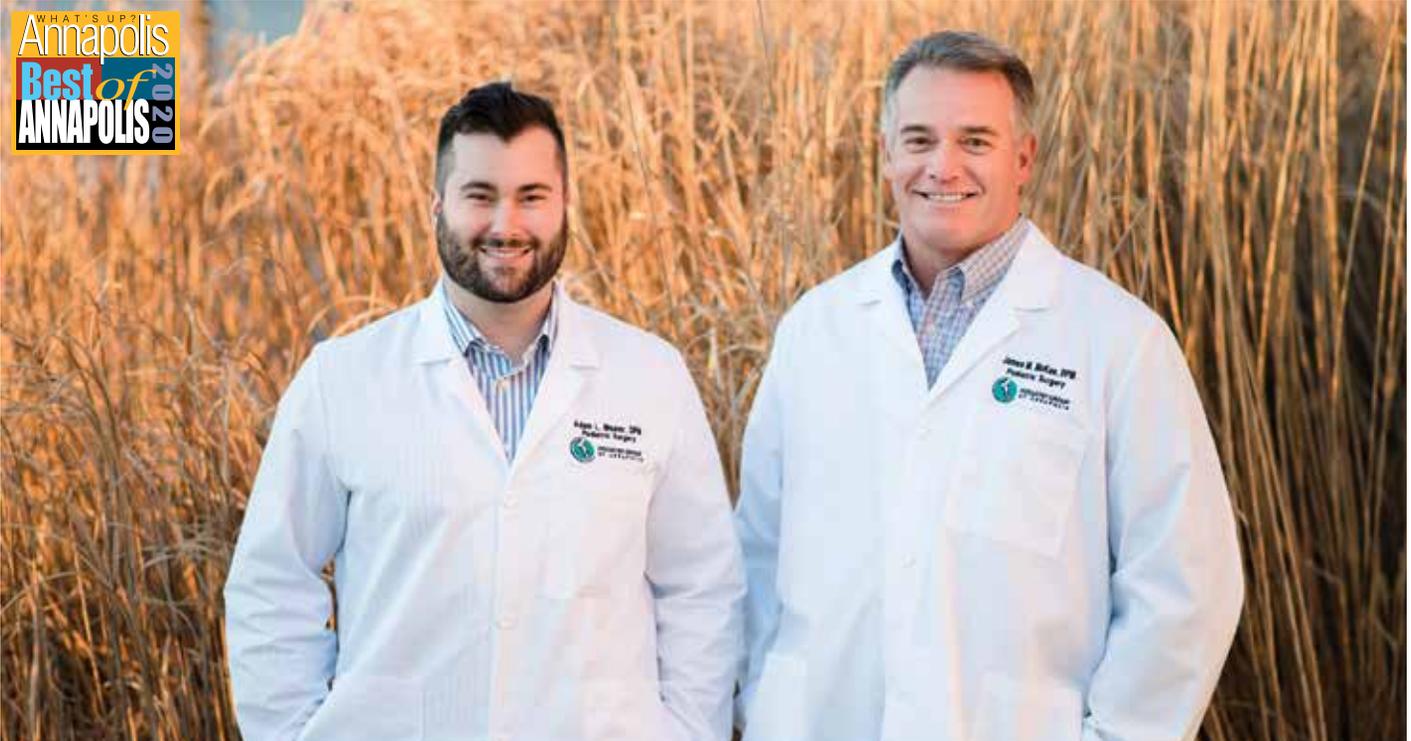
We have a great group of professionals who are smart, very well-trained, compassionate and committed to helping people. We consult with each other, collaborating as often as we can. We want to understand our patients, we want them to get better, we want them to live their lives and then send us postcards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

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



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PODIATRY GROUP OF ANNAPOLIS

DR. JAMES M. MCKEE
DR. ADAM L. WEAVER

WHAT IS PODIATRY?

Podiatry is a field of medicine that focuses on the overall health and well-being of patients by preventing, diagnosing and treating disorders, diseases and injuries of the lower extremity (foot and ankle).

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DPM's are uniquely trained and qualified physicians that specialize in all aspects of the foot and ankle. They are the only physicians exclusively trained in foot and ankle medicine. DPM's provide complete non-surgical and surgical care of a variety of conditions that affect people of every age.

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DPM's are often the first to detect symptoms of arthritis, diabetes, cardiovascular and kidney disease because of the human foot's interrelation with the rest of the body. DPM's diagnose and/or treat the following disorders, diseases or injuries of the foot and ankle: Sports injuries, heel pain, trauma, growth plate issues, fractures, neuropathy, wounds, diabetic foot care, amputations, bunions, hammertoes, heel spurs, cysts, bone disorders, ingrown nails, skin cancer, imbalance issues, congenital or acquired deformity of the foot and ankle.



WHY CHOOSE AND LOVE OUR PODIATRISTS?

Dr. James M. McKee

Dr. McKee attended the University of Maryland, College Park (go Terps!). He obtained his degree in Kinesiology and continued to study human movement and development by obtaining his Doctorate of Podiatric Medicine from Temple University in Philadelphia. After his residency at St. Agnes Hospital in Philadelphia, he returned to Maryland and began practicing at this location in 1996. Dr. McKee is a Fellow of the American College of Foot and Ankle Surgery. Dr. McKee is honored to have served this community for more than 20 years and he and his family love calling the Annapolis area their home.

Dr. Adam L. Weaver

Dr. Weaver is a native Texan and completed his undergraduate degree in Biology at Louisiana State University (Geaux Tigers!). He received his doctorate of podiatric medicine from Temple University and trained in foot and ankle surgery at Drexel's Hahnemann University Hospital in Philadelphia. Dr. Weaver is an Associate of American College of Foot and Ankle Surgery and Diplomate of American Board of Podiatric Medicine. Dr. Weaver joined our practice this summer and has been a great addition to the practice and our team. He is committed to upholding the exceptional standard of care that has been associated with Podiatry Group of Annapolis for over 20 years.

Drs. McKee and Weaver have privileges at Anne Arundel Medical Center as well as our Ambulatory Surgical Center conveniently located in our office. We are accepting new patients and most insurances.



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Q: I think I have a bunion, should I have surgery now?

A: Surgery should always be a last step treatment approach when addressing the majority of foot and ankle pathologies. It is also possible for patients to have bunions without any pain. Typically bunions cause patient's pain because the deformity causes your forefoot to be wide. Certain shoes, such as tapered toed boots, some clogs, flats and high heels can cause rubbing and discomfort during walking and can sometimes even progress the deformity further. Trying more healthy shoe gear with a wider toe box (or forefoot area of the shoe) can keep you comfortable as well as using silicone bunion sleeves to prevent rubbing in your more "dressy" shoes. It is not possible to conservatively reverse the deformity, but if conservative treatments fail and your quality of life is suffering due to the discomfort, surgery is a reasonable treatment plan.

-DR. WEAVER,
Podiatry Group of Annapolis



Q: My heels are painful when I get out of bed in the morning and are sore at the end of the day. Is this common?

A: If you are experiencing symptoms like this, it sounds like a textbook case of plantar fasciitis. Many patients suffer from heel pain, and it can be quite a debilitating pathology depending on the severity. There are several treatments that help get rid of the discomfort such as taking oral nonsteroidal anti-inflammatory, a short course of an oral steroid, certain soft heel braces, custom molded orthotics, having healthy shoe gear and steroid injections. However, the best treatment is Achilles stretching and plantar fascial stretching exercises and to continue doing them regularly even after symptoms have subsided. It is best to see a podiatrist when you begin experiencing this as they can get you put on a path to faster symptom relief.

-DR. MCKEE,
Podiatry Group of Annapolis



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BEST OF

ANNAPOLIS & WEST COUNTY

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The Best of Annapolis and West County's Medical, Dental, and Veterinary winners are here, *as voted by our readership*. This is an important designation. You chose the winners on the following pages; *nobody paid to be included on this list*.

So, thank you to our loyal readership that took the time to vote for the tops in town when it comes to health services. Last fall we called upon you to write-in your recommendations in many categories. After carefully vetting ballots for any duplicates or multiples originating from one source (no ballot stuffing allowed), we arrived at the resulting winners. Please enjoy perusing *your* list of who's Best of Annapolis and West County and consider employing their services.

And coming in our May issue, we'll publish the Best of Food & Dining results.

AND THE WINNERS ARE...

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 mindfulhealing.biz

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 tranquilitywoods.com

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Allergy and Asthma Associates, P.A.
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 410-647-2600
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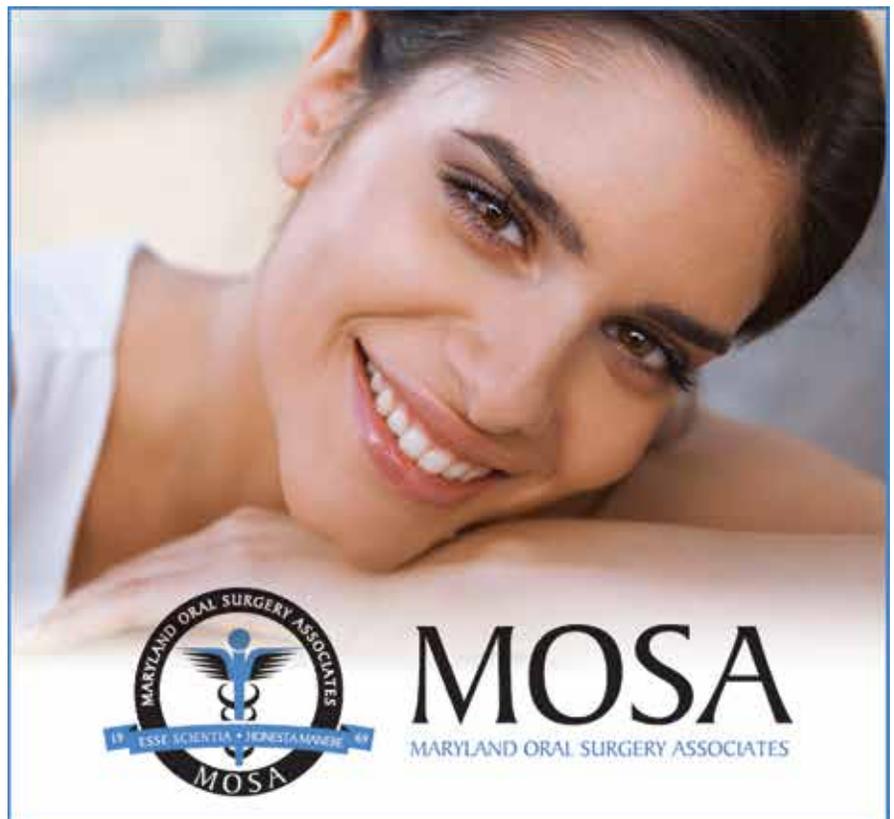
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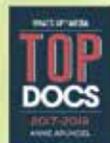
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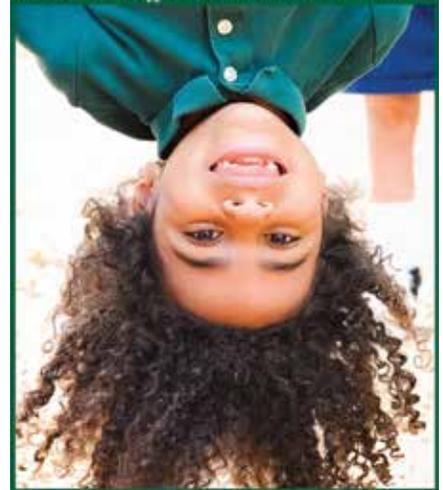


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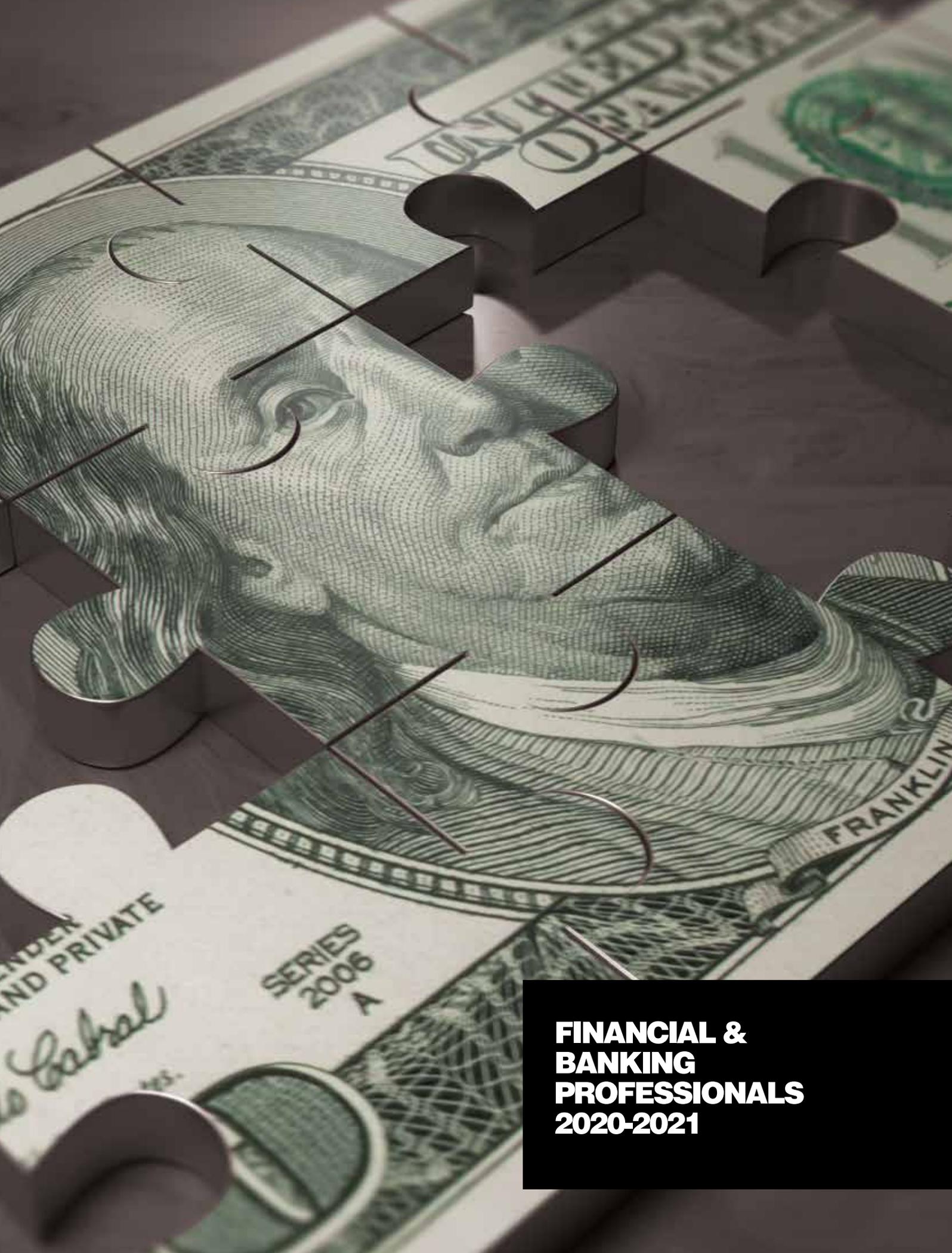


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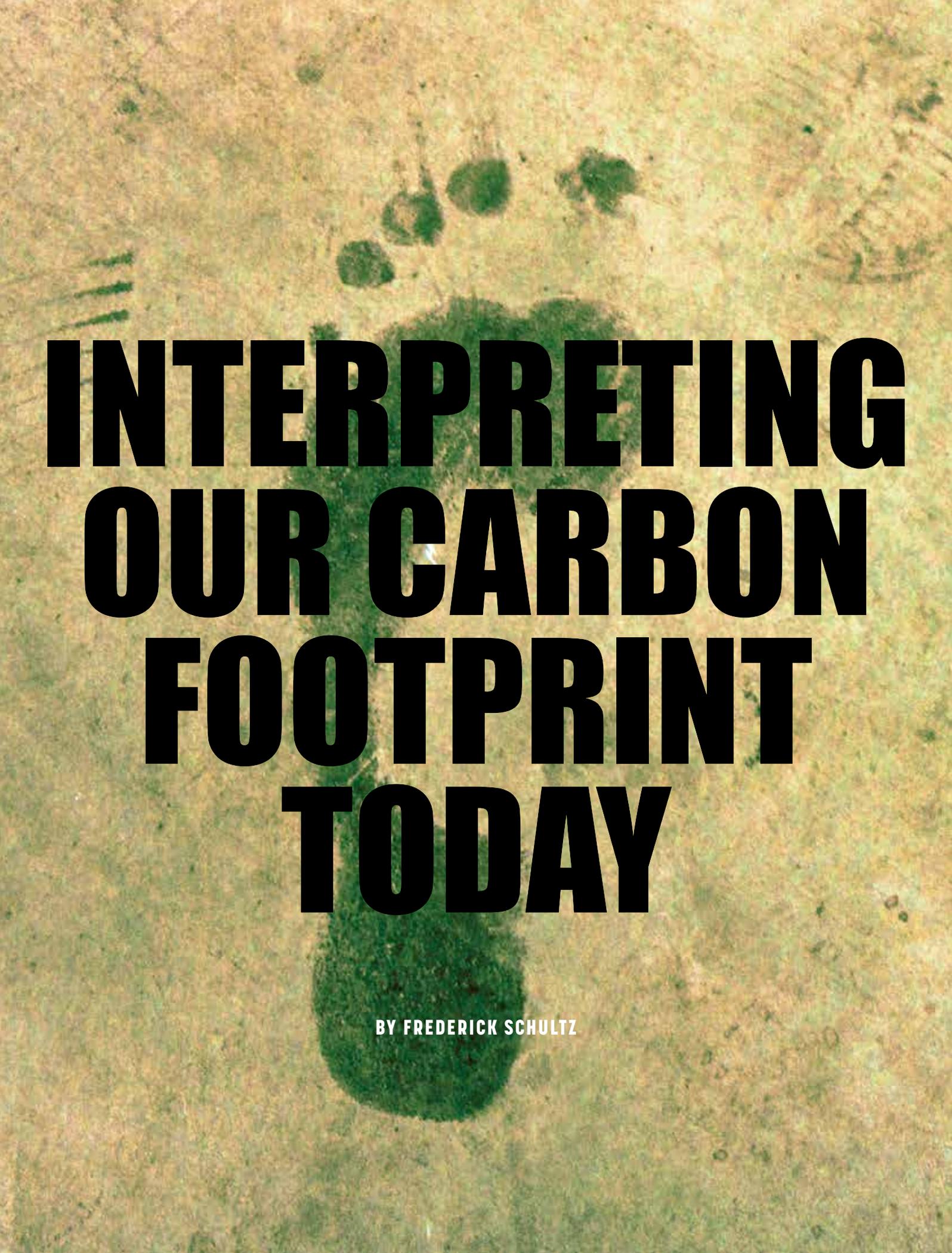
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An aerial photograph of a forest with a large, dark green tree stump in the center. The surrounding trees are smaller and more densely packed. The text is overlaid on the image.

INTERPRETING OUR CARBON FOOTPRINT TODAY

BY FREDERICK SCHULTZ

As the world marks the 50th anniversary of the first Earth Day this April, exactly what carbon footprint is and whether it's a viable barometer of the health of the planet is open to interpretation

One short definition of the collective carbon footprint is “the total greenhouse-gas emissions caused by an individual, event, organization, or product, expressed as carbon dioxide (CO₂) equivalent.” The gasses include CO₂ (from various sources), nitrous oxide and methane (both mostly from agricultural sources—meaning many food sources), hydrofluorocarbons (from refrigeration, air conditioning, and aerosols), perfluorocarbons (from semi-conductors, refrigeration, and aluminum production), and sulfur hexafluoride (from electrical substations and magnesium smelters).

The footprint, therefore, is the cause; climate change is the effect. But skeptics claim that no substantial, tangible evidence exists to support the contention that this is a real global problem. And some say taking serious measures to decrease the impact of the footprint is certainly not worth depleting world economies in the process, even if the Earth as we once knew it appears to be changing right before our eyes.

A case in point lies at the heart of something called the CO₂ Coalition, reportedly funded in large part by energy executives and conservative foundations. It is now a component of a panel called the Presidential Committee on Climate Security, which, according to the February 28, 2019 edition of *Energy and Environment News*, has been formed to “question assertions by the U.S. intelligence community that climate change is a risk to national security.” Scientists worldwide, however, are sounding the alarm that rising sea levels alone pose such a risk.

The familiar slogan “Take only memories (or pictures); leave only footprints” is a cautionary admonishment to visitors of environmentally sensitive wilderness areas not to discard any waste that would detract from the future experience of enjoying the world’s resources in their natural state. Depending on the source, many scientific experts today say we’re leaving a significant, different type of “footprint,” and it’s getting progressively,

and some say inexorably, worse—unless the planet’s population acts now.

A CHIEF DENIER

One of the most notable critics of global-warming’s viability is Dr. Patrick Moore, a Canadian scientist since 1971 and now a reputed nuclear-power lobbyist. President Donald Trump referred to him as a founder of the environmental-activist group Greenpeace (which Greenpeace denies), when the president tweeted in March 2019: “The whole climate crisis is not only Fake News, it’s Fake Science!” This, incidentally, came immediately after Dr. Moore’s appearance on the “Fox and Friends” morning TV program.

In testimony before the U.S. Senate Environment and Public Works Committee on February 25, 2014, titled “Natural Resource Adaptation: Protecting ecosystems and economies,” Dr. Moore claimed “there is no scientific proof that human emissions of carbon dioxide are the dominant cause of the minor warming of the Earth’s atmosphere over the past 100 years.”

Moore also questions the findings of the Intergovernmental Panel on Climate Change (IPCC), which he said were based on “judgment” and “not the result of any mathematical calculation of statistical analysis. They have been ‘invented’ as a construct within the IPCC report to express ‘expert judgment,’ as determined by the IPCC contributors.”

Moore also criticizes the use of “sophisticated computer models” when predicting the effects of global climate change, testifying that “we cannot predict the future with a computer model any more than we can make predictions with crystal balls, throwing bones, or by appealing to the Gods.” Instead, he urges looking “at the historical record,” with which “we do have some degree of certainty compared to predictions of the future. When modern life evolved over 500 million years ago, CO₂ was more than 10 times higher than today, yet life flourished at this time.” [Editor’s note: it is worth mentioning that life on Earth 500 million years ago was largely restricted to the planet’s oceans.]



THE CARBON FOOTPRINT BELIEVERS

What we know today as the carbon footprint evolved from what started—according to a December 26, 2019 article by Anders Hayden, author of the book *When Green Growth Is Not Enough: Climate Change, Ecological Modernization, and Sufficiency*—as the “ecological footprint (EF),” defined as the “measure of the demands made by a person or group of people on global natural resources.”

Hayden writes that such a measurement, as it applies today, “has been used to highlight both the apparent unsustainability of current practices and the inequalities in resource consumption between and within countries.” The equation Hayden lays out is an estimate of what’s needed “to provide renewable resources that a population consumes and to absorb the wastes it generates—using prevailing technology and resource-management practices—rather than trying to determine how many people a given land area or the entire planet can support.”

“Unsustainability” appears to be the key word in the ecological footprint outlook, which means that “not only must current impacts be calculated,” Hayden writes, “they must be forecast based on accelerated consumption, if life practices in the United States and the world do not change course.”

“deforestation, soil erosion, species loss and water depletion, as well as increased greenhouse gasses in the atmosphere, triggering the cascading effects of climate change.”



The consequences include such problems as “deforestation, soil erosion, species loss and water depletion, as well as increased greenhouse gasses in the atmosphere, triggering the cascading effects of climate change.”

Canadian ecologist and University of British Columbia Professor William Rees created the EF concept and later teamed with one of his proteges, an urban planner from Switzerland named Mathis Wackernagel, who developed the concept further in his doctoral dissertation under Rees’s supervision. Together, Wackernagel and Rees wrote *Our Ecological Footprint* (1996), which outlines the concept in detail.

Carbon Footprint:

WHAT IS IT? WHAT'S YOURS?

Here are several of Dr. Mathis Wackernagel's favorite links and tools to help calculate your carbon footprint and shape your understanding of the concept: <http://www.footprintcalculator.org>; <https://data.footprintnetwork.org>; <https://www.footprintnetwork.org/our-work/ecological-footprint>



Today, Dr. Wackernagel is founder and president of the Global Footprint Network, which “envision[s] a future where all can thrive within the means of our one planet.” Its stated mission is “to help end ecological overshoot by making ecological limits central to decision-making.”

EARTH OVERSHOOT

In an August 2018 press release regarding “ecological overshoot,” Wackernagel stated that we’re executing a classic pyramid scam on the environment. “Our current economies are running a Ponzi scheme with our planet. We are borrowing the Earth’s future resources to operate our economies in the present.” As such schemes work, which have been deemed illegal, time eventually runs out, and, as Wackernagel contends, “they eventually fall apart.” Deeming that “the issue is not only environmental but also political and ethical,” he states, “When

it comes to global resources, not everyone is treated equally. One of the biggest challenges of climate change is the disparity of resource consumption among classes, countries, and regions.”

Reporting for earthday.org on July 26, 2019, the organization’s communications manager, Brandon Pytel, declared, “It’s official. We’ve exhausted Earth’s natural resources for the year...and it’s only July.” The 29th of July was predicted to be 2019’s date at which “human demand...has surpassed what the Earth can regenerate in a year,” and it was the earliest Overshoot Day since the 1970s. This means that those resources are being depleted 1.75 times faster than they can be regenerated. Pytel concludes his report with a quote from Dr. Wackernagel: “We have only got one Earth—this is the ultimately defining context for human existence. We can’t use 1.75 [Earths] without destructive consequences.”

CARBON OFFSETS

A recent article by Miriam Cross, an associate editor at *Kiplinger’s Personal Finance* magazine, attempts to demystify the concept of “carbon offsets,” a relatively new way in which people can help compensate for the footprint they’re making.

She writes, for example, that travel by air is a leading culprit on the carbon-footprint list and points out that consumers can “offset” the effects of commercial flight by paying for it via online organizations that, for example, would facilitate your monetary payment into a carbon neutralizing endeavor (carbonfund.org is one such popular purveyor of offsets). The idea is to pay a fee targeted at planting trees and erecting wind turbines “in a bid to counterbalance the damage your flight has done to the environment.” As an example, she cites now-famous Greta Thunberg, the teenage environmentalist from Swe-

den who shunned flying from England to New York for her appearance before the United Nations and instead took “a carbon-neutral sailboat.”

No matter which mode of travel one uses, Cross says, “carbon-offset sellers will calculate your carbon footprint...and translate the tons of carbon dioxide emissions triggered by your trip into a dollar figure that can help fund carbon-reducing or carbon-prevention projects around the world.”

Those who want more control over how their money is spent, Cross suggests, should “consider donating to a green charity or nonprofit.” The story’s bottom line, however, is actually quite simple: “the best way to reduce your carbon footprint, experts point out, is to cut back on activities and purchases that generate carbon dioxide in the first place.” And if that isn’t possible, carbon offsets and green-minded donations are potential solutions.



“It Would Take Five Earths”

From his office at the Global Footprint Network in Oakland, California, the organization’s founder, Dr. Mathis Wackernagel agreed to an exclusive interview with us for this report.

HOW DO YOU COUNTER WHAT HAS BEEN SAID AND ADVANCED BY PEOPLE SUCH AS DR. PATRICK MOORE, WHO DISAGREES WITH THE ENTIRE CARBON-FOOTPRINT PREMISE?

Patrick Moore is a character and likes controversy, and I would not characterize his perspective as supported by scientific analysis. Yes, plants capture and feed off carbon dioxide. But the link to climate change not being a threat is a bit tenuous.

WHAT IS THE AVERAGE CARBON FOOTPRINT FOR PEOPLE IN THE UNITED STATES, AND WHAT ACTIVITIES OR ITEMS CONTRIBUTE TO ITS MAKEUP?

If everybody lived like U.S. residents today, it would take five Earths [to sustain our way of living]. Dr. E.O. Wilson, biology professor from Harvard University, advocates that humanity should only use 0.5 Earths in order to maintain a stable biosphere, including preserving a good portion

of biodiversity. So, you get a sense how far off we are. In the United States today, 72 percent of the overall demand is carbon dioxide from fossil-fuel burning.

WHAT ACTIVITIES OR ITEMS ARE TRENDING UPWARD OR DOWNWARD IN RECENT YEARS?

On a per-person level, the demand has been decreasing in the United States over the last 20 years. But is still at a very high level.

TO MITIGATE ENVIRONMENTAL IMPACTS, WHAT IS THE COST OF CONTROLLING OUR FOOTPRINT TO INDUSTRIES, BUSINESSES, GOVERNMENTS, AND INDIVIDUALS?

It is all about cost benefit. What is the cost of overusing the planet versus the cost of reducing our demand? If we continue to overuse, it will be difficult to fuel our future economies. So, a fundamental question is how much we value our future. Is the value of our children’s lives the same as the value of our generation’s lives? Or should they [the children] be valued only at one half or one quarter? If so, then it is okay to live with depletion? If not, then depletion is the wrong business model.

REGARDING THE CONCEPT AND BUSINESS OF BUYING CARBON FOOTPRINT OFFSETS, EXACTLY WHERE DOES THE MONEY GO, AND HOW DOES THE SYSTEM WORK?

Like with any service—having your clothes washed, for example—there can be a contract. You plant and maintain a tree. I pay you for it. If you do not maintain the tree, you must pay the money back. If you do not pay the money back, I sue you, because I

have a contract. So, it is pretty straightforward. Currently, the carbon market is voluntary, meaning that you do not have to offset your carbon. But once you make a contract for your still-voluntary effort, it is a real contract, much like it is voluntary whether you buy a watch or not. But if you buy a watch, there is a sales contract.

IS ALL THE EXPENSE, MONEY, TIME, AND EFFORT TRULY WORTHWHILE AND MAKING A TANGIBLE DIFFERENCE? IF SO, EXACTLY HOW?

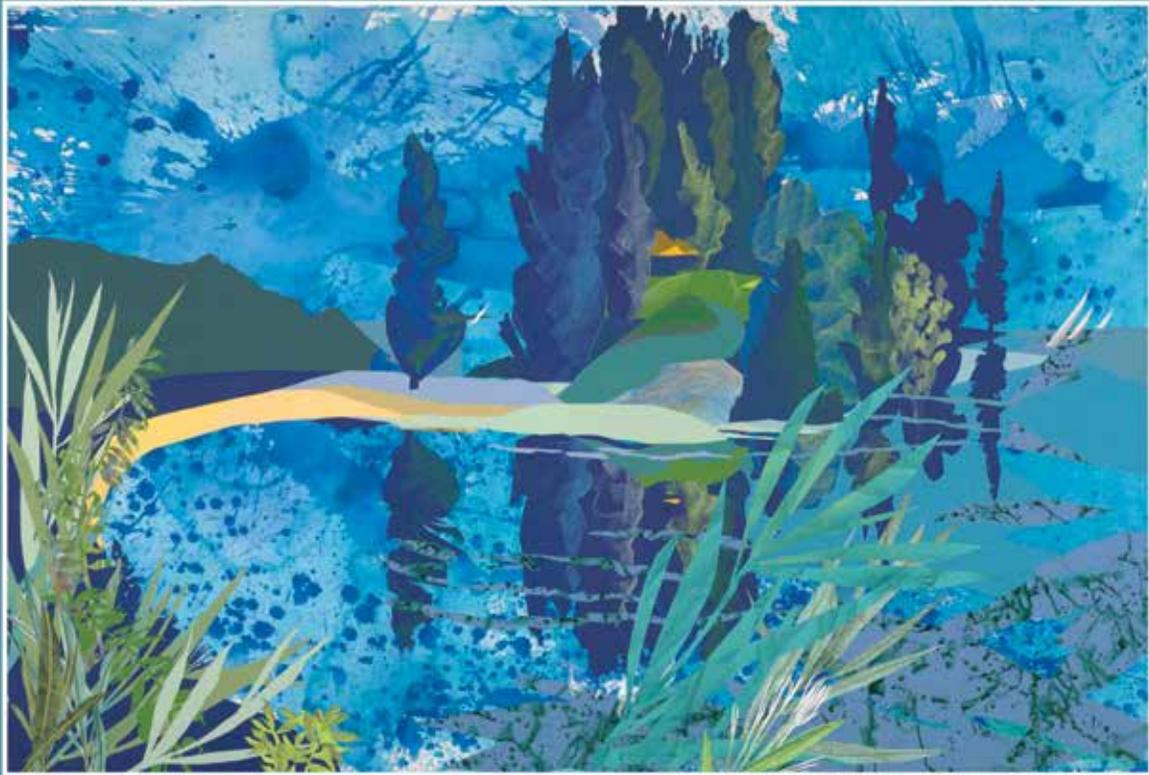
If you think depletion is fine, and the future is worth little, then you may reach the conclusion that depletion is just fine. My preference is that we give each generation the same rights—and taking from them would, in my view, be unethical.

ASIDE FROM ACKNOWLEDGING THE CRITICALITY OF MINIMIZING THE CARBON FOOTPRINT ACROSS THE GENERAL POPULATION, WHAT OTHER OPTIONS EXIST OR ARE CURRENTLY BEING DISCUSSED OR PLANNED?

Assuming that you do not want more carbon in the atmosphere, there are two options: you can reduce emissions, or increase sequestration. Like a bathtub, you can stop adding water, or increase the drainage.



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Whether you're of the Silent Generation, a Boomer, Generation X, a Millennial, or, even the up-and-coming Generation Z, your financial wellness has a beginning and an end. How you manage your money in between can make all the difference between living a financially secure lifestyle or not. Though life goals and lifestyle choices certainly play into one's overall happiness, we present a fiscally subjective look at popular issues that could affect your well-being...and considerations on

how to manage them. We went to several local experts, asking for answers to questions about financial markets, funds, fiscal security, technology, tax law, and general advice that you, our readers, should consider when planning your financial future. But first, a disclosure: the views, opinions, and statements made by the professionals in this article are hypothetical in nature, analysis, and guidance only; those seeking fiduciary advice should speak with a finance or tax professional.

On to our questions and answers...

WHAT EFFECT DOES AN-ELECTION YEAR HAVE ON THE MARKETS, GENERALLY SPEAKING?

“Markets are cyclical and it is tempting to turn to history for investment decisions. However, you can’t count on future returns [based on] past ones. Elections do clearly have an impact on markets in the short term. However, in the long term, it’s nearly impossible to know what effect an election will have on the market. There is a lot of grey area and the long-term effects are based on what policies are enacted. According to *Global Financial Data*, the inaugural year of a president’s term can often be vastly different from the last three years of a term. During

average of 2.7 percent when a Democrat is elected. The root of these market fluctuations are policy changes. Markets don’t like change, so new policies being enacted from either political party impact the market.”—*Brion Harris, CEO and Founder, Premier Planning Group*

“Generally, election years tend to produce positive returns for equity markets. However, the third year of an election cycle tends to produce the best returns. Markets don’t like uncertainty and as we approach end of 2020, we’d expect to see increased volatility as politics dominate the news flow. No matter what happens, it’s key to remember that markets

“HISTORY HAS SHOWN US THAT ELECTION YEARS CAN BE UNPREDICTABLE. WHEN A CURRENT CONTROLLING PARTY STAYS IN POWER THROUGH AN ELECTION CYCLE, THE STOCK MARKET TENDS NOT TO REACT VERY MUCH, IT IS SEEN AS FOUR MORE YEARS OF THE SAME THING—THE PRECEDING FOUR YEARS.”

—RYAN C. HERBERT, FINANCIAL ADVISOR,
PROSTATIS FINANCIAL ADVISORS GROUP

inaugural years, the market has historically averaged a 2.6 percent increase when the new president is Republican versus a 22.1 percent increase when the new president is a Democrat. During presidential election years however, again according to *Global Financial Data*, the market averages an increase of 17.9 percent when a Republican is elected and decreases an

have endured many elections over the decades and historically have rallied in time.”—*Scott McRoy, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

“History has shown us that election years can be unpredictable. When a current controlling party stays in power through an election

cycle, the stock market tends not to react very much, it is seen as four more years of the same thing—the preceding four years. When we have a change in the controlling party, (Democrat to Republican or vice versa), it doesn’t matter which party loses power and which party gains power, the stock market normally has a positive reaction for 2–3 three months before we have a small 5–10 percent drop in the market. Where the market goes after that drop is all dependent on the current party’s policies.”—*Ryan C. Herbert, Financial Advisor, Prostatist Financial Advisors Group*

WHAT ARE THE MOST INFLUENTIAL ISSUES AFFECTING MARKET PERFORMANCE TODAY, IN YOUR OPINION?

“There are really two issues that are currently influencing the stock market on a daily basis. The number one factor is the current geopolitical conditions. President Trump is unlike any other President we have ever had and communicates in much different manner. The stock markets swing in either direction based upon his press conferences and his tweets. The second factor for the stock market is the current trade war with China. Yet again, we see wild swings in the market on a weekly basis due to the back and forth between the U.S. Administration and the Chinese Government Policy Makers.”—*Ryan C. Herbert, Financial Advisor, Prostatist Financial Advisors Group*

“The Federal Reserve and our current low interest rate environment, as well as continued earnings growth, favorable economic conditions,

and investors’ fear of missing the rise in equity prices are all factors that have an influence on today’s market performance.”—*Christopher Asher, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

DO YOU FORESEE A MARKET RECESSION ANY TIME SOON? IF SO, WHAT ADVICE DO YOU OFFER INVESTORS?

“We are currently in the longest bull market in history. A quote from Warren Buffet that I like to share with my investors is to ‘be greedy when others are fearful and fearful when others are greedy.’”—*Chris Harris, CFO and Case Designer, Premier Planning Group*

“The U.S. stock market going back to 1930 has seen a Bear Market 20 times. That’s an average of one every 4.5 years. The average drop in the market is about 32 percent and has lasted almost a year. The average bull market lasts seven years, and we are currently 11 years into this Bull Market that started in 2009. This isn’t meant to be a prediction that a Bear Market is coming soon, but it is to serve as a reminder, not to be complacent and to review your investments and your written plan to make



sure that you are properly positioned for any market.”—*Ryan C. Herbert, Financial Advisor, Prostatis Financial Advisors Group*

“Historically speaking, recessions are a common event that are part of the normal economic cycle. Therefore, they are continuously somewhat imminent. Presently though, strong economic indicators suggest that a recession is not likely to occur for many more quarters. How many is impossible to predict, as is the specific market or geopolitical event could trigger a downturn. It is important to keep in mind that the last recession is not necessarily indicative of what the next recession will bring. Maintaining a properly diver-

sified portfolio with adequate cash reserves and a buffer of safe assets to weather market fluctuation is prudent in any economic environment. Our focus on financial planning and continuous communication allows us to maintain this balance for our clients.”—*Scott McRoy, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

WHAT, IN YOUR OPINION, ARE THE BEST INVESTMENT VEHICLES I SHOULD CONSIDER PUTTING MY MONEY INTO FOR: (A) SHORT-TERM, BIG-TICKET EXPENSES; (B) EDUCATION; AND (C) RETIREMENT?

“Funds needed for short-term expenses should be kept somewhere safe, easily accessible, and where they can earn

ONE OF THE MOST COMMON INVESTING MISCONCEPTIONS IS THE IDEA THAT PEOPLE NEED TO MEANINGFULLY REDUCE RISK AND EQUITY EXPOSURE AT RETIREMENT. TWO PRIME RISKS FOR INVESTORS ARE THE IMPACTS OF THEIR LONGEVITY AND INFLATION ON THEIR CASH FLOW NEEDS IN RETIREMENT.

—SCOTT MCROY, CFP®, CAM WEALTH MANAGEMENT, AMERIPRISE FINANCIAL SERVICES, INC.

a little extra. A position traded Money Market can be a good fit. For education, individuals should consider using 529 plans in the state in which they live. Maryland offers both an investment plan and a pre-paid tuition plan. With the investment plan, you invest contributions in a choice

of mutual funds and the value will be determined by the performance of those funds. With the prepaid option, you make contributions based on the current price of a Maryland state education and the value will be determined by the future cost of tuition. Contributions to these plans are tax deductible in Maryland up to certain limits and the earnings are tax-free if used to pay for qualified education expenses. Retirement should be invested in a diversified portfolio of stocks and bonds and the risk level should depend on your time horizon, earnings needs, and risk tolerance. You want to make sure your portfolio is geared towards earning what you need to reach your goals. For example, if you are way behind in saving for retirement, you might want to be a little more aggressive, even if you are older.”—*Bill Hufnell, CEO, Baypoint Wealth Management*

SHOULD INVESTORS LOOK TO SHIFT THEIR INVESTMENT STRATEGIES BASED ON THEIR AGE?

“Age can certainly affect an investment strategy; however, the most important factor is the time frame for the intended goal. Investment strategies should always



have a time frame. In general, there are three time frames for investments:

SHORT TERM: 0-5 years;

a lower level of risk

MID-TERM: 5-10 years

LONG TERM: 10-plus years;

higher level of risk

“We feel that is extremely important to prioritize what the intended goal is and then to invest in the most risk appropriate vehicles. Having a professional help to assess what your intended goals are and the proper vehicles to use can be crucial to overall financial success.”—*Ray Hobson, CFP®, HF Advisory Group*

“One of the most common investing misconceptions is the idea that people need to meaningfully reduce risk and equity exposure at retirement. Two prime risks for investors are the impacts of their longevity and inflation on their cash flow needs in retirement. While it is very important to remain mindful of downside protection and maintain adequate short-term reserves, having equity exposure is still essential to maintain purchasing power for the long-term. The allocation of equity exposure, though, varies based upon each investor’s needs and comfort.”—*Scott McRoy, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

SHOULD I SIMPLY INVEST IN PASSIVE INDEX FUNDS? WHY SHOULD ACTIVE FUND MANAGEMENT STILL BE A PART OF MY PORTFOLIO/STRATEGY?

“While passive investments can be a beneficial investing tool, active management has its place as well. Active management can be a powerful

tool, especially when analyzing more niche areas of the market, for example, small cap companies. We take the time to monthly screen and analyze the universe of active money managers based upon several different metrics such as tenure, consistency, process, performance in different phases of the economic cycle, and downside protection. We evaluate this performance against passive index funds to determine how to allocate our portfolios. The ability for active managers to provide an enhanced downside protection is important to the long-term growth of a portfolio as well as protecting cash flow needs.”—*Christopher Asher, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

CAN I SHIFT FUNDS FROM ONE TYPE OF INVESTMENT ACCOUNT (LIKE A RETIREMENT 401K FOR EXAMPLE) INTO ANOTHER (AN EDUCATION 529 PERHAPS) WITHOUT GETTING PENALIZED?

“When transitioning funds between different types of investments, it is important to understand the potential tax liability and any penalties that may be applicable. In most cases, an investor does not have the ability to move funds from a 401k to a 529 without realizing a tax consequence and potentially a penalty. That said, there are ways investors can save for both college education and retirement simultaneously. What that balance looks like depends on the investors’ individual situation, so I would encourage readers to explore savings options with a financial advisor.”—*Pat Cotherman, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

IS THERE ANY PENDING LEGISLATION (STATE OR FEDERAL) THAT I SHOULD BE AWARE OF, WITH REGARDS TO INVESTING?

“In December 2019, Congress passed a new law called the Setting Every Community Up for Retirement Enhancement Act of 2019 (SECURE Act). This bill went into effect on January 1, 2020 and made some notable changes to retirement savings and distribution rules. The age to begin taking required minimum distributions was moved from 70½ to 72 for individuals that have yet to turn 70½ by the end of 2019. In addition, the maximum age for making deductible traditional IRA contributions was eliminated under the SECURE Act, and there were changes made that make it easier for small employers to offer retirement plans to their employees.”—*Kevin Colli-son, CFP®, CAM Wealth Management, Ameriprise Financial Services, Inc.*

ARE THERE ANY TAX STRATEGIES (RE DEDUCTIONS, CLAIMS, DONATIONS, GIFTS, ETC.) THAT YOU RECOMMEND OR ADVISE CLIENTS OF, TO IMPROVE OVERALL FINANCIAL WELLNESS AND PERFORMANCE?

“Due to the increase in the standard deduction, individual taxpayers should consider the timing of their charitable contributions and if it would be advantageous for them to make a charitable contribution in December or January of the following year. Also, given the positive run that the stock market has been on, a lot of individuals are carrying large unrealized capital gains. From a tax perspective, it’s advantageous for those gains to be recognized as long-term (i.e., a holding period of greater than one year), where individual taxpayers can receive a preferential tax rate versus a capital transaction that has a short-term holding period (i.e., one year or less). Consulting with your tax advisor on the timing of the gain



“BEING ENGAGED IN YOUR FINANCES AND TAXES YEAR-ROUND IS INCREDIBLY IMPORTANT. I ALSO ADVISE THAT CLIENTS HAVE THEIR CPA AND FINANCIAL ADVISORS IN-SYNC WITH EACH OTHER, AS I HAVE FOUND THAT WHEN THESE PROFESSIONALS COLLABORATE, IT USUALLY LEADS TO A MORE EFFICIENT RESULT FOR THE CLIENT.”

—BRANDON WOLF, CPA, CFP®, MANAGING PARTNER,
WOLF TAX ADVISORY LLC

recognition is important in creating tax-efficient investments.”—Brandon Wolf, CPA, CFP®, Managing Partner, Wolf Tax Advisory LLC

“Yes, there are many! Qualified Charitable Distributions from IRA’s, managing capital gains and losses in your portfolio, converting IRA’s to Roth IRA’s in low tax years, managing distributions and funding retirement in a tax efficient manner, holding different investments in different accounts depending on how they are taxed, holding appreciated stock for future generations and getting a step up in basis at death, charitable giving through donor advised funds, exchange funds for highly appreciated individual stock positions, back door Roth Conversions, contributing and converting after-tax money to retirement plans and then doing and in-service withdrawal. These are just some of the strategies that we review for each client.”—Bill Hufnell, CEO, Baypoint Wealth Management

WHAT ARE THE MOST CONCERNING ISSUES AFFECTING INDIVIDUAL TAX CLIENTS TODAY, IN YOUR OPINION?

“Identity theft is a major concern right now. Criminals have become more sophisti-

cated with their techniques in attempting to steal sensitive taxpayer information. Individual taxpayers may be eligible to enroll in the IRS identity protection PIN program to help protect against a fraudulent tax return being filed under their social security number. This program requires the taxpayer to go through an identity verification process. Once verified, you are assigned a 6-digit PIN which must be filed with your federal tax return. Maryland residents are eligible to sign-up through the IRS in 2020.”—Brandon Wolf, CPA, CFP®, Managing Partner, Wolf Tax Advisory LLC

TECHNOLOGY HAS ADVANCED RAPIDLY; WHAT FINTECH EXCITES YOU THE MOST?

“Tools to help advisors manage investments, such as rebalancing software, are exciting because they allow us to focus more on planning and customized strategies for each client that add value for them.”—Bill Hufnell, CEO, Baypoint Wealth Management

“The advancement of technology has allowed our practice to stay interconnected with our clients. For example, our practice is able to plug into our client’s accounting

software and stay up-to-date on the year’s results. This allows us to provide better client service throughout the year and advise on potential opportunities and things to consider, which, in the end, benefits our clients tremendously.”—Brandon Wolf, CPA, CFP®, Managing Partner, Wolf Tax Advisory LLC

HOW DO I KNOW IF I’M CHOOSING A REPUTABLE FINANCIAL ADVISOR? WHAT SHOULD I LOOK FOR?

“Choosing a financial advisor to work with can be difficult, but extremely important. When interviewing potential advisors to work with, make sure you ask them if they are a fiduciary. Acting as a fiduciary means that you must act in the client’s best interest at all times. This is crucial because if they are not a fiduciary, then the advisor can try to sell you investment products that benefit the advisor, not the client.

“Because there are many different designations that advisors can put behind their name, the CFP® designation is what I would consider to be one of the most reputable designations and requires the advisor to meet rigorous professional standards and to adhere to the principles of honesty, integri-

ty, competence and diligence when dealing with clients. A CFP® is not only a fiduciary, but also is an educator. We will explain the pros and cons of many different solutions and help you decide on investment vehicles that will benefit you.”—Ray Hobson, CFP®, HF Advisory Group

WHAT IS YOUR NUMBER ONE BIT OF ADVICE TO CLIENTS AND PROSPECTS TO ENSURE THEIR FUTURE PROSPERITY?

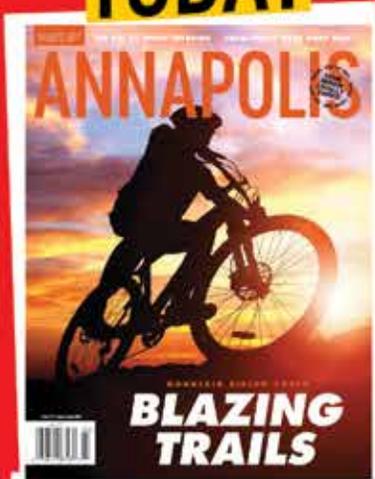
“Plan and diversify. People don’t plan to fail; they fail to plan. It’s important to work with a professional and build a strategy for success. Portfolio diversification is a big part of that strategy.”—Brión Harris, CEO and Founder, Premier Planning Group

“The number one piece of advice I can give to any investor is to sit down and create a plan for your investments and your retirement. Write that plan down and hold yourself accountable. Most importantly stick to your plan, stay diversified, and stay calm.”—Ryan C. Herbert, Financial Advisor, Prostatix Financial Advisors Group

“Being engaged in your finances and taxes year-round is incredibly important. I also advise that clients have their CPA and financial advisors in-sync with each other, as I have found that when these professionals collaborate, it usually leads to a more efficient result for the client.”—Brandon Wolf, CPA, CFP®, Managing Partner, Wolf Tax Advisory LLC



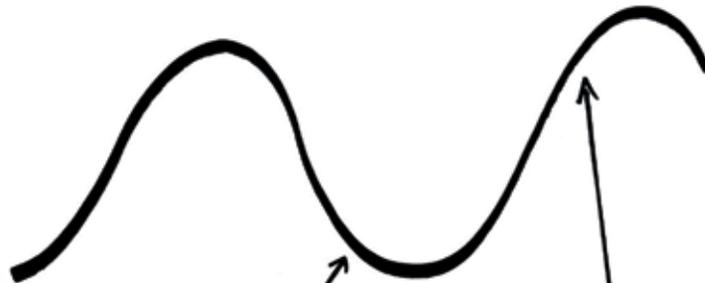
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ANNE TKACIK
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Anne.Tkacik@Inf.com



BETSY ALBERT
443-995-3208
Betsy.Albert@Inf.com



BETSY KIMREY
443-223-3399
Betsy.Kimrey@Inf.com



BRENT ALLEN
410-349-7764
Brent.Allen@Inf.com



BRIAN SCHILLING
410-991-7009
Brian.Schilling@Inf.com



CATHERINE HAMEL
301-802-8151
Chamel@Inf.com



CHRIS FULLER
410-757-3142
Chris.Fuller@Inf.com



DAVID YEE GROUP
410-847-5980
Yee@Annapolis411.com



DAWN MILLER
443-865-4108
down.miller@Inf.com



DEBORAH LAGGINI
410-991-6560
Deborah.Laggini@Inf.com



DENISE SMITH
410-991-6851
Denise.Smith@Inf.com



THE GERDES TEAM
443-837-8357
PhilGerdes@TheGerdesTeam.com



GENNY COOK
301-518-7073
Genny.Cook@Inf.com



JACKIE REINAUER
410-212-9079
JKR@Inf.com



JAN GREENE
410-271-1122
Jan.Greene@Inf.com



JEANNIE MILLER
301-693-8427
Helen.Miller@Inf.com



JEN DENNEY
410-271-5346
JenDenney@Inf.com



JILL NICHOLAS
443-790-1262
Jill.Nicholas@Inf.com



JOYCE ROPER
410-279-3418
Joyce.Roper@Inf.com



JUNE STEINWEG
410-353-4157
June.Steinweg@Inf.com



JUSTIN DISBOROUGH
410-349-7871
Justin@MeetThisHouse.com



KAREN NYE
443-336-5354
Karen.Nye@Inf.com



KATY KELLEY
410-991-0499
Katy.Kelley@Inf.com



KEVIN STODD
410-991-2313
Kstodd@Inf.com



KIMBERLY McGRATH
301-351-5792
Kimberly.Mcgrath@Inf.com



KIRSTIN WHITAKER
443-370-4203
Kwhitaker@Inf.com



KRISTIN MROTEK
301-252-5513
Kristin.mrotek@Inf.com



LAURA LINYNSKY
202-285-1043
Laura.Linynsky@Inf.com



LINDA PATTERSON
443-994-3400
Linda.Patterson@Inf.com



LIZ HEINSOHN
410-991-8566
Lheinsohn@Inf.com



LORI WILLIS
410-708-1277
lwillis@Inf.com



LU RAMSAY COTTA
443-254-4870
Lu@Inf.com



MARILYN NORTH
443-336-9339
Marilynnorth@aol.com



MARY CLARE HOLDER
410-271-5781
Maryclare.Holder@Inf.com



MATTHEW GARDNER
443-871-8315
mgardner@Inf.com



MICHELE CORDLE
410-562-8680
Michele.Cordle@Inf.com



MICHELLE TRIOLO
410-982-8222
michelle@michelletriolo.com



MELISSA BLOHM
410-991-5967
Mblohm@Inf.com



NAN MILLER
410-280-6936
Nan.Miller@Inf.com



PAM TIERNEY
443-822-9079
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PEGGY LOVE
703-508-1242
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RACHEL FRENTSOS
410-271-6246
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SARAH MARTIN
410-507-8644
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SARAH MYER
443-871-7643
Sarah.Myer@Inf.com



SHERRY CLEVELAND
443-691-7092
Sherry.Cleveland@Inf.com



STEVEN SONGER
410-279-7527
Steven.Songer@Inf.com



SUZANNE PLETCHER
301-802-9911
Suzanne.Pletcher@Inf.com



TERESA DENNISON
443-223-1364
Tdennison@Inf.com



TRISH DUNN
443-995-5375
trishdunnrealstate@gmail.com



WILMA RICHARDS
410-703-2229
Wilma.Richards@Inf.com



STEVE MCCLUNG
Sage Title
301-351-9824
Smclung@sagetitlegroup.com



DAVID ROSSIELLO
Mortgage
410-693-2048
David.Rossiello@phmla.com



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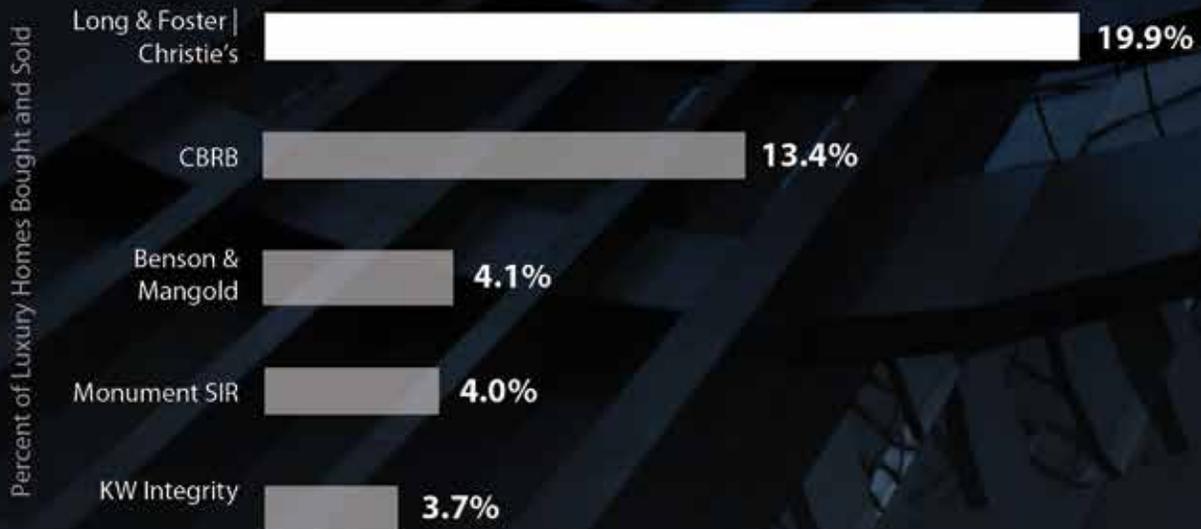


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Bob Lucido

Team of Keller Williams Integrity 2024 West Street, Ste. 100, Annapolis; 410-224-7777; boblucidoteam.com

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803 HOMESTEAD LANE



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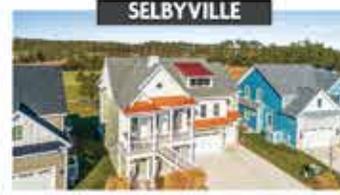
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26135 CROSSWINDS LANDING



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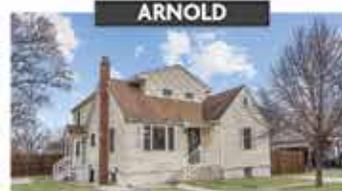
116 WATERLINE CT



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31296 INSPIRATION CIR



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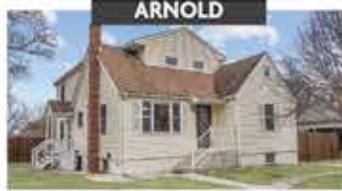
889 DORIS DRIVE



BETHANY BEACH

\$450,000

303 DRAKE DRIVE



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889 DORIS DRIVE



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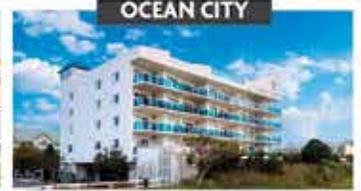
37213 W FENWICK BLVD



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7 SPINDRIFT WAY



OCEAN CITY

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105 63RD ST #401



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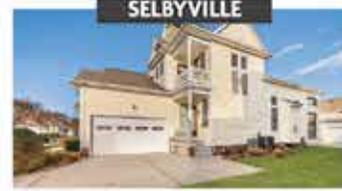
107 COOL SPRINGS ROAD



SEVERNA PARK

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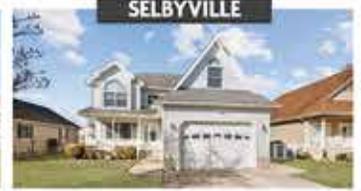
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A SPA CREEK MARVEL OF ARCHITECTURE

By Lisa J. Gotto | Photography by Brycen Fischer





There's one thing about living in Annapolis that many residents would agree on—living here can often require a deliberate and frugal use of space.

If you can master space here, you can accomplish much, but if you can make that space exquisite, envelop it in light, and create an optimal living experience, you have extended your quality of life to the next level.

We met a pair of homeowners currently living along Spa Creek who certainly agree with this view, as would their architects, Brian Grieb and Alick Dearie, who thoroughly understand this thinking and see an issue, such as the home's extremely narrow lot, not as a problem, but as a genesis for creativity.

And so began the making of the marvel on Spa Creek. The home has become a dream fulfilled for a busy husband and wife who came here six years ago from the hustle and bustle of a New York City life and loft. She has an established career in the fashion design industry and he is in high-tech.



Annapolis became a destination for them over the years; he is a U.S. Naval Academy graduate, so they would make the trip regularly for Navy football games and to pursue their shared passion for sailing. When they were able to make the break from the city, Annapolis, she says, provided everything they needed and wanted.

“We said this is the pace of life we wanted, the size of the city we wanted, we had a good number of friends here, and we absolutely love Annapolis,” says the wife, who had already given a great deal of thought to the design and type of home they desired.

DISCOVERY

And then they found a property in Eastport that they loved—and all was right with the world. Well...not quite. While the Eastport neighborhood provided them with the

This stunner along Spa Creek has been recognized with the 2019 AIA Chesapeake Bay Honor Award, 2019 AIA Maryland Merit Award, and the 2018 AIA Baltimore Design Award.



eclectic feel that resonated with them, the narrowness of the lot and what was already on it would present the couple with their first challenges.

“The house had been there for some time prior to it being abandoned for more than 10 years, so it was dilapidated and condemned; and there was really no way to use any of it,” she explains.

To report on this situation first-hand, Dearie boarded a boat with her husband and surveyed the property from the water. Dearie remarked that this would be an integral part of the process for them to gain the best understanding of who the homeowners were and what they wanted to achieve. From their previous meetings, they knew the home they would look at this day would be a complete departure from the structure that would replace it.

“We looked a lot at the context. We were designing a building that we knew would

be abstractly, formally different from the rest of the houses you see along the water’s edge,” Dearie says. “We tried to make sure the building fit in, that the color and texture of it was reflective of what you see around Annapolis harbor and the water areas.”

After the existing structure was torn down and as many of the reusable materials as possible were donated, the architecture team set to the work of conceiving the home the couple most desired. For the homeowners, this would mean meeting several goals: It needed to be exquisitely modern and minimalistic in nature. It needed to be unique and eclectic. It needed to be efficient. The quality of the home needed to be exceptional.

“My husband and I do not like fussiness or busy-ness. We wanted something that was very serene and spa-like, and we both lead very busy lives, and when we are at home or in the kitchen cooking, or whatever, we wanted it to feel very positive,” she says.

Also, from their initial discussion, the architects understood the home needed to speak to the homeowners’ love of sailing by providing ease of access to their amazing Spa Creek gateway to town and become the gallery she’s always wanted to display and live within their works of art and travel treasures.

“A pretty big thing for us was building a house that was the right size for us, not just the size of the house that we thought would sell later,” she adds. “It was important to us not to overbuild more than we needed.”

OPPORTUNITIES DISGUISED AS CHALLENGES

All adjectives, descriptions, and directives from the homeowners aside, nothing would be possible if the architectural team did not figure how to mitigate the narrowness of the home which presented issues beyond the aesthetic.

Even though the couple was happy with a smaller, two-bedroom home, the narrowness of the footprint provided the opportunities disguised as challenges that architects seem to thrive on.

Like many homes in our area, storm water management in Critical Areas is key. The architects had an answer.

“For us it was, ‘How do you find ways to get value from something you have to pay for?’” says Grieb.

Their answer: a vegetative, or green roof system on two separate sections of roof.

“If you need to pay for something utilitarian, and in this case something that typically is buried underground—out of sight, out of mind—why not find a way to meet the technical requirements while adding something with other benefits, such as something that offers aesthetic natural beauty?” Grieb explains.

It turned out that the green roof would provide a benefit; it would address an aesthetic concern that literally came down the road during another aspect of the planning process pertaining to narrowness of the site. Most of the homes in the neighborhood have two-car garages, and the homeowners had hoped for that scenario, as well. Given the property already had a challenging footprint, the prospect of fitting two cars side by side was a non-starter.

“That forced us into a plan or idea where we plugged the garage into the volume of the house and that created this moment where we got the



Two of them, wood with its warmth and glass with its reflective qualities, offsetting the concrete and metal.

“We particularly try to limit the material range,” Dearie says. “We knew (the homeowners) loved this industrial aesthetic. I think that’s where the corrugated metal came from. The wood was a very coastal kind of strategy—we thought that the warmth of the wood and the balance of that against the corrugated metal [would work]. It’s interesting trying to blend an industrial aesthetic with a waterfront aesthetic.”

Other considerations, creating energy efficiencies wherever possible.

IS A GREEN ROOF IN YOUR FUTURE?

If you plan on buying or building in the area, architect Brian Grieb says there are few things you should know about storm water management and green roofs. Grieb also serves as a tenured Associate Professor in the School of Architecture and Planning at Morgan State University. “The restrictions of building in the Chesapeake

Bay Critical Area almost always need to be part of any discussion about storm water run-off,” Grieb says. “To me, one of the biggest attributes to a green roof is the life-cycle cost. That is something that

has the ability to offer you value long after you bought the house or paid to build the house.” He adds that green roof systems are somewhat misunderstood. “They have been used for dozens of years around the world, but for dozens of reasons, until recently,

they have not been on the forefront or palette of architecture,” he adds. Evidence that times are changing is being proven in recent research, however. “Green roofs have been shown to double the life expectancy of a roof system.

The life expectancy of a normal roof is 20 to 25 years, and with green roofs, you have upwards of 50 years or so.”

Are green roof systems for everyone? “I would say ‘no,’ but we certainly want to be able to consider it and make it a part of the conversation with any of the projects that we do.”

garage roof right in front of the study/living space (on the second floor), so if there’s going to be a green roof on this house, it’s going to be at that location. You don’t want to be looking at the top of a membrane roof—something that’s not detailed to look good.”

OPTIMIZING MATERIALS & INTERIORS

While all these high-tech sounding terms can sound cold and austere, that is definitely not how the homeowners feel about the home they now live in. From an exterior view, the home presents itself as two stacked volume boxes. The entire home is primarily comprised of four basic materials: metal, wood, glass, and concrete.



“We wanted to make sure we didn’t build a house where we had to run the air conditioner all the time, or run the heat all the time. We wanted to be able to have cross-ventilation and really make the most of living on the water.”

To address all these concerns, special care was taken to use high-efficiency insulation for roofing and wall materials, passive solar shading strategies, and controllable LED interior and exterior lighting systems.

The homeowners couldn’t be more pleased with the results.

“Everything is very clean and earthy and polished—not in a bright, shiny way, but polished in its cohesiveness of the materials working together,” she says. “And then everything is minimalist—there’s no frivolity to it. It’s very straight forward. It’s very clean lines.”

Nowhere is this visual more evident than in the couple’s understated kitchen.

The wife didn’t want the sight of a bunch of pots and pans sitting in the kitchen. The challenge was a thoughtful balance between storage and open space. Thus, a large, extremely functional pantry was created.

“That is sort of a base of operations for us. All the clutter is in there,” she says.

The rest of the home’s interiors are clearly indicative of the owners’ “no-fuss” requirements and their desire to make the most of living on the water.

“We saw the house as a threshold between the street and the water,” the architects explain. “So, you’re moving through the house, moving towards the water, and ending up at the water.”

This was accomplished with the implementation of large glass sliding doors in the living room and dining room. While the spaces themselves aren’t huge, they will, in essence, function together on a beautiful day to provide an easy flow from inside to out.

The warm and inviting main living space is punctuated with an eye-defying floating staircase and a custom-built, one-of-a-kind fireplace that the architects also took part in creating.

“[Our architects] designed a screen that’s on a hinge for the door of the fireplace. It’s a completely custom design, a custom-fabricated closure that is just so cool,” the wife says.

She also loves the small details—how they used the same type of bolts that were used to build the steel skeleton for the house—as accents on the fireplace. Tack-welded to the façade, they now serve as hooks for fireplace tools.

One of her favorite things to do when she can work from home on winter days, is sitting on the chair next to the fireplace with her computer.

“I’ve got the water on one side and the fire on the other. How can you possibly beat that?!”

This architectural lead, commentary, and photography is provided by Grid architects of Annapolis.





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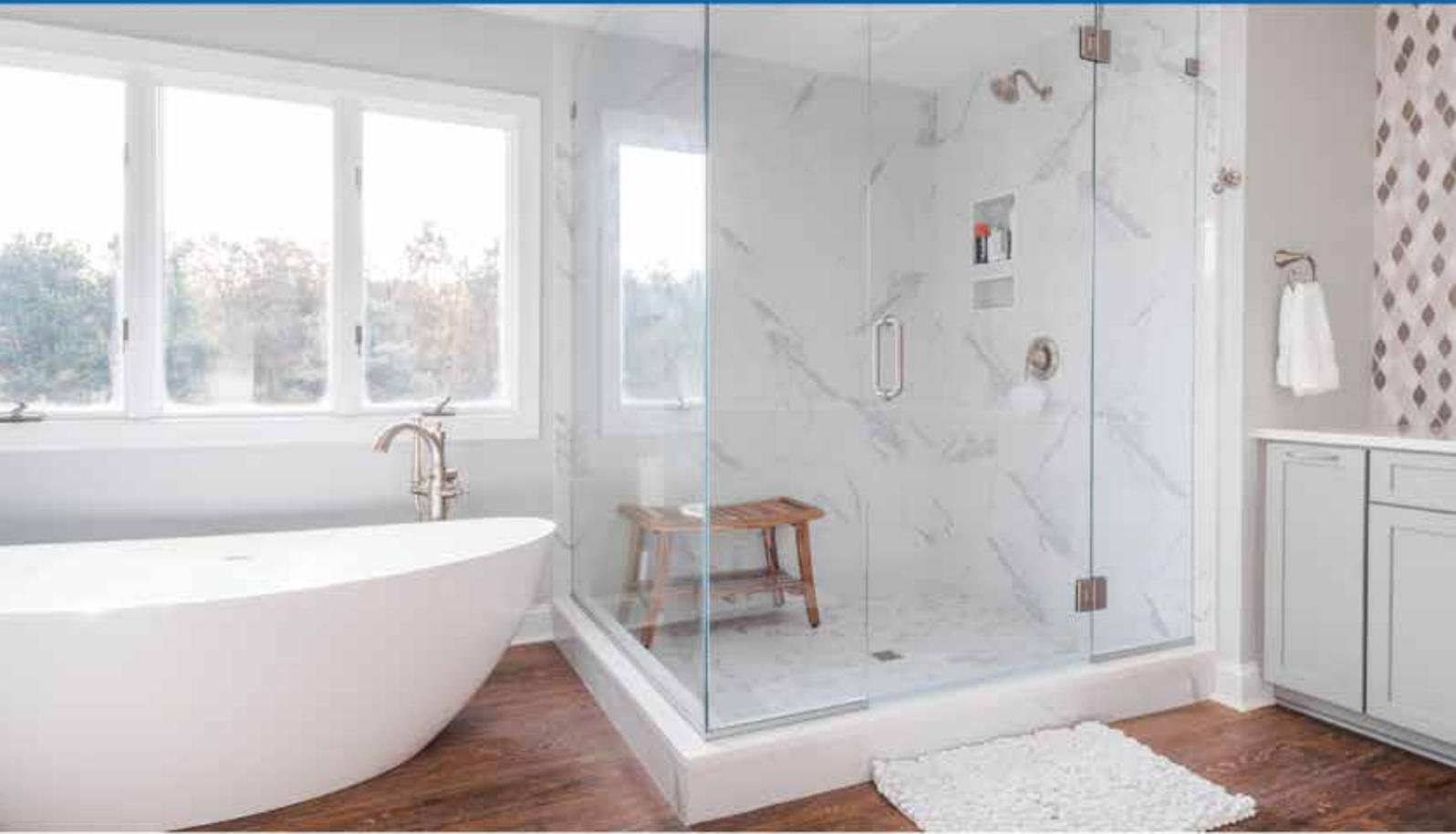
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Divine Decks & Perfect Patios

By Janice F. Booth

What if you could rub Aladdin's lamp or wave a magic wand and your home would expand by one additional room? How would that room serve you? Would it be a space to get away from the demands of family and work, a place to nap and daydream? Visualize feet up, pillows, and comfy hammock or lounge chair. Would your new room be an entertainment area, a place where friends and family would gather to eat and talk? Would you enjoy hosting cocktails at sunset for a few friends and neighbors or firing up the grill for a summer barbecue?

Where is this extra room, you ask? Imagine your deck or patio as a bonus room. April is the perfect time to examine your outdoor spaces and decide what you have available to you.

ADVANTAGES & LIMITATIONS

Once your outdoor-room is deemed safe, take some time to think about how the area has been used in the past. Were you happy with the comfort level? Did the patio become a dumping ground for sports equipment and dirty shoes? You may have to plan for a storage area where that equipment can reside without taking over your outdoor living area. What about sun and shade? When is that patio in direct sun? Do mature trees shade the deck? Don't forget about rain and wind. How will inclement weather affect your deck and its furnishings?

Once you've refreshed your mental picture of that patio, let your imagination entertain ways you might enjoy your out-of-doors area even more.

When we think about the advantages or limitations of a *living* space, it's possible to turn a limitation into an advantage with just a little creative planning.

BASICS

Before getting too involved in the pleasures of choosing paint, pillows, furniture, and lighting, take a serious look at the structural integrity of your deck or patio. Is the deck fundamentally sound? Are the railings secure and safe? Do you need to add electrical fixtures, perhaps even some plumbing for a small sink? Is the area sufficient in size? Would your patio benefit from some extra pavers or perhaps a platform added for a small dining area? If you're unsure, call a professional. Safety is not to be ignored.





LOCATION: Does the sun beat down on your patio with its southern exposure? A perfect setting, perhaps for your relaxing spa. Imagine sunbathing in private behind a display of succulents and cacti, beneath a striped awning and decorative palms.

TIME: Only a month until you host that baby shower for 30 guests? May is a lovely month for showing off your garden's azaleas, rhododendrons, tulips, and daffodils. With a quick coat of deck paint and some new furniture, you'll have the perfect setting for your guests.

BUDGET: Can you budget for a few new pieces of all-weather furniture? Or, will it be wiser to buy some paint and freshen up the table and chairs you've had on the patio for years. Adding a few pillows and some new plants may be just the solution you're looking for.

SIZE: It is possible that your deck, which runs the entire length of your house, may seem ungainly. Do people find it difficult to gather there? Like any large room, think about breaking up the space into areas devoted to activities; a table for cards or games in one area, a few comfy chairs and an ottoman clustered for reading or conversation, and a third area for outdoor cooking.

THE BIG PICTURE

Okay, you've evaluated the safety and sturdiness of your deck or patio. You've thought about Nature's impact on the area—sun, rain, wind, vegetation. As you begin your repurposing of that outdoor area, allow yourself to think again about that patio room as a space you will use more often if it meets your needs and expectations.

When designing the layout of your deck consider the aerial view from upstairs windows or other upstairs decks. The use of pure form in your layout will provide an aesthetically pleasing geometry when viewed from above.

Go upstairs and look down at your deck. If there were four walls, how would you decorate that area? Imagine looking at your patio from your neighbors' second-floor window. What will be seen? The question of privacy looms here. You may want to use awnings,

curtains, shutter-screens, and plants to provide privacy if neighbors and casual strollers are too near. A clever and attractive awning can be constructed from painters' drop cloths. You can add a design or leave them white. Drape the cloths over bamboo or curtain rods to shade all or part of the deck. Sheer curtains that flow with the breezes provide privacy and a diaphanous mood. You can buy ready-made stands in different lengths to hold your curtains, or install shower rods in some areas. Another option might be to purchase wooden screens,

usually 3-part hinged, that can be set-up and taken down as needed. Tall Florida shutters hinged together add a tropical feel, and can be louvered open or closed for breezes and privacy. And don't overlook some of your beautiful, potted plants. Bring them outside too. Let them bask in the sunshine. Clustered, they'll make a natural screen to protect you from prying eyes. Like the screens, plants can be easily moved and repositioned as circumstances demand. And, in stormy weather, they can be taken in and safely stowed.



UNDER FOOT

So, looking down once again from our second story, we've established walls for privacy and definition. What about the floor? Those wooden deck planks, would they look better stained or painted? Maintenance is always an issue—the less, the better, I say! You want to enjoy your new room, not spend all your time keeping it looking fresh and tidy. So, choose a deck floor treatment that will be easy to have underfoot. If the deck is already finished or has a permanent treatment, you might have fun considering the addition of area rugs. Bold geometric designs? Or cool colors? Simple, old-fashioned, woven sisal area rugs are popular for a reason. You'll probably want to avoid textured rugs. Dust, soil, and mud will eventually challenge your rugs, and cleaning them should be easy.



Your patio may be stone or pavers. You may want to give them a good scrubbing. Mold can dull the patina of slate. You might want to have a small rug beneath the café table area or the comfy reading chair and ottoman to differentiate those areas.

And, speaking of “under foot,” what about pets—yours or your neighbors? Will there be dogs and cats sharing this outdoor living space? If so, there are bound to be accidents. Be sure your floor treatment can handle a good scrubbing and that it doesn't trap odors, as some material might.



FURNISHINGS

Well, here we are. That dream-room is beginning to come together. Maybe it's doable! You can see the layout of the deck's activity areas, or the patio's theme. You've figured out the privacy issue, and now you're looking at your budget. Will you want simple, clean lines? No clutter? Or, do you want lots of personal touches on the interesting tables you found at the consignment shop? Do you want to plan for some storage cabinets, perhaps old wooden or clean, plastic ones, to hold the sports equipment, jigsaw puzzles, and patio-designated dishes and glasses? Look for an interesting cabinet or stackable boxes that can keep everything reasonably clean and dry until they're needed.

Have fun locating the perfect table and sofa. Add some lanterns and throw pillows. Maybe there's even room for a hammock and stand for that afternoon nap. This part is easy. The only cautions I would offer are (1) consider size. Don't buy pieces that are too large for the space. And, (2) mind your budget. A few, well-designed and manufactured pieces will be wise investments. The pieces you use on your deck or patio will get hard use from people and from Nature. Choose material designed to take rain and wind, and an occasional good scrubbing. You don't want to end up spending too much time on maintenance.

A FINAL TIP: BEAT THE BUGS

One final tip for your new room. You may not want to screen in your patio or deck, but you also may not want to spend your outdoor time swatting mosquitoes and flies. Yes, I know, Citronella candles and torches work, sort of. But I may have a better solution for you. Pedestal fans! Place a pedestal fan, or two or three, near seating areas. When you're outside, turn on the fans. The breeze they produce will be pleasing to humans and hazardous to bugs! Flies and mosquitoes will be whisked away! You'll be free of those pesky intruders. (Now, unfortunately, I have no remedy for ants. They just go with summer, I'm afraid.)

It's April! We can smell the earth awakening, see the buds forming, hear the birds singing, feel the sun warmer on our faces. Soon we'll be sketching new designs for some of our flower beds, opening up those promising seed packets, and beginning the bustle of gardening. But for now, there's still time to sit quietly and plan how to enhance that outdoor space you may have been overlooking—your deck or patio.



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Sold For: \$2,200,000
Original List Price: \$2,350,000
Bedrooms: 5
Baths: 5 Full, 3 Half-Baths
Living Space: 7,935 sq. ft.
Lot Size: 0.51 acres

HOME REAL ESTATE

Real-Life Living Along the Magothy

By Lisa J. Gotto



River views; check. Private beach; check. Exceptional quality of life; check, check! That's just the short list of perks that this Severna Park waterfront home provides. A soaring ceiling and views straight ahead to the Magothy River welcome you from the generous and bright foyer. Walk straight ahead and you'll enter the heart of the home, the open plan kitchen, and informal dining area. The space is washed in a tranquil blue, perfectly complementing the waterways just ahead of you from the kitchen window deck. This gourmet, dream kitchen has a bright, simple design that encourages more than one cook in the kitchen and is outfitted with a super-helpful butler's pantry that provides extra prep space, a dishwasher, and an additional large fridge for real-life family food storage.

The main level also offers a formal dining room, and a generous family room with a fireplace leading to another seating area perfect for private reflection, reading, and sail-sighting from its gracious bow windows. The fireplace made of gorgeous stacked stone is expertly placed and accessible from both rooms.

Upstairs there are five bedrooms on the second level that can be easily accessed with the help of the home's elevator. So, the new homeowners can plan on aging in place or have

the option for multigenerational living. The master suite is a masterpiece with its indulgent walk-in closets and a bathroom featuring a custom bath tub that offers tranquil water views for the bather.

The home's lower level has everything to keep guests and kids entertained and in shape with its in-home gym and steam shower, a large billiard table area with wet bar, counter and bar stools, a media room with dual-level lounge seating, and its own popcorn machine for mid-movie munching.

The home's exterior features numerous ways to enjoy the outdoors from multiple balconies, decks, and terraces. There's a generous backyard and then nothing but the river out ahead of you, including your view from the home's backyard hot tub. With just steps to the Cape Arthur Community Beach, the

new homeowners will have as many social occasions as they wish. Recreational opportunities abound, as well, as you can stand up paddleboard, kayak, or launch a canoe right from the home's own platform. Just a short walk away are the community piers that offer readily available slips and a boat ramp with deep water options, as well.

After making our list and checking it twice, we are certain that this home offers everything the homeowners need to ensure the best quality of life for many years to come.

Listing Agent: Diane Mallare; Diane & Crew of Taylor Properties; m. 410-279-3868; o. 800-913-4326; dianeandcrew.com

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153 Boone Trail Severna Park, MD 21146

Spectacular waterfront home in sought after Linstead on the Severn Community. This amazing property is filled with natural light and was fully renovated in 2015/2016. This home features an open floor plan, stunning kitchen, four bedrooms including main level master and four and a half baths, loft area and finished walk out lower level. Enjoy the gorgeous sunset views right from deck. The property features a private pier and boat lift accessible via tram or wide stairs. The tram is perfect for transporting guests and the cooler super easy! This home is perfect for everyday living and a great place to entertain. The Linstead community is situated on a peninsula and offers so many great amenities including beaches, playground, pavilion and the citizen's association hosts many events throughout the year. Don't miss the amazing place to call home!



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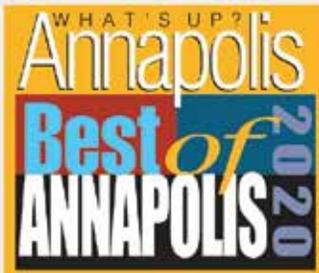
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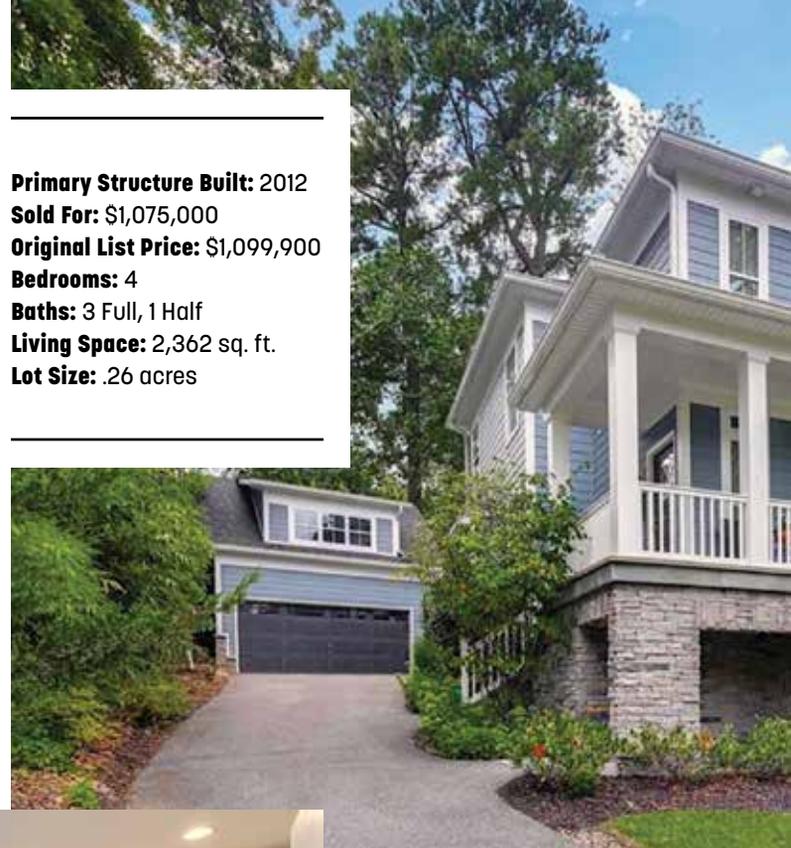
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Wardour Wonder

By Lisa J. Gotto

Primary Structure Built: 2012
Sold For: \$1,075,000
Original List Price: \$1,099,900
Bedrooms: 4
Baths: 3 Full, 1 Half
Living Space: 2,362 sq. ft.
Lot Size: .26 acres

Built with family quality-time in mind, this spacious craftsman-style home with Severn River access, is framed by lovely mature trees and gracious landscaping. A welcoming wrap-around porch surrounds a portion of the main level and is perfect for relaxing on summer mornings with coffee and a good book. Inside, the main level boasts an open floor plan with gorgeous dark hardwood floors throughout. A traditional fireplace with marble surround highlights the living space,



which flows effortlessly to an all-white modern gourmet kitchen with a center island and ample, adjacent breakfast nook seating. This space combined with generous dining room and powder room on the same floor make it an entertainer's dream.

Guests can flow easily from this space to the raised, outdoor, two-tiered deck that features its own dining and seating areas for entertaining. From here, the homeowners will have a great view of children as they enjoy their "mini-me" tree house custom-built to complement the look of the main home.

Guests will also greatly appreciate the home's lower level that was conceived to accommodate comfortable stays for family, friends, in-laws, or even an au pair with its own kitchenette, living room, bedroom, a full bath, and laundry room. These separate quarters are accessible from inside the home or via a separate exterior entrance.



Upstairs, the homeowners will enjoy a spacious master suite with airy cathedral ceilings, a luxurious spa bathroom and enviable walk-in closets. Two additional bedrooms and a full adjoining bath and laundry facilities round out the second floor living space.

Additional amenities and features include cul-de-sac living, a detached garage, and the peace of mind of a 17KW whole-house generator.

Located in the lovely Wardour section of Annapolis, the home is situated just steps from the Severn River and offers fishing and swimming access as well as tranquil winter water views. Also offered close-by are the charming shops of the West Annapolis shopping district.

Listing Agent: David Orso; Urban Compass Inc.; 8 Evergreen Rd., Severna Park, MD; david@davidorso.com; o. 443-372-7171; davidorso.com

Buyer's Agent: Travis Gray; Coldwell Banker; 4 Church Circle; Annapolis, MD; o. 410-263-8686; c. 301-641-0809; coldwellbankerhomes.com



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132 ADVOCACY SHAPES A MODERN UNDERSTANDING OF AUTISM | 133 FRESH TAKE
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Advocacy Shapes a Modern Understanding of Autism

HOW OUR CULTURAL AWARENESS HAS SHIFTED FOR THE BETTER

By Dylan Roche

When the nonprofit advocacy group Autism Society launched the first-ever National Autism Awareness Month in 1970, the idea was to help people better understand this neurological variation that affects approximately 1 percent of the world's population. Today, that mission remains as relevant as ever, particularly with the new understanding brought about by modern research and cultural shifts.

Want a more in-depth perspective? Here are some of the major ways our cultural awareness of autism spectrum disorder is changing:

Autism advocacy now has its most important participants—those with the condition themselves.

In the past, autism advocacy was done by therapists, neurologists, sociologists, or simply loved ones of people with autism. But those in the autism community are now part of the conversation.

As the Autism Society observes, the dramatic increase in autism awareness comes from the collaboration of organizations to provide more support and service, change policies, and extend education. “Neurodiversity and inclusion is a national topic that the Autism Society advocates for in

employment, housing, policy, education, safety, and more, at the local, state, and national levels,” explains Kristyn Roth, chief marketing officer with the organization.

In recent years, some autism advocacy groups, such as Autism Speaks, have faced criticism for not including these important voices. That has now changed. “People with autism are on our board, on our staff, and in our community of volunteers and supporters, and we always welcome a dialogue to ensure the best possible world for everyone on the spectrum,” says Lisa Goring, strategic initiatives and innovation officer at Autism Speaks.

People with autism lead normal and often successful lives.

Classified as a developmental disability, autism manifests itself through certain behaviors that affect a person's social and communication skills. People with autism are often referred to as being on a spectrum, as it is a condition that can affect people in different ways and to different degrees. Many times, autistic people will have learning methods or problem-solving skills that aren't standard, and they will frequently have a strong understanding of or interest

in specific areas of knowledge. Some people on the spectrum will need lifelong care whereas others can be completely independent.

“Autism spectrum disorder is just that: a spectrum,” Roth says. “Individuals with autism have a wide range of abilities, strengths and challenges, and each person is unique, just like neurotypical people. It is harmful to assume that all autistic individuals have the same characteristics and needs because it promotes stereotypes and doesn't contribute to the fact that a wide range of supports and services are needed.”

Karen Adams-Gilchrist, the president and CEO of Providence Center, an Anne Arundel County nonprofit organization that empowers people with disabilities to lead fulfilling lives, explains that the people her team works with have many abilities. “They face the same challenges that all people face who are seen as different,” she says. “No matter how far society has come, there is always a contingent of people in society who will not see people for who they are, will judge their abilities, will not be willing to understand the need for accommodations, will be fearful of the unknown, and so on. So, they must prove themselves.”

Not everyone's experience with autism is the same.

Is it “people with autism” or “autistic people”? Both terms are used, and either might be the preferred term depending on whom you ask. Some prefer person-first language, as this does not characterize an individual by their condition or disability. However, as the Autistic Self-Advocacy Network explains, many in the autistic community embrace autism as part of their identity, perceiving “autistic” as acceptable just as “Jewish” or “African American” are acceptable.

Autism Speaks uses both terms in its communications out of respect for the varying opinion. “Earlier this year, we polled our community about this and heard that there are many different perspectives and preferences around this language,” Goring says. “What's most important is to respect individual preferences and use the language that each person prefers.”

This preference is one of many ways that perspectives and opinions within the autism community vary based on the individual's own experience. As another example, some autistic people might want assistance where appropriate, whereas others want to overcome challenges on their own.



Take care when discussing topics like causes and cures.

“While no single specific cause of autism is known, current research links autism to biological or neurological differences in the brain,” Roth says. “The characteristic behaviors of ASD may or may not be apparent in infancy—18 to 24 months—but usually become obvious during early childhood—24 months to 6 years.”

“Autism is not a disease. Research has shown that there is no single ‘autism’ and there is no single ‘cure.’”

“Respect for everyone’s unique strengths and challenges, empathy, and an open mind are so important to creating a more inclusive world for everyone on the spectrum,” Goring says.

Special accommodations can be, and frequently are, made for people with autism.

It’s not uncommon to see certain attractions, whether it’s a movie theater or an amusement park, advertise a special day or time that will be “sensory friendly.” While these accommodations were nearly unheard of in decades past, more organizations are becoming aware that stimuli like bright lights, large crowds, and loud noises can be overwhelming or disruptive for people on the autism spectrum, particularly children. Sensory-friendly times cultivate an atmosphere that is more comfortable for those who are sensitive.

While there is no known cause, experts agree that autism is not caused by vaccines despite a popular misconception. As Autism Speaks explains, some families saw a correspondence between a child’s vaccination and an autism diagnosis, but research does not support this assumption.

Advocacy has also transitioned away from the idea of finding a cure for autism; instead, people with autism and their loved ones frequently want to see medical advancements that will better their quality of life and help any conditions associated with autism, such as seizures, anxiety, sleep disorders, or digestive issues.

“Autism is not a disease,” Goring states. “Research has shown that there is no single ‘autism’ and there is no single ‘cure.’”



HEALTH & BEAUTY HEALTH

Fresh Take

MAKE EXTRAORDINARY EGGS FOR EASTER

By Dylan Roche

When the Easter Bunny comes hopping into town on April 12, he’ll be bringing with him his usual basket full of eggs—which, in addition to being great for dyeing and hiding, are a traditional part of the holiday menu. And despite a longtime misconception, science is now waking up to the health benefits of this popular breakfast food (or anytime food, really). Eggs aren’t bad for you in moderation; on the contrary, they’re great sources of protein and other nutrients.

As the American Egg Board explains, eggs got their bad reputation because they have high levels of cholesterol. At one time, experts recommended consuming no more than 300 milligrams of cholesterol a day because it was believed that dietary cholesterol increased risk of heart disease; however, the Office of Disease Prevention and Health Promotion dropped this recommendation from its Dietary Guidelines for Americans in 2015, as there was no scientific evidence to support such a claim.

And as recently as 2018, a review published in the journal *Nutrients*, “Dietary Cholesterol and the Lack of Evidence in Cardiovascular Disease,” noted that dietary cholesterol doesn’t hurt your heart. Instead, it’s saturated fat and trans fat that people need to watch out for. And the good news about eggs is that most of their fat content is monounsaturated fat and polyunsaturated fat, better known as the “good fats” because of their positive effect on blood cholesterol.

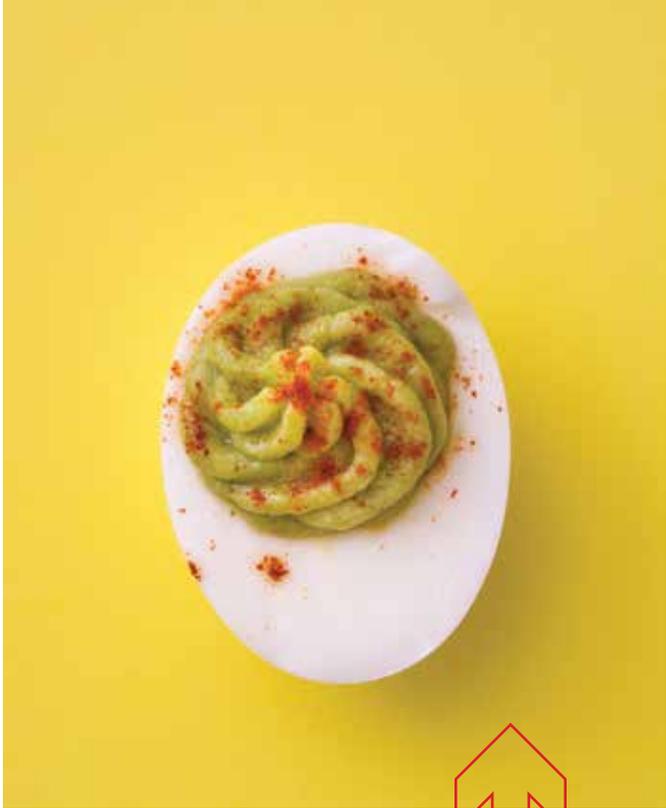
At less than 80 calories each, eggs have about 6 grams of protein, plus lots of vitamin D for bone health and immunity, choline for metabolism and liver function, and vitamin B12 for energy production.

CONTINUE
ON PG. 134



Enjoy in moderation though. Even with the modern perspective on dietary cholesterol, the American Heart Association and Harvard Medical School recommend healthy people limit themselves to one egg a day. Those with heart disease or diabetes should consume no more than three eggs a week. It's also important that people be careful about the way that they're consuming eggs—if you're frying them in butter and serving them alongside too many processed meats like bacon or sausage, or sugar-laden pancakes and muffins, these dietary choices might be more to blame for any health problems, per the advice of Harvard Medical School.

Don't be afraid to think beyond breakfast—eggs can be used to make heart-healthy dishes that are great for lunch or dinner, and Easter is the perfect occasion for those recipes. Ideally, you should cook a set of eggs for eating that's separate from any eggs you're using for decorating or hunting. But if you're trying to reduce waste and want to use the same batch of hardboiled eggs for both, be sure that your eggs are not out of the fridge for more than two hours and that they're hidden in places where they won't be contaminated by dirt and bacteria. Rinse the eggs off afterward, and if any of them are broken or cracked, dispose of them.



TO MAKE HARDBOILED EGGS,

put them in a saucepan of water and set over heat. Once the water comes to a rolling boil, cover the pan, turn off the heat, and let the eggs stand in the water for 15 minutes. Take the eggs out of the water and put them in a bowl of ice water to cool. Ideally, you should peel a hardboiled egg right after it is cooked because the egg will contract in its shell as it cools, making it harder to peel later. Hold off on peeling the eggs, however, if you don't plan to eat them the same day. Hard-boiled eggs can be stored in their shells in the refrigerator (40 degrees or cooler) for up to a week. Don't freeze a hardboiled egg, as this can make the white turn tough and watery.



Once you've successfully made a batch of hard-boiled eggs, try using them in the following recipes:

Deviled Eggs

INGREDIENTS:

- 1 dozen hardboiled eggs
- 1/4 cup mashed avocado (approximately 1 large avocado)
- 1/4 cup nonfat plain Greek yogurt
- 1 tablespoon Dijon mustard
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon paprika
- 1 teaspoon parsley

DIRECTIONS:

Slice the eggs lengthwise, remove the yolks. Place the yolks in a bowl with the other ingredients. Mix until blended well. Scoop mixture into a piping bag and pipe into the hollowed-out whites.

Egg Salad



INGREDIENTS:

- Half-dozen hardboiled eggs, finely chopped
- 1 tablespoon relish or finely pulsed dill pickles
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon Dijon mustard
- 1/4 cup nonfat plain Greek yogurt

DIRECTIONS:

Mix all ingredients together. Serve in a bowl as a side or on toasted bread with lettuce and tomato as a sandwich.



A Healthy Environment

MAKES FOR HEALTHY PEOPLE

By Dylan Roche

Now in its 50th year, the spring observance of Earth Day has inspired generations of everyday people to make small lifestyle changes that help heal the planet from the wear and tear of modern civilization. Whether you're opting to go car-free more frequently or building a rain garden to filter stormwater runoff, these eco-friendly practices are good, not only for Earth's health but also for your own—as the Office of Disease Prevention and Health Promotion points out, a healthy environment is vital to a healthy population.

Take **AIR QUALITY** for example. When the quality of the air gets too polluted with carbon monoxide, nitrogen dioxide, and sulfur dioxide, it can cause minor problems such as headaches and irritation of the eyes, nose, and throat, as well as much larger problems such as long-term damage to the respiratory system and increased risk of asthma, lung cancer, and cardiovascular disease.

Air quality can be even more harmful for our well-being because it can hinder exercise, one of the principal aspects of a healthy lifestyle. As the Mayo Clinic explains, intense physical activity like running, cycling, and even heavy yardwork can often require a person to breathe in about 45 liters of air an hour—and if you're exercising somewhere with poor air quality, you might be breathing in motor vehicle exhaust or construction dust.

In Maryland, the air could stand to be improved. Between 2015 and 2017, Anne Arundel, Baltimore, Cecil, Harford, Kent, and Prince George's counties earned F ratings from the American Lung Association for their annual number of days with unhealthy ozone smog.

“Compared to some other counties in the United States, Anne Arundel County's largest sources of emissions are smaller, but within Maryland, the county has some polluters that figure among the largest in the state,” explains Kevin Stewart, director of the Environmental Health, Advocacy, and Public Policy for the American Lung Association, who listed Baltimore-Washington International Airport, Raven Power Fort



Smallwood LLC (also known as the Brandon Shores Generating Station), and National Security Agency as the largest source of air pollution in the county.

That doesn't mean that you should necessarily quit outdoor workouts (unless your doctor tells you to do so). But you can take certain precautions. Keep an eye on air quality alerts available through mde.maryland.gov, and if it's possible, aim to exercise in the mornings or evenings when air pollution is at its lowest. Try to run or bicycle through natural areas, so that you avoid major roadways, where the pollution levels tend to be the highest.

Another environmental factor that can affect health and quality of life is **WATER QUALITY**, particularly in the Greater Annapolis area, where maritime culture prevails. Popular activities like swimming can become unhealthy when stormwater washes too many pollutants into the rivers or bay—hence why the Anne Arundel County Department of Health discourages going in natural bodies of water 48 hours after heavy rainfall. However, most of the natural bodies of water are generally considered safe for recreation.

“The department also issues a closure against direct water contact if a sewage spill, leak, or other problem indicates human waste has impacted the water,” says Elin Jones, public information director for the Anne Arundel County Department of Health. “The department of health also issues advisories against direct water contact when routine sampling results exceed the EPA acceptable standard for enterococci bacteria or a harmful algae bloom has been identified.”

By monitoring environmental factors such as air quality or water quality, you can protect your health from various pollutants. But in the long term, it's a major incentive for people to rely less on motor vehicles, to use less energy, to plant grass instead of putting down pavement, and to produce less waste.

To learn more about environmental risks and how to keep yourself safe, visit the Centers for Disease Control and Prevention's National Center for Environmental Health online at www.cdc.gov/nceh.



HEALTH & BEAUTY FITNESS

Fitness Trends:

VARYING THE PLANK

By Dylan Roche

You might have heard a fitness junkie talking about having a strong core—the part of your body that encompasses your abdominals, back, and pelvis. But don't think that core strength is merely about having six-pack abs. These muscles are the ones that stabilize your body and help you maintain balance. Having a strong core is necessary if you're going to be your best (and avoid injury) in just about any physical activity, whether you're playing on the athletic field, doing yard work, moving furniture, or carrying your sleeping toddler up a flight of stairs.

And most trainers agree that planks are one of the best ways for building up core strength. They are a simple exercise that require no equipment, and they can be performed just about anywhere by people of all fitness levels. They engage your shoulders, triceps, biceps, forearms, back, hamstrings, and glutes.

And when the traditional plank gets boring or too easy? Well, there are a few variations you can try to keep you feeling challenged. ➔



TRADITIONAL PLANK

Lie on your stomach with your arms in front of you. Bend your arms and rest on your forearms with your elbows about shoulder width apart. Keep your feet close together. Contract your abdominal muscles and lift your torso off the ground so your body is supported by your forearms and your toes. Keep your core engaged to avoid letting your lower back sag. Hold for 30 seconds to 1 minute.

STRAIGHT-ARM PLANK

This is similar to the traditional plank except your arms should be straight instead of bent at the elbows, meaning all your weight is supported by your hands instead of your forearms (think of a push-up position, but without actually lowering yourself back down to the ground).

SIDE PLANK

Assume the straight-arm pose, but turn your body to one side and support yourself entirely with one arm and the side of one foot. Hold for 30 seconds, then switch to the other side, supporting yourself with the other arm and the side of your other foot.

KNEE TUCKS

Assume the straight-arm plank and hold for 10 seconds. While keeping one foot firmly on its toes, bring the opposite knee up and tuck it in close to your stomach. Return, and then lift and tuck the opposite knee. Alternate left and right for a full minute. For an added challenge, lift your hand off the mat and raise your arm so it is parallel with the floor while your opposite knee is tucked; while your left arm is raised and your right knee is tucked, your body is supported by your right arm and left foot. Keep your entire core engaged while you rotate back and forth.

UP-AND-DOWNS

Assume the bent-arm plank position and hold for 10 seconds. While keeping your abs engaged and without letting your knees or stomach touch the ground, switch to a straight-arm plank. Hold for 10 seconds before switching back. Keep going back and forth between positions for one minute. This will challenge your abs and get your heart racing.

Do's & Don't

FOR WEARING SANDALS

By Dylan Roche

Spring ushers in a change in dress code for formal and casual occasions alike, and on days when it gets really warm, who doesn't welcome the chance to swap out their closed-toe shoes for a pair of sandals. But before you try to rock a pair of flipflops for your next dinner date, take a moment to consider whether you're making an appropriate style choice.

Sandals can be fashionable and even formal if they're done right. But there's a right way and a wrong way. Here are a few helpful tips for both men and women when it comes to open-air footwear this spring.

MEN

TAKE BETTER CARE OF YOUR FEET. This tip is directed at all the men out there because (and this is generalizing, but go with it) women tend to be better about foot care. Be diligent about washing your feet and treating any toenail fungus or athlete's foot. Moisturize your feet and keep your toenails short. And consider a pedicure. You might think a pedicure is something only women do, but there's nothing unmasculine about good hygiene.

INVEST IN A GOOD PAIR, MADE WITH HIGH-QUALITY MATERIALS. Cheap rubber flipflops work for the beach or the pool, but if you're going

anywhere else, you should have a nicer pair of sandals. They don't have to be designer brand, but they should be made from a high-quality material like leather, and they should have the arch support your feet need when you're wearing them for an extended period of time.

DON'T WEAR THEM TO THE OFFICE. Even if you have the most stylish pair of sandals on the market, there are some atmospheres where men can't pull off sandals, namely any professional or formal environment. It might seem unfair that dress codes tend to be laxer about women in open-toe footwear, but you'll look more put-together in a pair of boat shoes.

DON'T BE AFRAID TO WEAR THEM WITH LONG PANTS. Sure, most of the time when you're wearing sandals, you'll be in shorts. But if you're feeling daring, a pair of jeans or chinos will look great with a pair of nice sandals. Just be sure to cuff your trousers so your hem doesn't drag.

SOCKS WITH SANDALS ARE BECOMING MORE ACCEPTABLE. It's a risky move and not one that everyone will like, but wearing socks with sandals is a bold look that you can pull off if you do it confidently. Find a pair of knit socks with bright patterns that give your outfit a pop, and wear them with a pair of slides like Birkenstocks rather than sandals with a toe thong.

WOMEN

GO STILETTO FOR FORMAL OCCASIONS. The thin-strapped, stiletto-heeled sandals of the '90s saw a resurgence in 2019, and why shouldn't it? This was

a way of making open-toe shoes look dressy, and they worked equally well for a night on the town or a day at the office. Be careful, however—you won't want to wear stiletto sandals at a place where you'll be walking on grass, such as an outdoor wedding. They'll sink into the dirt when you try to walk on them. On that note...

GO FOR FLAT SANDALS WHEN IT'S PRACTICAL. Make them work in your favor by balancing them out with an ultra-feminine outfit like a sundress. Flat sandals are ideal for when you're depending on your mobility, such as if you're walking around at the boardwalk on vacation.

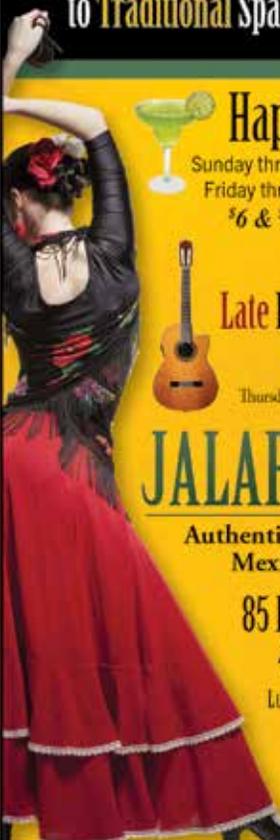
DON'T BE AFRAID OF WEARING BLACK. Black isn't usually your go-to color for spring or summer, but because sandals are open and airy, you can get away with wearing them in the darkest of colors. It will even add a little bit of formality for special occasions.

ACCESSORIZE WITH TIGHTS. Just as men can get away with wearing socks with sandals, you too don't need to be completely barelegged on days when the temperature might still be a little cool. Don't be afraid to wear a brightly colored pair of tights with sandals. If the rest of your outfit is already bold, opt for darker tights instead.

WEAR SUNSCREEN WITH GLADIATOR SANDALS. Yes, this tip is more specific than the others, but if you're planning to wear gladiator sandals during a long day out in the sun, you'll appreciate this advice: Lather on the sunblock, and re-apply frequently. You don't want those weird tan lines! Additionally, if you're wearing gladiator sandals, make sure you aren't wearing anything too long—your shorts or skirt should end at your upper thigh. Otherwise, your hemline will come too close to the top of your sandals.



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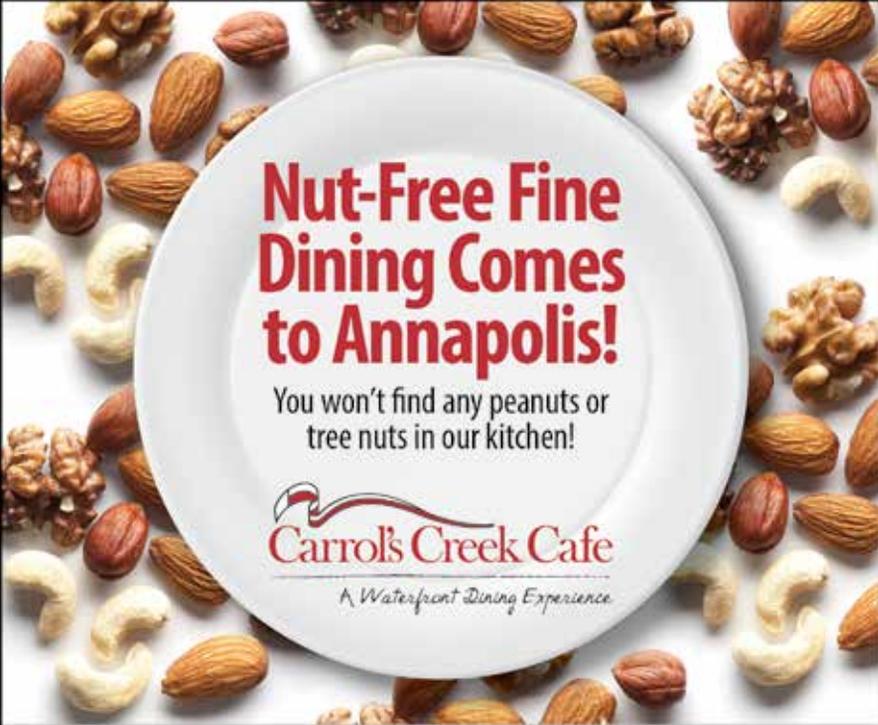
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Dining

140 DESTINATION...KNOXIE'S TABLE | 142 BRAVISSIMO! | 144 GUIDE

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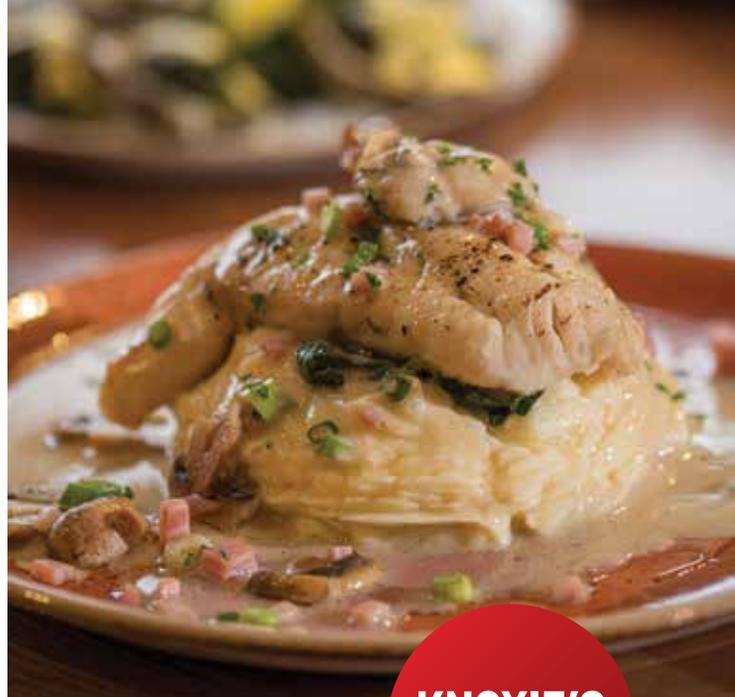


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The Inn at the Chesapeake Bay Beach Club | 180 Pier One Road, Stevensville | 443-249-5777 | baybeachclub.com

DINING REVIEW

Destination... Knoxie's Table

By Rita Calvert
Photography by Stephen Buchanan

The fine destination, Knoxie's Table, within The Inn at the Chesapeake Bay Beach Club, is just a few minutes over the bridge from Annapolis or several miles away if coming from Easton. It has become the welcoming venue, winning awards for featuring local farms and watermen within their seasonal menus. In fact, Knoxie's Table has been voted Eastern Shore's favorite farm-to-table restaurant by reader of this magazine. Even their own charming vegetable and herb garden provides items for the restaurant. Since dinner is served seven days a week, we decided to make a Sunday night of it, to dine inside Knoxie's.

Entrance to Knoxie's Table, The Market, a firepit, and gardens are through The Inn's welcoming lobby. The Inn continues to expand with individual cottages, a second Inn, dipping pools, and more gardens, so there is a lot to peruse after a meal or even just a drink. In every season, there are events offered to the public. The decor, special events, and food are all orchestrated with a casually chic and friendly style.

The stylish rustic interior of Knoxie's Table features two fireplaces and our reservation ensured we had a table close to the flames. The full bar is open to the dining room yet placed off to the side. There is booth and table seating under high ceilings, rich neutral

tones in the dining area, and even the separate Decanter Room with an extensive wine display for private parties up to 24 people.

Speaking of wine, Knoxie's Table has a broad range of wine selections by the bottle and a nice variety by the glass. My companion ordered a glass of un-oaked Sonoma Chardonnay. She appreciated the specificity of oaked versus un-oaked and found the wine to be crisp and full-flavored. Every Tuesday and Thursday, select bottles of wine are offered for \$20 in the restaurant. It's an excellent value and fun time.

The menu offers a wide range of dishes for all degrees of hunger. Full entrees, changed seasonally by Executive Chef Paul Shiley, lend a bit of Southern flair. For lighter dining, there are appetizers, soups, four renditions of oysters, and "Food for Friends," a category within the menu... literally meant for sharing, which conveys the philosophy of community. Blue Crab Guacamole was tempting as

our wait person described it as made-to-order with roasted corn kernels, lime, pico de gallo, and served with tortilla chips. Seared Ahi Tuna with crispy vegetables and kimchi aioli also attracted the seafood lover in us. We finally agreed on sharing Burrata and an order of Oysters Rockefeller as appetizers. Burrata was a salad of sorts, with a three-inch round of the cheese floating on tiny, roasted gold and red tomatoes with arugula. Walnut pesto was pooled alongside and crisp bread slices gave a satisfying texture to build your own bruschetta. The classic Oysters Rockefeller was just that. Five medium oysters with a hint of bacon were blanketed with cream spinach and a dab of hollandaise.

The bread basket is a focal point with dinner and includes homemade biscuits, dinner rolls, whipped butter, and a Southern signature—a small crock of pimento cheese. But that is just the prelude to dinner!

We looked over entrees from the “land.” Short Rib Pappardelle jumped out with roasted carrots, peas, and mushrooms in a red wine sauce. And from the water, Seared Scallops over sweet pea, speck, saffron, and mushroom risotto with truffle oil and micro arugula seemed like a masterpiece. In the vegetarian category, Eggplant Steak offered grilled marinated eggplant, portabella mushroom, red lentil pilaf.

Being the seafood eater that I am, the Wild Rockfish beckoned and with seasonal changes, the toppings offered a new twist. A generous golden filet sported an oyster cream sauce made of oyster liquor (made in house from the juice of the shucked oysters) and nipped with wine and butter, tiny ham cubes, and freshly sautéed mushrooms. The crowning glory was a single poached oyster. The filet and sauce topped a layer of freshly



wilted spinach and scallions. All of this graced a mound of rich garlic mashed potatoes.

My dining friend decided on a local farm entree, the Duroc Pork Chop. This variety of pork is the second most recorded breed of swine in the U.S. today, and a major breed in many other countries. Two beautifully browned, bone-in pork chops arrived atop a bed of sautéed greens and

creamy polenta (which was declared amazing). The pork chops were nicely seasoned with fresh rosemary, salt and pepper, and a slightly lemony jus with capers, whole garlic cloves, and more fresh rosemary; the dish had visual pizzazz. The chops were perfectly cooked to medium with crispy edges; a simple, thoughtful, and beautiful dish fragrant with fresh rosemary.

Banana Foster Bread and Butter Pudding, Vanilla Creme Brulee, and Smith Island Cake were the featured desserts on the menu, but there were also their always-famous pies. Even though pastry Chef Kelly Germanhauser has retired, a large and focused dessert menu continues with a new chef, featuring cinnamon buns for breakfast, croissants, and an emphasis on gluten-free desserts. Pies

will continue to be a standard as owner John Wilson has always had that vision. Coconut Custard and Peanut Butter are the bestsellers. We ordered the Peanut Butter Pie and it satisfied, being mellow and creamy with a cheese-cake-like consistency. The thin layer of ganache between the graham cracker crust and peanut butter layer complemented with a fudgy depth.

The suggestion to stroll through the gardens after dinner with seasonal lights was well-taken to walk off a bit of that decadent dinner. Although the outside wasn't busy, it was beautifully lit to enhance the gardens. There was a cohesive group in the rocking chairs surrounding the large firepit. The thick plaid blankets for the cool breeze, left everyone cozy happy.

With close to three decades in the food, media production, marketing and public relations fields, Rita has created myriad programs, events, cooking sessions on national television, the stage, and The Annapolis School of Cooking. She has partnered in writing cookbooks and product lines to showcase the inspiration, art and nourishment of food. Her cookbook, *The Grassfed Gourmet Fires It Up*, supports the effort for Regenerative Agriculture and farming.

Bravissimo!

By Rita Calvert | Photography by Stephen Buchanan

I'd heard about the newish Italian eatery and its unique set-up. Tucked between the Annapolis Home Goods and the new Benjamin Moore paint center (near Trader Joe's), Pasticcio places a big emphasis on catering and carry-out (with generous coupons to make carry-out a "steal"), but with a full restaurant menu for dine-in customers. And you just may want to sit right down in the bright and clean 16-seat counter service storefront. We liked the bright chartreuse and orange theme, with colorful oversize tomato and basil leaf "wallpaper."

It's soft drinks only in-house, but you won't mind when you check out the novel pizza options on display for your slice selection: no ordinary tomato pies. The dough knots in the front case along with pizza are eye-catching and could make a nice snack as they come three to an order along with marinara. And there's more—much more, which could explain the steady stream of people coming and going for carry-out and dining in. It's clearly popular.

Antonio Capuano owned restaurants in New Jersey before moving to Annapolis, bringing along some Jersey pizza traditions, such as "white pizza" always including ricotta. In fact, there are seven different white pizza offered out of 16. Other updated American-style pizzas include Buffalo Chicken, Cheesesteak, Hawaiian, and Caprese.



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The flatbreads looked promising, which turned out to be a very thin, oval crust of dough measuring 14" x 3 1/2." The selection of five toppings seemed to fulfill the salad category with lots of arugula, spring mix, cherry tomatoes, and even apple slices.

With so much to choose from, we ordered up a storm to eat in...our clearly authentic Italian counterman even remarked, "That's a lot of food!" We could only smile. For starters, we went with a medium 14-inch white veggie pizza from the numerous combinations available, knowing we could box up the extra slices to leave room for heartier entrees. It proved to be a pleasant cross between crispy crust on the bottom and chewy rim, which encased thick layers of fresh

mozzarella and creamy ricotta, all dotted with a colorful veggie medley. We gave it an added sprinkle of fragrant oregano, and spicy red pepper. It was hard to stop at the one slice we vowed to stick to, but because it was white pizza, we, of course, also had to sample something with the house marinara. Pasticcio offers several "sides," including crab arancini—homemade, stuffed rice balls—and the familiar onion rings, mozzarella sticks, and chicken wings. Our pick: meatballs with marinara. Three two-inch, old-style meatballs were made the way an Italian grandma would do it and were finely ground, but not too spicy. The tomato-based sauce was mild and balanced, and a great option to accentuate many of the dishes, especially if you're going to sample as many as we ordered.



Surprisingly, there are many salads of which antipasto is one. The Italian-born owner, Capuano, mentions that he tries to balance sweetness and acidity, and give some contemporary options: for example, a salad with spring mix lettuce, green apples, red onions, caramelized walnuts, and goat cheese is the best seller. Another one has fresh spinach, pears, cheese, and caramelized walnuts.

Casual food is an option with subs, wraps, soups, calzone, Stromboli, and burgers. Additionally, entrees include a large offering of pasta dishes, seafood, and chicken. There is also a gluten-free category with one pizza offered, along with ravioli and penne pasta with your choice of sauce.

After the hefty “appetizers” of pizza and meatballs, my dining companion skipped over many favorite dishes like mussels or eggplant parmesan with spaghetti and chose one of the lighter specials: grilled octopus

salad. The manager said he put it on the menu three months ago and it became so popular, that it’s a house standard now. Beautiful presentation. A large serving of fresh greens, billed as a mix of arugula and mint, thin shavings of fresh fennel, and, in the true old-world style, a whole uncut octopus tentacle, made the plate. This was the real deal, with its gorgeous purple and snow-white flesh nicely cooked. The dressing was a citrus-y vinaigrette, with sweet notes.

The Italian classic, Chicken Saltimbocca, was my choice for an entrée with the option of house salad or spaghetti as a side. The words “family style” came to mind when two very large pan-seared chicken breasts in a butter white wine sauce with layers of prosciutto, mozzarella, and wilted spinach arrived to the table. The chicken was accompanied by a very fresh house salad—much better than the usual “afterthought,” with mixed greens, carrot strips, cucumber,

pepperoncini, and shaved red onion sporting bright color and crisp texture.

Skip dessert after all this? Pasticcio has desserts by the slice or portion on display in its refrigerator case—a nice selection of Italian-themed options, such as the lemon mascarpone cake, profiterole, and Tiramisu. We liked our choice of lemon mascarpone cake. Moist layers of sponge cake with a real lemon-flavored

mascarpone cream between the layers. We were tempted to take home another piece to enjoy with a cappuccino, perhaps. But we already had our next meal planned from splitting up the pizza and chicken to take home.

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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 \$ 🍷

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

Café Normandie

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

Chick & Ruth's Dely

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City Dock Café

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

Dock Street Bar & Grill

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Flamant

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

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Galway Bay Irish Restaurant & Pub

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

Harry Browne's

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

Harvest Wood Grill & Tap Room

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Mason's Famous Lobster Rolls

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

McGarvey's Saloon & Oyster Bar

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Middleton Tavern

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

Mission BBQ

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

OB's Prime

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

Preserve

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

Red Red Wine Bar

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

Reynolds Tavern

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

Sakura Café

105 Main Street, Annapolis; 410-263-0785; Annapolissakuracafe.com; Japanese; lunch, dinner \$\$ 📞 🍷 🍷 🍷 🍷 🍷

Sofi's Crepes

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

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

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Carpaccio Tuscan Kitchen & Wine Bar

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

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

Chesapeake Brewing Co.

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

El Toro Bravo

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

Fado Irish Pub

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

Lemongrass

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

Level Small Plates Lounge

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

Light House Bistro

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

Luna Blu

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

Metropolitan Kitchen & Lounge

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

"Great treasure in Annapolis, Great Chesapeake Benedict" –Erin Banks winner

Rams Head Tavern

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

Sailor Oyster Bar

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

Stan & Joe's Saloon

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

Tsunami

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

Greater Annapolis

Basmati

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

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 \$ \$ Y 🍷

The Brass Tap

2002 Annapolis Mall Road, Annapolis; 833-901-2337; Brasstap-beerbar.com; American; lunch, dinner \$ Y 🍷 🍺

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 \$ \$ Y 🍷 🍺

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 \$ Y 🍷

Cantler's Riverside Inn

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

The Canton Restaurant

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

Cooper's Hawk

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

Chevys Fresh Mex

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

Chris' Charcoal Pit

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

Double T Diner

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

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 \$ \$ Y 🍷 🍺

Giolitti Delicatessen

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

Gordon Biersch

1906 Towne Centre Boulevard, Ste. 155, Annapolis; 410-266-5965; Gordombiersch.com; American; lunch, dinner \$ \$ 🍷 Y 🍷 🍺

Grapes Wine Bar

1410 Forest Drive, Annapolis; 410-571-5378; Grapeswinebarannapolis.com; Mediterranean; lunch (Sat. only), dinner \$ \$ Y 🍷

The Greene Turtle

177 Jennifer Road, Annapolis; 410-266-7474; Greenturtle.com; American, sports bar; lunch, dinner \$ Y 🍷 🍺 🍷

Herald Harbor Hideaway

400 Herald Harbor Road, Crownsville; 410-923-4433; Heraldharborhideaway.com; American; lunch, dinner \$ Y 🍷 🍺

Heroes Pub

1 Riverview Avenue, Annapolis; 410-573-1996; Heroespub.com; American, sports bar; lunch, dinner \$ \$ Y 🍷 🍺

Italian Market & Restaurant

126 Defense Highway, Annapolis; 410-224-1330; Theitalianmarket.com; Italian; lunch, dinner \$ Y 🍷

Jalapeños

85 Forest Plaza, Annapolis; 410-266-7580; Jalapeñosonline.com; Spanish, Mexican; lunch, dinner \$ \$ 🍷 Y 🍷 🍺

Julep Southern Kitchen & Bar

2207 Forest Drive; Unit #2 Annapolis, Md; Julepannapolis.com; 410-571-3923; American; Lunch, dinner \$ \$ 🍷 Y 🍷

La Sierra

2625 Riva Road, Annapolis; 410-573-2961; Lasierrestaurantinc.com; Mexican; lunch, dinner \$ \$ 🍷 Y

Lebanese Taverna Café

2335 Forest Drive Ste. 46A, Annapolis; 410-897-1111; Lebanese-taverna.com; Middle Eastern; lunch, dinner \$ Y 🍷 🍺

Lemongrass Too

2625-A Housley Road, Annapolis; 410-224-8424; Lemongrassannapolis.com; Thai; lunch, dinner \$ \$ Y 🍷 🍺

Lures

1397 Generals Highway, Crownsville; 410-923-1606; Luresbarandgrille.com; American grill, seafood; lunch, dinner, Sunday brunch \$ \$ 🍷 Y 🍷 🍺 🍷

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 \$ \$ 🍷 Y

Prime Steaks

Lewnes' Steakhouse has always been committed to high standards of cleanliness, and with hopes to be back open for business by the time this ad reaches the public, we wanted to share some of the added precautions we are taking during these challenging times:

CURRENT STANDARD PRACTICES:

- Professional cleaning service every day where booths and chairs are wiped down with disinfectant
- Disinfecting all menus after each use
- Fresh table cloths with each new seating
- Spacious seating across six dining rooms to accommodate social distancing
- Regular use of gloves when preparing food
- Providing hand sanitizer and disinfecting wipes throughout the restaurant

ADDED PRECAUTIONS:

- Wiping down booths and chairs with a virus killing, disinfectant in between every seating
- Reducing the amount of reservations we will be taking to increase social distancing
- Adjusting closing hours
- Requiring employees to wash their hands a minimum of every 30 minutes throughout the night



EASTER SUNDAY

Special prix fixe menu

OPEN AT 12 P.M.

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SEVERN INN

“Delicious seafood with a view!”
—April Ramsey

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 \$ \$ 🍷 🍴

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, Sinfronterascafe.com, Mexican; lunch, dinner, Saturday and Sunday breakfast \$ \$ 🍴 🍷

Soul

509 S. Cherry Grove Avenue, Annapolis; 410-267-6191; Soulannapolis.com; Southern-inspired small plates; lunch, dinner, Saturday & Sunday brunch \$ \$ 🍷

Stoney River Legendary Steaks

2190 Annapolis Mall, Annapolis; 410-224-8312; Stoneyriver.com; Steakhouse; lunch, dinner \$ \$ 🍷 🍴

Union Jack's

2072 Somerville Road, Annapolis; 410-266-5681; Union-jacksannapolis.com; British-style pub; lunch, dinner, Sunday brunch \$ \$ 🍴 🍷 🍴

Ziki Japanese Steakhouse

1906 Towne Center Boulevard, Ste. 4250, Annapolis; 410-224-6598; Zikisteakhouse.com; Japanese, sushi; lunch, dinner \$ \$ 🍷 🍴 🍷

Zoe's Kitchen

1901 Towne Center Boulevard, Ste. 105, Annapolis; 410-266-7284; Zoeskitchen.com; Casual Mediterranean Lunch, dinner \$ 🍴 🍷 🍴

Eastport / Bayridge

Adam's Taphouse and Grille

921C Chesapeake Avenue, Annapolis; 410-267-0064; Adams-grilleannapolis.com; Barbecue; lunch, dinner \$ \$ 🍴 🍷

Annapolis Smokehouse & Tavern

107 Hillsmere Drive, Annapolis; 410-571-5073; Annapolissmokehouse.com; American BBQ; lunch, dinner, catering, Weekend brunch \$ \$ 🍷 🍴 🍷 🍴 🍷

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

Grump's Café

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

Jack's Fortune

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

Lewnes' Steakhouse

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

Main & Market

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

O'Leary's Seafood Restaurant

310 Third Street, Annapolis; 410-263-0884; Olearysseafood.com; Seafood; dinner, Sunday brunch \$ \$ \$ 🍷 🍴 🍷

Rocco's Pizzeria

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

Ruth's Chris

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris-Annapolis.com; Steakhouse; dinner \$ \$ \$ 🍷 🍴 🍷

Sammy's Pizza Kitchen

1007 Bay Ridge Ave, Annapolis; 410-990-9800; Sammyspizzakitchen.com; Italian; lunch, dinner \$-\$ \$ 🍷

Vin 909 WineCafe

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

Edgewater / South County

Adam's Taphouse and Grille

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

All American Steakhouse

139 Mitchells Chance Road, Edgewater; 410-956-4494; Theallamericansteakhouse.com; American; lunch, dinner \$ \$ 🍴

Bayside Inn

1246 Mayo Road, Edgewater; 410-956-2722; American, Seafood; breakfast, lunch, dinner \$ \$ 🍴 🍷 🍷

Bella Sera

9 Lee Airpark Drive, Edgewater; 410-956-8555; Bellasera-tasteofitaly.com; Italian; lunch, dinner \$ 🍷

Broadneck Grill & Cantina

74 Central Avenue West, Edgewater; 410-956-3366; Broadneckgrill.com; American and Mexican Cuisine; lunch, dinner \$ 🍷 🍷 🍷

BAKERS & CO

"An Almond Croissant that I am always craving" –Krista Woods

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

Chad's BBQ

158 W Central Ave, Edgewater; 410-956-7774; chadsbbq.com; Authentic smoked barbeque; lunch, dinner \$ 🍴 🌟 🐾

Pier Oyster Bar

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

Edgewater Restaurant

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

Fuji Steakhouse

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

Glory Days Grill

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

The Greene Turtle

3213 Solomons Island Road, Ste. A, Edgewater; 410-956-1144; Greeneturtle.com; American Lunch, dinner, late-night \$ 🍴 🌟 🎵

Happy Harbor

533 Deale Road, Deale; 410-867-0949; Happyharbordeale.com; American; lunch, dinner \$ 🍴 🌟 🎵

Harvest Thyme Modern Kitchen & Tavern

1251 West Central Ave, Davidsonville; 443-203-6846; Harvest-thymetavern.com; American; lunch, happy hour, dinner \$ 🍴

Hispa Restaurant

183 Mayo Road, Edgewater; 410-956-7205; Latin American; breakfast, lunch, dinner \$

Killarney House

584 West Central Avenue, Davidsonville; 410-798-8700; Killarneyhousepub.com; Irish; lunch, dinner, late-night \$\$ 🍴 🌟 🎵

Ledo Pizza

3072 Solomons Island Road, Edgewater; 410-956-6700; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$\$ 🍴 🌟

M Thai Restaurant

181 Mitchells Chance Road, Edgewater; 410-956-0952; Thai; lunch, dinner \$

Mike's Bar & Crab House

3030 Riva Road, Riva; 410-956-2784; Mikescrabhouse.com; Seafood; lunch, dinner, late-night \$\$ 🍴 🌟 🎵

Nova Sushi Bar and Asian Fusion

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

Old Stein Inn

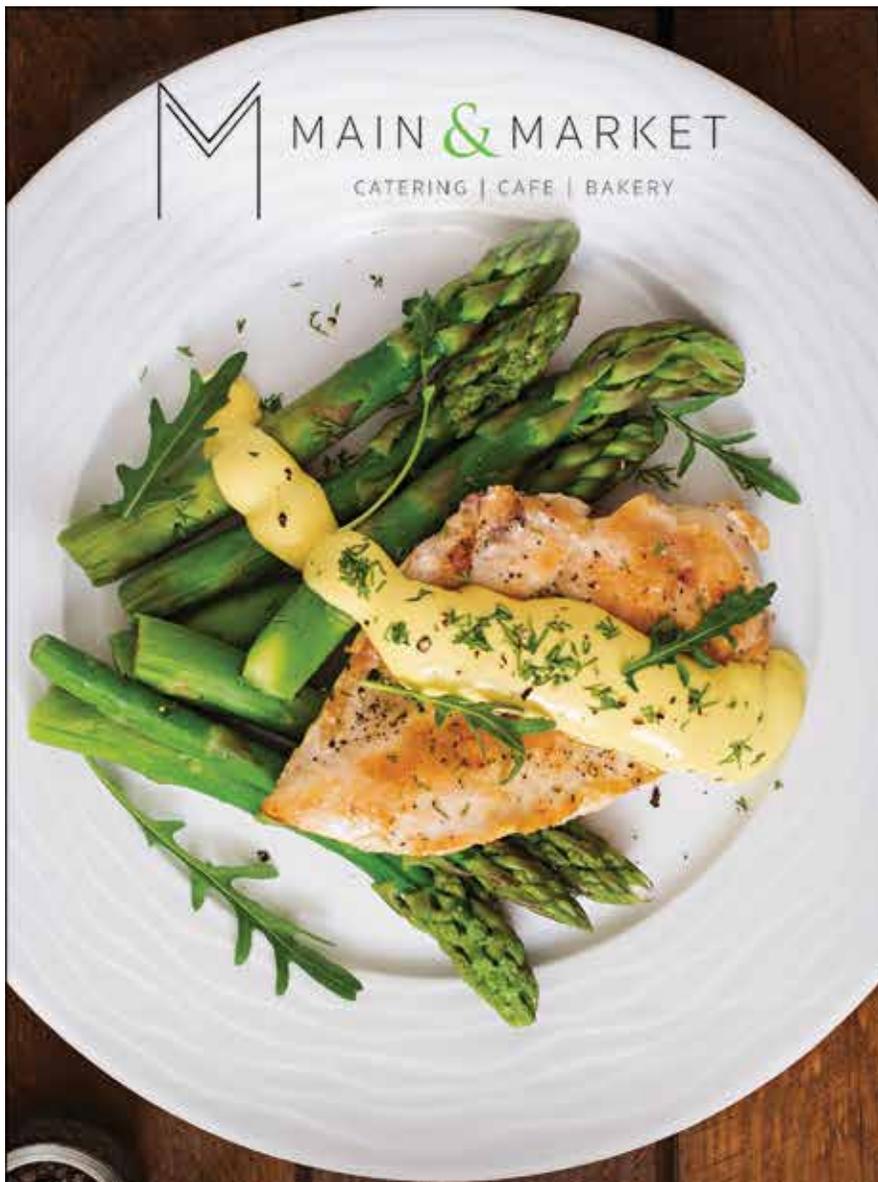
1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ 🍴 🌟 🎵

Petie Greens Bar and Grill

6103 Drum Point Road, Deale; 410-867-1488; Petiegreens.com \$\$ 🍴 🌟 🎵

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Plazuelas

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

Rod N Reel Restaurant

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

Saigon Palace

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

Skipper's Pier

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

South County Café

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

Stan & Joe's

Saloon South
173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ 🍷 🍴 🎵 🐾

S & J Riverside

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

Yellowfin Steak & Fish House

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

Arnold / Severna Park / Pasadena & Beyond

Adam's Ribs

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

Ashling Kitchen & Bar

1286 Route 3 South Ste. 3, Crofton; 443-332-6100; Ashlingco.com; American; lunch, dinner \$\$ 📞 🍷 🍴 🎵

Bella Italia

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

Blackwall Barn & Lodge

329 Gambrills Road, Gambrills; 410-317-2276; Barnandlodge.com; American; lunch, dinner, weekend brunch \$\$\$ 📞 🍷 🍴 🎵 🍷

Brian Boru Restaurant & Pub

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

Café Bretton

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

DINING GUIDE

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; Founders-tavernandgrille.com; American; lunch, dinner \$ ☎ 🍷

Gina's Cafe

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

La Posta Pizzeria

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

Ledo Pizza

552 Ritchie Highway, Severna Park; 410-544-3344; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$\$ 🍷 🌟

Lemongrass Arnold

959 Ritchie Highway, Arnold; 410-518-6990; Lemongrassannapolis.com; Thai; lunch, happy hour, dinner \$ 🍷

Mamma Angela's

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

Mi Pueblo II

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

Mother's Peninsula Grill

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

O'Loughlin's Restaurant

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

Park Tavern

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

Pascal's Chophouse

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

The Point Crab 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; Boulevard, Pasadena; 410-647-5200; Twainstavern.com; American, sports bar; dinner \$ 🍷 🌟

Vida Taco Bar

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

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 ☎ 🍷 🌟

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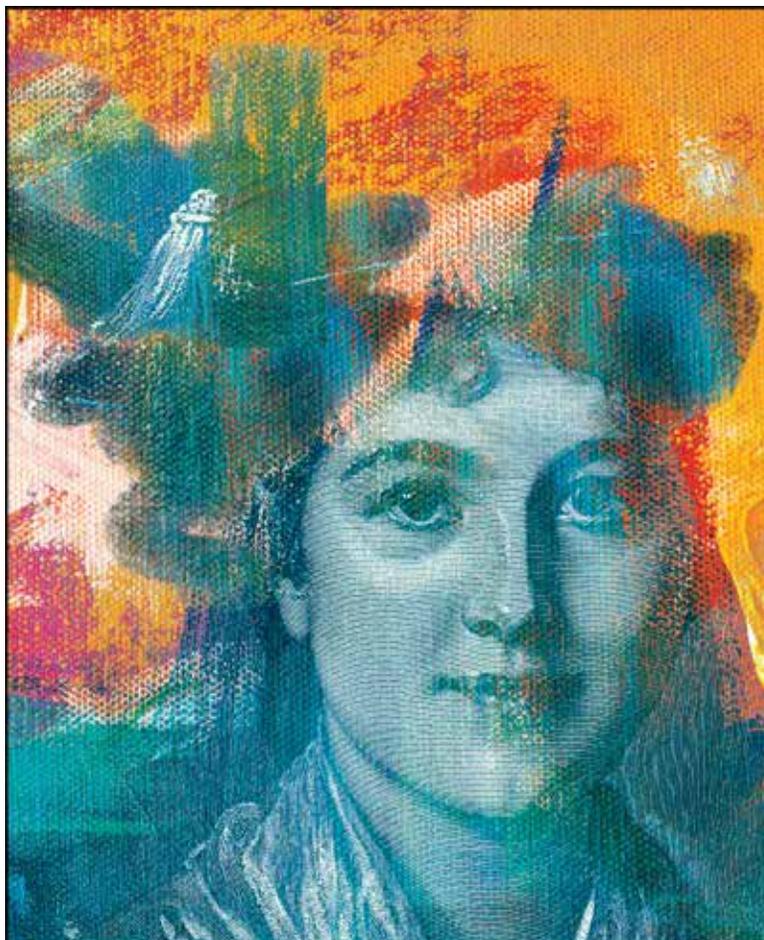


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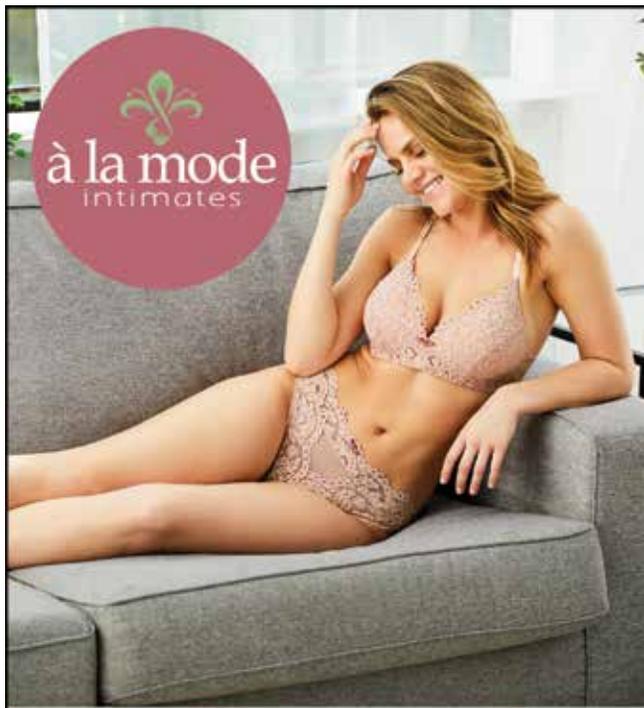
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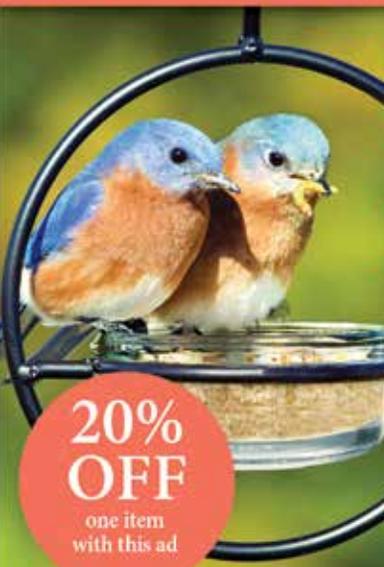
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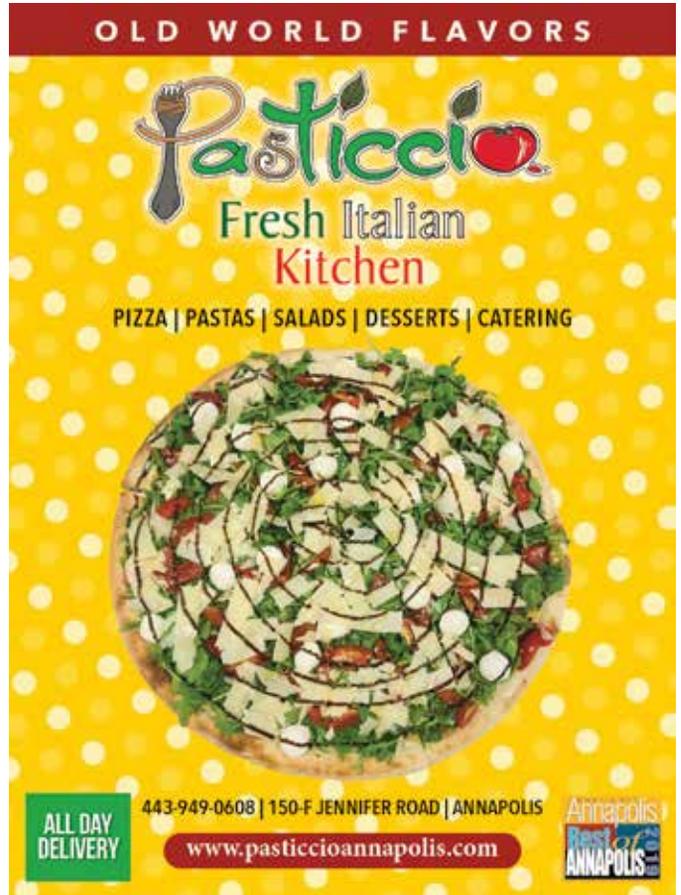
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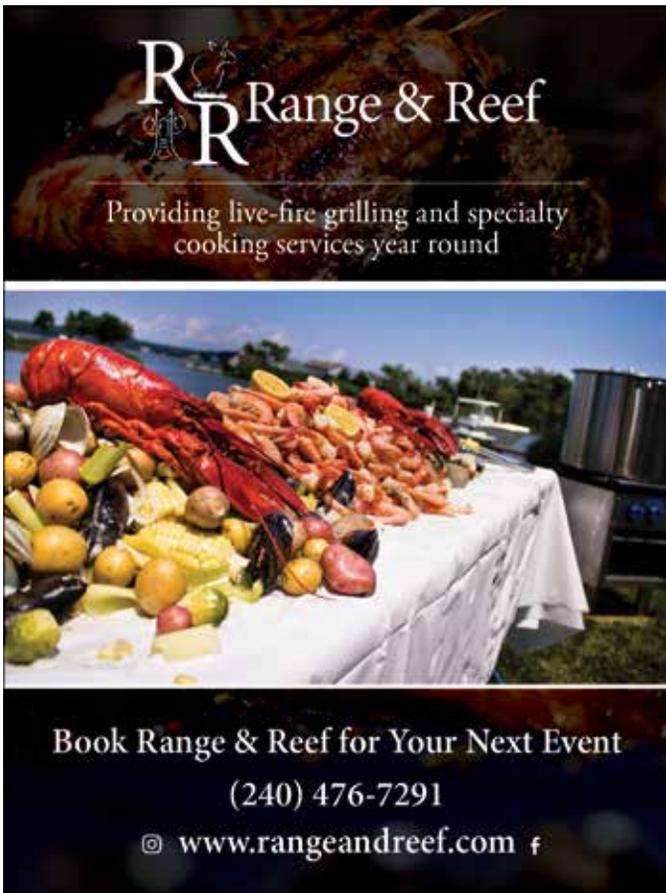
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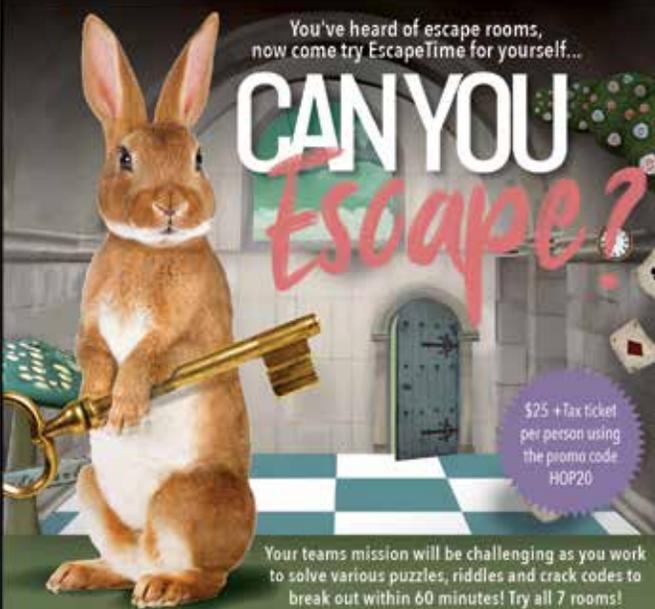
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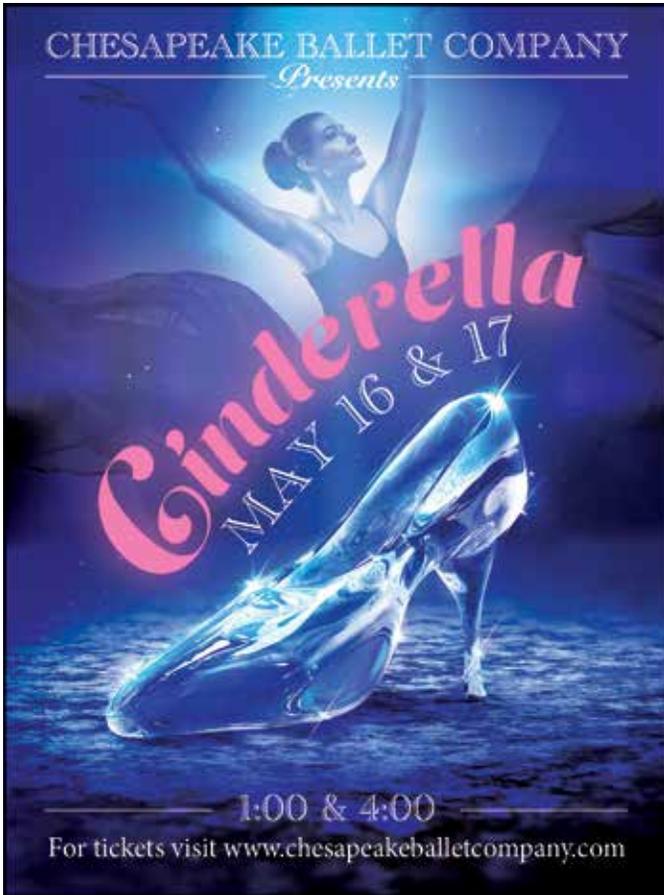
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Our faithful mascot, Wilma, is a high-flyer and as she celebrates Earth Day this month by circumnavigating the globe in her single-prop plane (no small feat!), she's bound to land in a few of her favorite places. And when she ventures closer to home, perhaps you can find her hanging out at nearby shops, restaurants, and service providers.

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: L.M. Massing of Annapolis, who won a gift certificate to a local restaurant

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The Cost of Doing Nothing

By T.C. Cameron

A month ago, I walked into a Maryland high school to officiate a basketball game—one of a hundred private-and public-school games I work each year. On this Friday night, the gym was packed, a scene likely playing out in thousands of gyms across the country.

Not long after the game started, a young man began leading his school's student section in a variety of cheers. He chanted, "I'm blind! I'm deaf! I want to be a ref!" He had a sign, reading, "Hey ref, you suck!" and on the other side, "5 v. 8." During most of the first quarter, his antics drew chuckles, even cheers from parents, administrators, and faculty. But as the visitors pulled away, cute turned into ugly. Emboldened by the animus and anonymity of a large crowd, taunts and insults became personal, more voluble. A parent threatened to follow us to our cars.

Our society has turned a blind eye to this experience, one high school officials now describe more often as commonplace. We make no attempt to speak to our fellow parents and fans. We shake our heads, turn the other cheek, get in our car, and go on our way.

Maryland is one of 24 states without any protection in place for sports officials. That may soon change. State Bill 1034 is working through Maryland's General Assembly. It proposes a 10-year misdemeanor for assaulting a sports official.

An assault of anyone is awful, but a more serious, cataclysmic result is afoot: a national shortage of sports officials. It'll be the children following in the footsteps of today's high school athletes, the communities where you bought your home, and the schools you enrolled your children at that will suffer. This is the true cost of doing nothing.

This part of the story ought to concern you. Fewer officials equates to fewer sports opportunities, fewer games, or no games at all. In Anne Arundel, Baltimore, and Queen Anne's counties last season, high school football games were played with fewer referees than contracted for. A handful of games had to be rescheduled. In Washington, D.C., IAABO Board 12 doesn't tell schools when to schedule basketball games, but they close out dates when they run out of referees. By not being able to staff all games, some schools choose to play on other nights. Some don't play at all.

In 2017, the National Association of Sports Officials (NASO) polled almost 17,500 officials nationwide about a bevy of issues. Among the takeaways are these key snapshots: entering the 1990s, the average age of a rookie official was 20–25; today the average is 43, and the average age of an official is 53. Various sets of NASO data shows just 25 percent of rookie officials reach Year Three.

This is happening because of the expectations placed upon youth and high school officials. Major League umpires make between \$250,000 and \$300,000 a year to handle a half-dozen plays each night. Someone earning between \$25–75 a game is working a youth or high school baseball or softball game. It would be absurd to expect that official to be as proficient as an MLB umpire, right? But after we hurl insults and threats, we justify this behavior with phrases like, "It's part of the game!" and "You have to be thick-skinned!"

Officials disagree. They're walking away, voting with their feet. If your employer took \$5 from a few hundred strangers who hurled insults at you and threatened your safety, would you look for a new job? This is the cost of doing nothing.

This publication champions the healthy, vibrant lifestyle and communities we enjoy within Annapolis and Anne Arundel county. That tapestry



of communities and schools thrive in part because of youth, high school, and adult sports programming. Remember when you bought your house? Your realtor sold schools, recreation, and community as much as kitchens and bath. I lived in Cape St. Claire for almost 10 years; there's a palpable pride about the Broadneck Bruins.

We must pass SB 1034, not to ensnarl a few in the criminal justice system, but because we've repeatedly refused to police the masses ourselves. Sports play an important role in our children's upbringing and the identity of our communities, and we can no longer take it for granted. SB 1034 supports the hopeful child watching his brother or her sister play today. It offers protection to officials to ensure the opportunities afforded today remain in place tomorrow. Pass SB 1034. It's a good call for us all.

T.C. Cameron has lived in the Annapolis area since 2009 and is a former sports reporter at the Capital-Gazette newspaper. A former college and current high school official, Cameron officiated Washington, DC's state championship games in basketball and football in 2019. He's a member of IAABO Board 12 and Just Us Sports Officiating.

What do you think and why?

Please email your thoughts to our Publisher and Editor at: Veronica@whatsupmag.com and Editor@whatsupmag.com.



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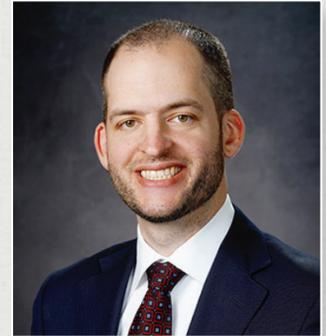
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