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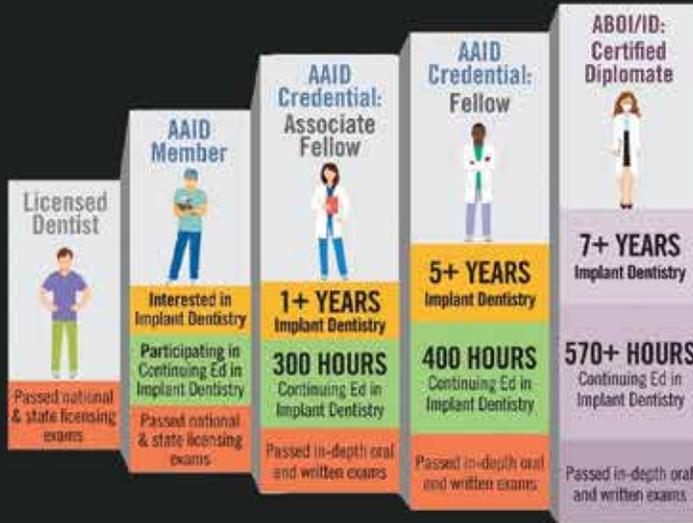
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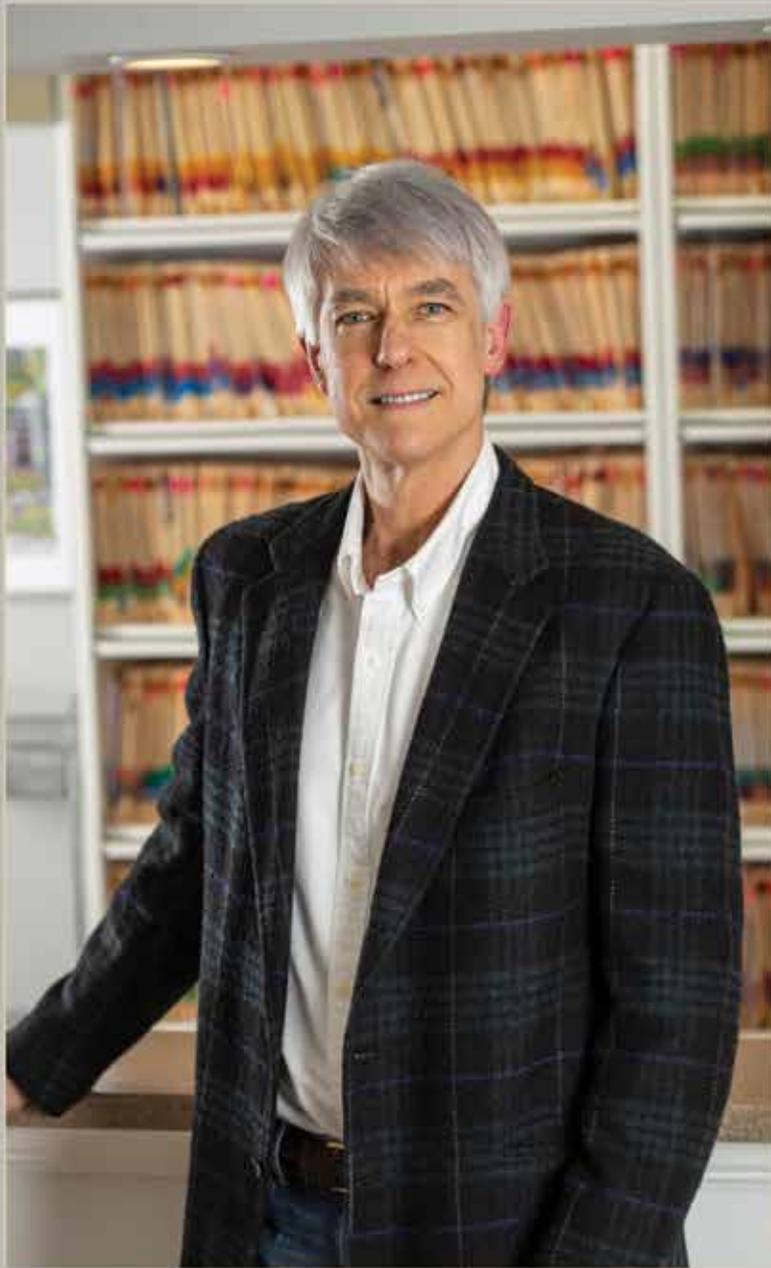


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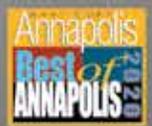
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# Thank you.

During this unprecedented time of COVID -19, we at Annapolis Plastic Surgery would like to offer our sincerest gratitude to the local health care workers and front line personnel. Their work to care for the sick and contain the pandemic is truly heroic and their daily sacrifices are most appreciated.

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*Seniors, you have truly had a spring like no others before you and we are incredibly proud of each one of you. We look forward to seeing where you will choose to go next. You have worked hard and have a great array of options before you!*

Agnes Scott College  
American University  
Anne Arundel Community College  
Bard College (3)  
Belmont University (2)  
Berklee College of Music (2)  
Boston College  
Bowdoin College  
Brown University  
Bryn Mawr College (2)  
Carnegie Mellon University  
Catholic University of America (2)  
Clemson University  
Coastal Carolina University  
Colgate University  
College of Charleston (3)  
College of the Holy Cross  
Colorado School of Mines  
Colorado State University-Fort Collins (2)  
Cornell College  
Cornell University  
Dartmouth College  
Denison University  
DePaul University  
Dickinson College (3)  
Drexel University (4)  
East Carolina University  
Eckerd College (2)  
Elon University (5)  
Emerson College  
Fordham University (3)  
Franklin & Marshall College (2)  
George Mason University

Georgia Institute of Technology  
Gettysburg College  
Goucher College (6)  
Hampton University  
High Point University (2)  
Hobart William Smith Colleges  
Hollins University  
Hood College (3)  
Howard University  
Ithaca College (2)  
Johns Hopkins University  
Kenyon College (2)  
Keystone College  
Lafayette College  
Louisiana State University  
Loyola University of Maryland (3)  
Manhattan College  
Marist College  
Marymount Manhattan College  
Massachusetts Institute of Technology  
McDaniel College (7)  
Miami University - Oxford  
Michigan State University (2)  
Muhlenberg College  
The New School (2)  
Notre Dame of Maryland University  
Oberlin College  
Occidental College  
Pace University-New York City (2)  
Pennsylvania State University - Abington (2)  
Pennsylvania State University - Erie  
Pratt Institute  
Purdue University  
Rensselaer Polytechnic Institute (2)  
Roanoke College  
Robert Morris University  
Rochester Institute of Technology  
Rutgers University-New Brunswick (2)  
Salisbury University (6)  
San Francisco State University  
Savannah College of Art & Design (3)  
School of Visual Arts  
Seton Hall University  
Sewanee: The University of the South

Southern Methodist University  
Spelman College  
St. John's College  
St. Mary's College of Maryland (2)  
Swarthmore College (2)  
Syracuse University (3)  
Temple University  
Towson University (4)  
Union College-Schenectady (2)  
The University of Akron  
The University of Alabama (2)  
University of California-Berkeley (2)  
University of California, San Diego  
University of California, Santa Cruz  
University of Delaware  
University of Denver (2)  
University of Georgia  
University of Kentucky  
University of Maryland (7)  
University of Maryland, Baltimore County (3)  
University of Miami  
University of Michigan  
University of Minnesota-Morris  
University of Notre Dame (2)  
University of Pennsylvania (2)  
University of Pittsburgh (3)  
University of Pittsburgh at Greensburg  
University of Richmond  
University of Rochester  
University of South Florida  
University of Tampa (3)  
University of Wisconsin-Madison  
Ursinus College (2)  
Vanderbilt University  
Vassar College  
Villanova University  
Virginia Commonwealth University  
Wake Forest University  
Washington College (8)  
West Virginia University (2)  
Widener University  
Willamette University (3)

This list comprises acceptances reported to Key as of April 29, 2020.



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**On the Cover:** We give thanks for the many front-line essential workers during the COVID-19 pandemic. Design by August Schwartz. Contact *What's Up? Annapolis* online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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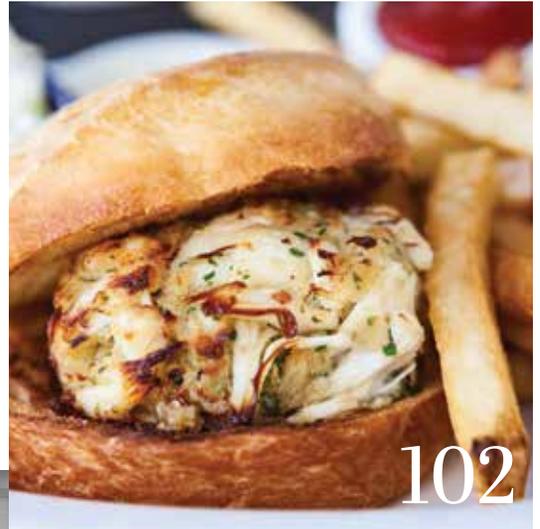
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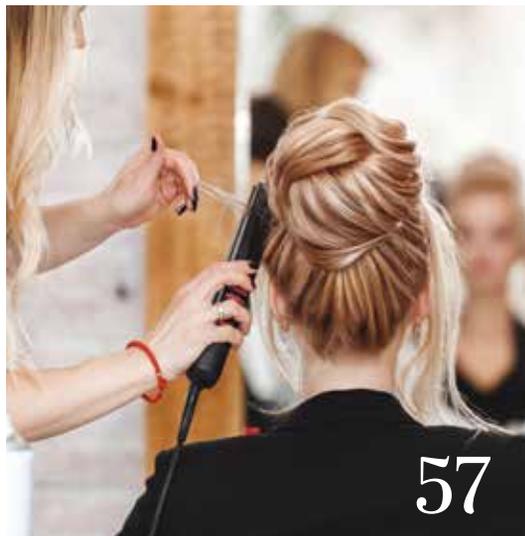


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**Contributing Editors**

Lisa J. Gatto, Dylan Roch

**Contributing Writers**

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Judy Colbert, Gary Jobson,

Ellen Mayer, Tom Worgo

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Steve Buchanan

**Contributing Photographer**

Brycen Fischer

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

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COMING UP IN  
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**EDITOR'S NOTE:** June'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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# e-contents

## Following COVID-19

[whatsupmag.com/covid-19](https://whatsupmag.com/covid-19)

What's Up? Media's landing page for COVID-19-related local information features live updates from government, businesses, and community sources.

We've been following closely, vetting and posting information as quickly as possible. Thank you for trusting us and please continue to check this page often. Stay healthy, stay safe.



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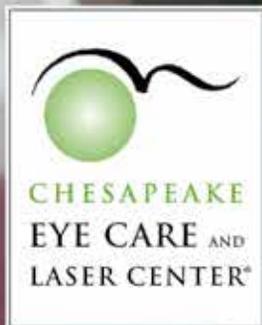
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# This is what *Commitment* looks like.

*We* are very grateful and incredibly proud of our team of professionals—Nurses, Physicians, Nurse Practitioners, Certified Nursing Assistants, Social Workers, Chaplains, and Grief Counselors—for their unfaltering commitment to our patients and their families during this pandemic. While many in our community are facing this stark reality for the first time, our team supports families through advanced illness and often their end of life experience day in and day out. They are all skilled, prepared, and compassionate professionals who have committed their careers to easing the burden of those living with and dying from advanced illness as well as the loss of loved ones.



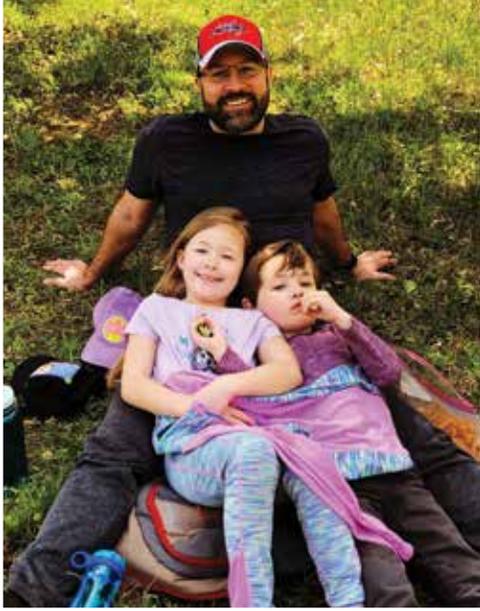
*O*ur community needs them now more than ever, and we are fortunate to call them colleagues, friends, and family! Just a few are pictured above.

# This is what *Commitment* looks like.

*We* are very grateful to our committed donors listed below who have reaffirmed their sponsorship for our now canceled 2020 Gala. Even during a pandemic, these generous sponsors never wavered in their support of our mission of caring for life throughout the journey with illness and loss. Now, we need them more than ever. We are so very fortunate to have them stand in solidarity with our Hospice of the Chesapeake Team.

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# From the editor

Every day I traveled to the hospital before and after work; and spent all hours of every weekend there, with her. Every. Single. Day. She even had open heart surgery at just five months old. That time of my life was excruciating...physically, mentally, emotionally. I imagine that it must be the same for the many doctors, nurses, and hospital staff that experience this every waking day...then and now.

There was joy when we finally discharged as a family July 2011. Four years later, my daughter would suffer a stroke that paralyzed her left arm. Four months of in-patient rehab at Kennedy Krieger Institute fortunately saved her ability to walk. Other NICU babies and children at KKI weren't as lucky as her in their struggles though. So...

*How have you fared during the global pandemic/national emergency/state shut-down/staying-at-home? Would you say meh, okay-ish, or pretty well?*

## IF SO, BE THANKFUL FOR WHAT YOU HAVE.

Perhaps you're like me and going stir-crazy—pulling your hair out trying to manage the boredom, restless kids, and spouses, while practicing patience. Maybe you're not patient at all. As trying as the past three months have been though, consider those that are less fortunate. Many Americans have, sadly, lost a loved one to the virus; or their jobs. Others have struggled to put food on the table, pay bills, or provide for their children. And still others—the essential workers—have been working relentlessly on the front-lines and quarantining themselves from their families for our collective well-being. So...

## I'M THANKFUL FOR WHAT I HAVE.

It's a lesson of reflection and thanks that I've learned several times over in life during some very difficult personal times and situations. Parents divorcing; a serious car accident; and of course, lost loves. Then there was September 11th, 2001; we mourned (and recovered) as a nation. But I was a middle-class white boy who held a good job, could pay my bills, and enjoyed life in general. So...

## I WAS THANKFUL FOR WHAT I HAD.

In 2010, my first daughter was born at 28 weeks and spent seven months in the NICU between Anne Arundel Medical Center (two months) and Johns Hopkins (another five).

## I WAS THANKFUL FOR WHAT I HAD.

Sadly, she would pass away three years later after suffering a traumatic brain injury—a one-in-million accident that I wouldn't wish upon anyone. If that wasn't the worst, then I don't know what is. But her memory lives on forever; her inspiration lives on forever. And I was the father of an amazing human being. So...

## I'M THANKFUL FOR WHAT I WILL ALWAYS HAVE.

Today, we read news stories—many sad, others hopeful—about how life has changed because of the COVID-19 pandemic. Just when I think I'm having a hard day, I remember that things could be worse. I'm thankful that my wife, second daughter, and son have maintained their health and well-being overall. I'm still working hard. My friends and neighbors are well. So...

## I'M THANKFUL FOR WHAT I HAVE.

And truly, with all sincerity and applause, none of us would be where we are today without the support networks and individuals—many, many of them—that continue to provide leadership, healthcare, and the necessary occupations that make everyday living, well...possible. And so, on the cover of this issue, we give more than a nod of thanks to our community of essential workers, do-gooders, good stories, and, you, our readers. We celebrate you all!

James Houck,  
Editorial Director

Altogether, you give us hope, inspiration, and a semblance of normalcy. Because of you, we have so much.

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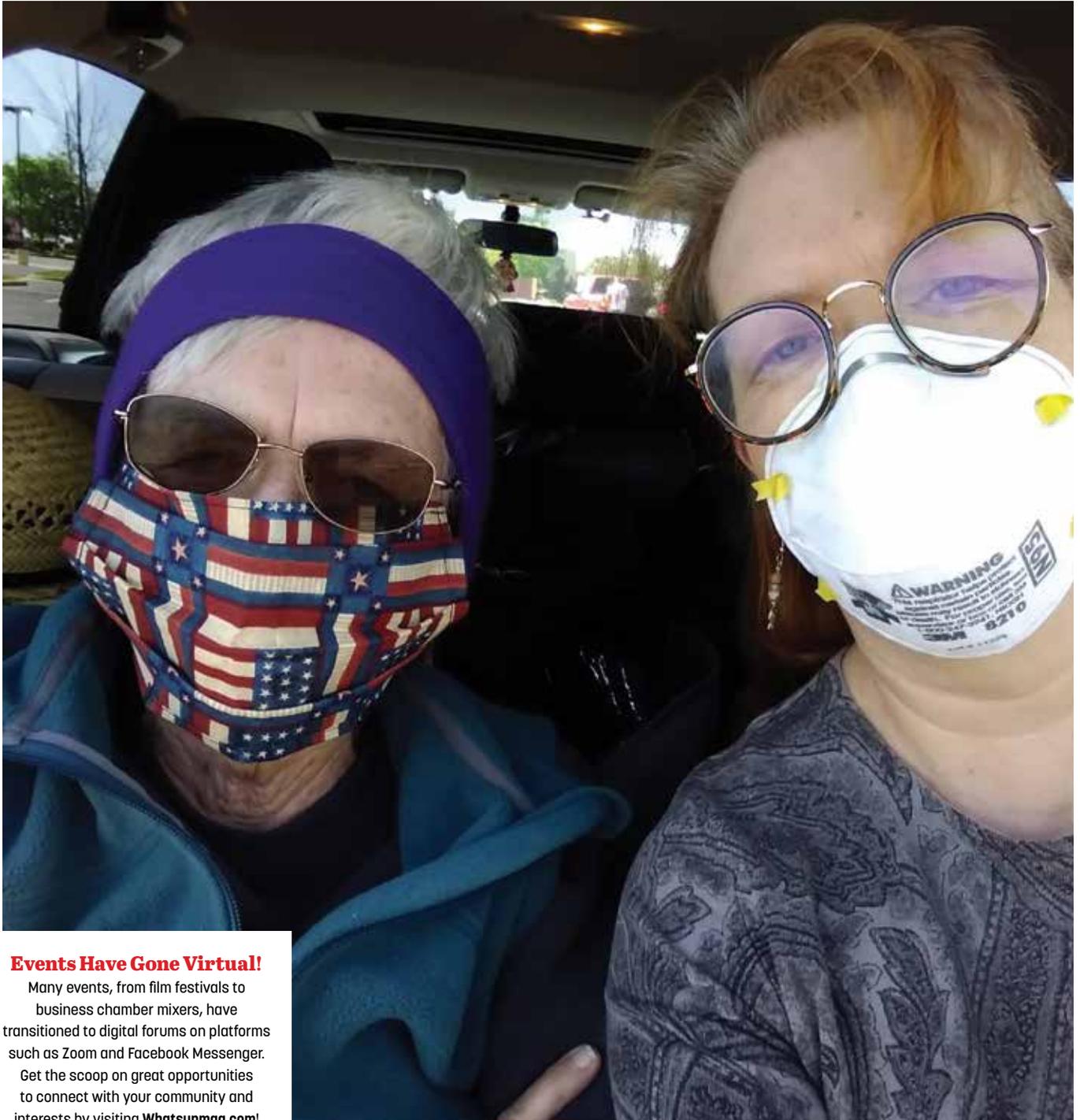


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# *Out on the* **TownE**

+

24 SOCIAL | 30 SALUTE | 32 SPOTLIGHT | 36 ATHLETE



### **Events Have Gone Virtual!**

Many events, from film festivals to business chamber mixers, have transitioned to digital forums on platforms such as Zoom and Facebook Messenger.

Get the scoop on great opportunities to connect with your community and interests by visiting [Whatsupmag.com!](https://www.whatsupmag.com)



1 2



3

TOWNE SOCIAL

# Still Stylish During Difficult Times

As we all adjusted to life with COVID-19, wearing face masks became the new normal when we ventured out to shop for essential items or even visit a public park for some sunshine and exercise. We asked you, our readers, to share photos of you donning your face masks. The entries offered a touch of whimsy and fun during this challenging time. Thank you!

- 1. Submitted by Jenny Nelson
- 2. Submitted by Janice Arnold
- 3. Submitted by Norah Tolentino
- 4. Submitted by Jensin Sommer
- 5. Submitted by Rachael Friedman
- 6. Submitted by Genia Planck
- 7. Submitted by Susan Lange

To see the full gallery of photos, visit [whatsupmag.com](http://whatsupmag.com) and search "show us your mask."



4



5



6



7



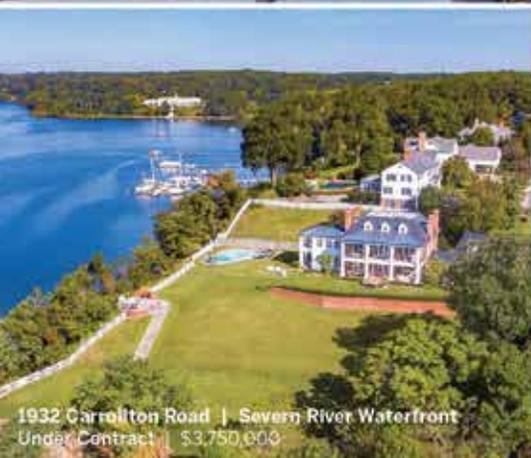
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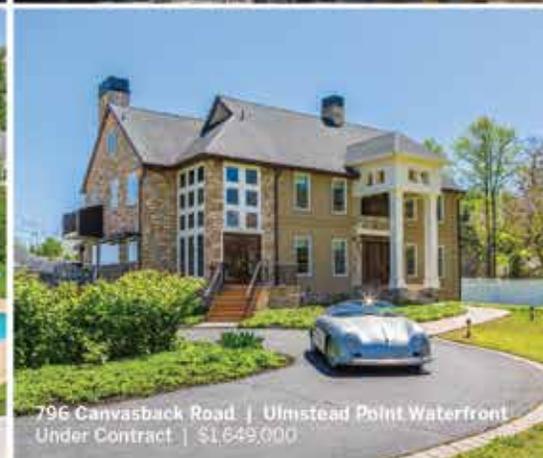
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## Black Tie & Diamonds

The Rotary Club of Annapolis' Black Tie & Diamonds gala was held March 7 at Graduate Annapolis Hotel and raised \$54,000 for Special Olympics Maryland. The glittering event was the 17th iteration of the gala and continued the Club's long history of raising funds to benefit the community. Gala co-chairs Sue Weber, Pam Urnowey, and Kevin Hurley hosted over 200 guests with a gourmet dinner, music, and dancing. The silent and live auctions, managed by Carolyn Richards, included trips, one-of-a-kind collectibles, and diamond earrings donated by Zachary's Jewelers.

Photos courtesy of Dave Mattingley and Donald E. Roland **1.** Rotary Club of Annapolis past presidents Cynthia McBride and Chara Hutzell **2.** Rotarians Frank Hurd, Jeff Neufeld, Leigh Rand, Frank Andracchi, Bea Carson, Dave Rand **3.** Athlete John Wolfe and Special Olympics Maryland CEO Jim Schmutz on stage **4.** Mary McLaughlin and Rotarian Michael Walsh **5.** Rotarians Sue Weber, Pam Urnowey, Rotary Club of Annapolis president, Rev. Dr. Carletta Allen, Carolyn Richards, and Kevin Hurley, with Special Olympics development services manager Claire Huston, second from right





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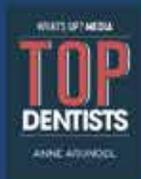


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TOWNE SALUTE

# Stacy Gullette

## Start The Adventure In Reading (STAIR) Annapolis

By Tom Worgo

**S**tacy Gullette served as a member of Annapolis Mayor Gavin Buckley’s Human Services Transition Committee to help address the city’s addiction problem. Gullette was devoted to that mission, spending five months doing exhaustive research and talking to community leaders and addiction recovery experts. Gullette and committee chair Da-Juan Gay compiled a report on her findings.

“To be honest with you, I thought my main focus would be on the opioid crisis,” she says. “But then I made a 180-degree turn.”

As part of her committee duties, she was tasked with identifying other critical social issues in the community. Gullette, an Eastport resident, in the process of her research, discovered

**“Stacy is extremely valuable to our organization. She exudes leadership in the most positive manner. She is so welcoming to all the students and volunteers, as well as their families.”**

how widespread illiteracy was among young elementary school students, and it shocked her.

“We were looking at some of the statistics of our local schools and saw some students were reading way below grade level,” she recalls. The problem was particularly acute at Georgetown East Elementary School in Annapolis. “It was one of the poorest performing schools in the county,” Gullette says.

Gullette eventually connected with Start The Adventure In Reading (STAIR) of Annapolis and became the school’s site coordinator in 2018 for the nonprofit, which serves 13 elementary schools around the county. STAIR is an educator-approved literacy program designed to help second graders throughout Anne Arundel County improve basic reading skills and self-confidence in a fun, nurturing environment.

She oversees a group of 18 volunteers that tutor second graders one-on-one two nights a week. She and her tutors work primarily with Hispanic and African American students. She’s done little short of galvanizing the

program at her school and has earned the respect of students, parents, and STAIR officials alike.

For starters, Gullette got the kids’ parents more involved than ever before. She also set up a free library in the Bay Ridge Gardens community and began providing snack bags for her students and kids from the neighborhood when she found out some of them were going home hungry. She’s even learned Spanish through a phone app in order to better communicate with Hispanic parents.

STAIR appealed to Gullette because of her educational background, which includes a B.A. in English from George Mason University. She later earned a master’s degree in accounting from George Washington University and spent three years as a C.P.A. with Ernst & Young, in Washington, D.C., before starting her own tax preparation service in Herndon, Virginia.

“Stacy is extremely valuable to our organization,” STAIR Executive Director Laura Iversen says. “She exudes leadership in the most positive manner. She is so welcoming to all the students and volunteers, as well as their families. She is really embracing family engagement this year and is very committed to leadership in the organization and at her specific site.”

What has particularly impressed Iversen is how effectively she’s gotten parents and guardians to buy into the reading program. The parents used to pick the kids up in the main office after a tutor took

the kids to them. But she began inviting them into the media center, where the mentors are working with the students.

“The parent can sit down with the students,” Gullette says. “If they come early, the students might read to them. The tutors get to talk to the parents and tell them how they are doing. We get to know the parents. We get to know whoever is picking that child up. The parents get more engaged. We get more of a feel of what their home life is like.”

Iverson loves what she hears from the parents about Gullette. “I can’t say there is anyone else who has shown as much effort in embracing the (family) outreach,” Iverson explains. “What is happening as a result, families are inspired and they are communicating that with STAIR staff. They are kick started to start the kids reading at home.”

Setting up the library, which resembles a small house, was another meaningful project. Gullette and her husband Mike spent about \$300 of their own money to set it up from scratch. Gullette’s friends and neighbors donated hundreds of books to keep it stocked.

“We constantly make sure it’s stocked with books,” Gullette says. “We also put things in there to keep the kids in the community busy like play dough and little painting kits.” Gullette realizes that the kids get a lot out of the program, but she says she gets even more.

“What I love to see is when the little light bulb goes off in their heads,” Gullette says. “When they can not only read, but enjoy reading. The joy I see, the accomplishments in the students. It is thrilling. I also work with 18 amazing tutors. I am getting a whole lot of satisfaction out of this. Believe me.”

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

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## ↑ Youth Sailing Program Awarded \$20,000 Grant

The Brendan Sailing Program for Youth with Learning Differences was recently awarded \$20,000 from local Annapolis foundation, the Kathy and Jerry Wood Foundation. The grant funding has been earmarked for camper scholarships and will provide current and prospective students financial opportunities to participate in Brendan Sailing's Annapolis and St. Mary's summer programs at little to no cost. "At Brendan Sailing, we never turn down a child for financial reasons," says James P. Muldoon, Brendan Founder and Chairman of the Board. "It is important that these children have the same opportunities to build social skills and teamwork, regardless of their financial position. On behalf of the organization, I want to thank the Wood Foundation for their continued commitment to Brendan. They have believed in our mission from the beginning and over the years have become a truly special partner."



## BUCK DISTRIBUTING SOLD TO HAMMOND BEV GROUP

Hammond Beverage Group will buy Buck Distributing Company in Upper Marlboro, with the deal expected to close in June, pending supplier approval. Employees were notified in April. Owner Betty Buck, the first female chairman of the National Beer Wholesalers Association, will be forming HM2 Buck for Hope Foundation. Buck will leave the company in "great hands to grow and move forward, while I pursue my new dream of HM2 Buck for Hope Foundation." The foundation formed after her son Daniel, a Navy Corpsman with the rank HM2, committed suicide last year. The foundation will focus on the problems of suicide and sexual abuse in the military. Meanwhile, Buck's daughter Erin will stay on and continue in the day-to-day leadership of Buck Distributing.



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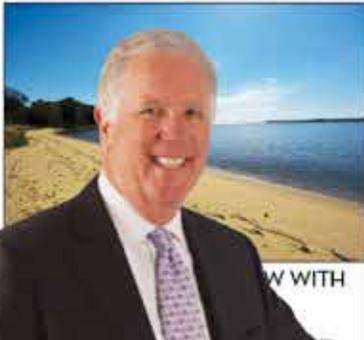
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## Tips for Maintaining Your Dental Health From Dr. Katy Ehmann



While these last few months have changed the way we live, work and interact, we remain committed to the health, safety and wellbeing of our family of patients. And, we wanted to remind you of the importance of maintaining your dental health in between visits. Here are several tips to follow:

- Brush teeth thoroughly twice a day and floss daily between the teeth to remove dental plaque
- Consider using an electric toothbrush
- Drink plenty of water
- Supplement (or replace) sugary drinks with milk, yogurt, or water
- If you are midway through dental work, have a temporary crown or inlay, and your next appointment was canceled, avoid emergencies by being careful not to eat anything too chewy. And be extra careful when flossing — floss down, and slide out.

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# Leadership Anne Arundel Announces New Leaders Honorees

Leadership Anne Arundel (LAA), the premier leadership training and networking institute in Anne Arundel County, has announced their 2020 New Leaders Honorees. Honorees were nominated by LAA Alumni and the community at large. Nominees do not have to be a graduate of a LAA program and were selected based on commencing an accepted, appointed or elected leadership role that serves and/or impacts the Anne Arundel County Community since March of 2019. The position can be held in a Non-Profit, Government, or For-Profit organization. This year, due to the COVID-19 health crisis, the in-person event has been postponed to a future date to be determined. In the meantime, New Leader Honorees will be featured and celebrated virtually. According to LAA President & CEO Kris Valerio Shock, "While we very much look forward to celebrating these local leaders in-person when it is safe to do so, we cannot wait to recognize their leadership and commitment to our community, as many are newly appointed in key roles facing challenges the current crisis presents. We are deeply grateful for their commitment to our community." For the full list of honorees and short bios, visit [leadershipaa.org](http://leadershipaa.org).

## MARYLAND DISTILLERIES ANSWER URGENT CALL FOR SANITIZER

In response to COVID-19, Maryland distilleries shifted production to surface and hand sanitizers for front line personnel. The Maryland Distillers Guild (MDG) announced in April that they have produced over 50,000 gallons of sanitizer. At least 17 Maryland distillers, including Blackwater Distilling in Stevensville and Windon Distilling (Lyon Rum) in St. Michaels, with the help of some Maryland breweries and wineries, jumped into action in mid-March, after learning of a severe shortage of sanitizer. "We don't know how to sew or make masks, but we do know how to distill and blend. So shifting from making whiskey to hand sanitizer seemed like an obvious way for us to do our part for the community while keeping our employees working," said Arch Watkins, co-founder of Old Line Spirits in Baltimore. Although it currently remains unclear just how long distillers will be authorized to manufacture sanitizer under federal rules, many of them have committed to continuing with their production for at least a few more months.



### SEVERNA PARK TEEN HELPING COVID CARE WORKERS

Delia Fishburne didn't quite know what to do with herself in the first two weeks of the state's stay-at-home order due to COVID-19. Inspired by a cousin who was sewing facemasks for her community in Virginia, Fishburne turned to social media for ideas on what she could do and learned about ear savers, plastic bands with hooks that allow people to remove the elastic bands of surgical masks from behind their ears. Fishburne found 3D digital printing designs online and got to work. She says it takes about five hours to make 10 ear savers. She has made more than 460 so far for COVID care nurses, delivery room care teams and trace team members, including an order of 150 for Hospice of the Chesapeake. Photo by Rebecca Fishburne.

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



TOWNE ATHLETE

# Luke Eberle

Annapolis Area Christian School  
Soccer

By Tom Worgo

**A**nnapolis Area Christian School senior Luke Eberle cherishes the life lessons he’s learned from his favorite soccer coaches since he started playing the sport in elementary school. Eberle wants to have the same influence on younger players. So he’s already making plans to become a college coach after he graduates from Virginia’s Liberty University, where he will play soccer on a scholarship.

**“I remember how all the coaches in my life had a huge impact on me. It would be only natural to do the same thing for other kids when I get older.”**

Eberle, an Arnold resident, says he hopes to start off coaching as grad assistant.

“I remember how all the coaches in my life had a huge impact on me,” Eberle says. “It would be only natural to do the same thing for other kids when I get older.”

Eberle has been studying coaching since high school, and he is doing it in many different ways. He also believes refereeing for five years in the Severna Park Green Hornets fall league has improved his soccer knowledge and prepared him to coach.

“I am actually doing my entire senior project on coaching,” he says. “I have a podcast consisting of interviews with coaches from all kinds of different sports. It’s another project I am doing as well. It’s something I have always been interested in. I have read books about it.”

AACS Boys Soccer Coach Vaughn Riding says Eberle has all the qualities to be a successful soccer coach. “He would be a wonderful coach,” Riding explains. “The coaches that are most impactful are the ones that make it into

your life and have a voice in your life outside of that sport. I know without a doubt Luke would put that first.”

Before Eberle gets into coaching, he’ll focus on playing at Liberty. He also strongly considered Army, Navy, and Villanova. “I think Coach Kelly (Findley) is someone I can really believe in, and I looked at other schools,” says Eberle, who carried a 4.14 grade-point average. “Other facilities didn’t come close to Liberty’s.”

Findley is counting on Eberle playing a lot early on for the Flames. “I think he could have a very good career,” Findley says. “He is very versatile and can play in a lot of different spots. To me, that’s the best thing about him. He’s also a strong, athletic guy with great size and speed.”

The 6-foot-1-inch, 180-pound Eberle, a four-year starter, used all those qualities to dominate opponents while playing at AACS. He earned Maryland Interscholastic Athletic Association B Conference honors for four straight years. He peaked as a senior and totaled 17 goals and 12 assists. He had some eye-catching games. Eberle scored two goals and dished out two assists in a 4-3 win over Glenelg and assisted on three goals in the last 10 minutes to help AACS rally past Woodbury Forest of Virginia, 3-2.

“He is one of the best players in the state,” Riding says. “He is at that kind of level. One of the things that set him apart is his fitness. It’s incredi-

ble. We have some hard workers, but he's at the top. He's done all the right things to develop himself as a player to be at that elite level."

One of the biggest keys in Eberle's development has been playing club soccer. He's been competing on elite-level teams like Baltimore Celtic and Pipeline 12 year-round. "High school soccer doesn't push you in ways club does," Eberle says. "Club is where you are playing the best of the best. Day in and day out you're competing for your spot. You are under pressure from coaches and other players. It's very high-intensity."

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ECONOMICS & FINANCE

# Closed for Business

## An Unprecedented Supply Shock

By Anirban Basu

**T**ypically, recessions sneak up on us, like a cat in the night. As an example, the Great Recession began in December 2007, but it wasn't until December 1, 2008 that the Business Cycle Dating Committee of the National Bureau of Economic Research formally declared that a recession had begun.

But the current economic downturn announced itself with the roar of a lion. It may seem strange that economists have already concluded that a recession has begun given that a common definition encompasses the notion of a downturn lasting for at least two consecutive quarters.

It wasn't until March 9th that the stock market took notice of COVID-19, the virus wreaking havoc across the world. That day, the Dow Jones slipped by 2,018.43 points; its worst drop in absolute terms on record. Even then, many analysts blamed the day's decline on a dispute between oil production titans Saudi Arabia and Russia as opposed to COVID-19.

But since that time, analysts have come to appreciate just how dire circumstances have become and how lengthy the crisis is likely to be. Nearly ten million Americans filed for unemployment benefits in the final two weeks of March. Jobs numbers for the month were also dismal, with the nation losing over 700,000 jobs on net.

As bad as that seems, it could be just the beginning should the shutdown persist into the summer months. As a result, many economists are now predicting a 25 percent decline in Q2:2020 GDP and unemployment rising meaningfully above 15 percent.

Initially, many economists failed to appreciate how this time is different. There are many who continue to try to make comparisons between the economic implication of the current pandemic and previous crises, including the global financial crisis of 2008–09. But even a \$2.2 trillion dollar stimulus package can't bring an economy back to life when so many people are precluded from working. Stimulus payments may help people pay rent or purchase groceries, but they don't help people contribute to the nation's gross domestic product.

### MARYLAND WILL FARE BETTER, ECONOMICALLY

It is too soon to tell how Maryland will fare from the perspective of public health outcomes. Like residents of some of the earliest hotspots like New York City and Seattle, many Marylanders live in densely-populated areas. Though Maryland has been a leader in promulgating social distancing measures, the state's citizenry remains vulnerable as demonstrated by breakouts in a number of the state's skilled nursing facilities.



### 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.

Coming into the crisis, Maryland's economy was humming. Unemployment sat at just 3.3 percent earlier this year, and job growth persisted. But that was then. Prior to the crisis, about 2,600 Marylanders filed for unemployment during a typical week. During the week ending on March 28, more than 84,000 Marylanders filed for unemployment.

The good news is that the structure of Maryland's economy will render it less susceptible to economic decline than many other states. While Maryland will see participation in the recession, its large federal government, federal contracting, healthcare, life sciences, and higher education sectors are likely to prove more resistant to collapse than many private, for-profit segments.

### LOOKING AHEAD

While the initial stage of recovery from the current downturn will be sharp as people return to work and the economic engine restarts, it will also be incomplete. Complete recovery from the recession will likely take years.

One of the reasons for this is that state and local government budgets are now under severe pressure. With retail sales tax, hotel tax, and income tax revenues declining, many state and local governments are now experiencing the emergence of massive gaps in their budgets; budgets that must be balanced each fiscal year. There will also be many empty storefronts, fewer occupied apartments and office suites, and a diminished tally of employers available to jobseekers once the pandemic has passed.

The good news is that more stimulus is likely on the way. To date, there have been four stimulus bills passed by Congress: Phase 1 was an \$8.3 billion bill in support of coronavirus vaccine research and development; Phase 2 was a roughly \$104 billion package focusing on supplying paid emergency sick leave for some workers; Phase 3 was the \$2.2 trillion stimulus; and Phase 4 was the \$484 billion package to supplement Phase 3. A fifth package, one focused on investments in infrastructure, also seems probable.



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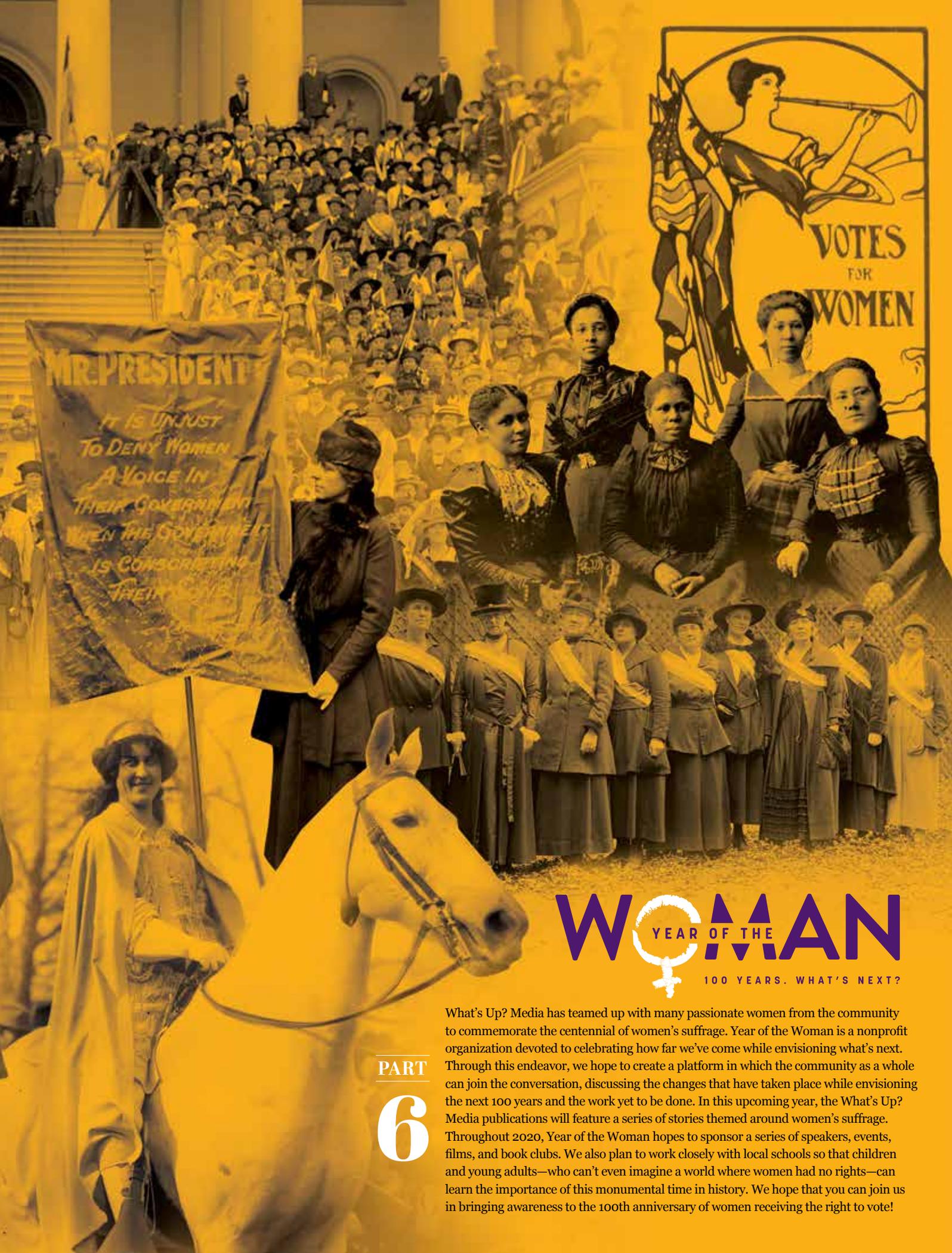
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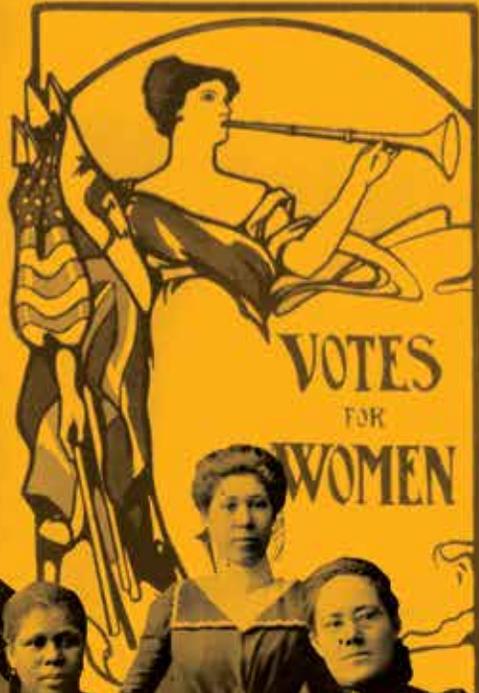
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# WOMAN

YEAR OF THE

100 YEARS. WHAT'S NEXT?

PART

6

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!



Interior of the St. Johns site, on the campus of St. Mary's College of Maryland, which is a combination of archeological excavation and a museum display. This is where the first legislative assembly met in the early colony (making it Maryland's first state house) and the first place where a woman, Margaret Brent, demanded the right to vote in America, which was denied. Photos by Rob Friesel.

# The Road to Women's Vote

Historic sites  
you can visit  
that tell the  
story of wom-  
en's suffrage

By Judy Colbert

**A**s we celebrate the 100th anniversary of women's right to vote in the United States, you can visit monuments and memorials to suffrage throughout the nation. With international travel grinding to a halt as this article was being written, you may decide to limit your travel within the States this summer. In a way, that's great because you can combine your exploration of the country with women's history, as you discover women's accomplishments in the battle for the passage of the 19th Amendment. That act granted 27,000,000 American women the right to vote. These historical moments are noted, big and small, in roadside markers and famed museums. If your child has a school social studies project due, this collection will make excellent material for a blog, a vlog, or an Instagram page.

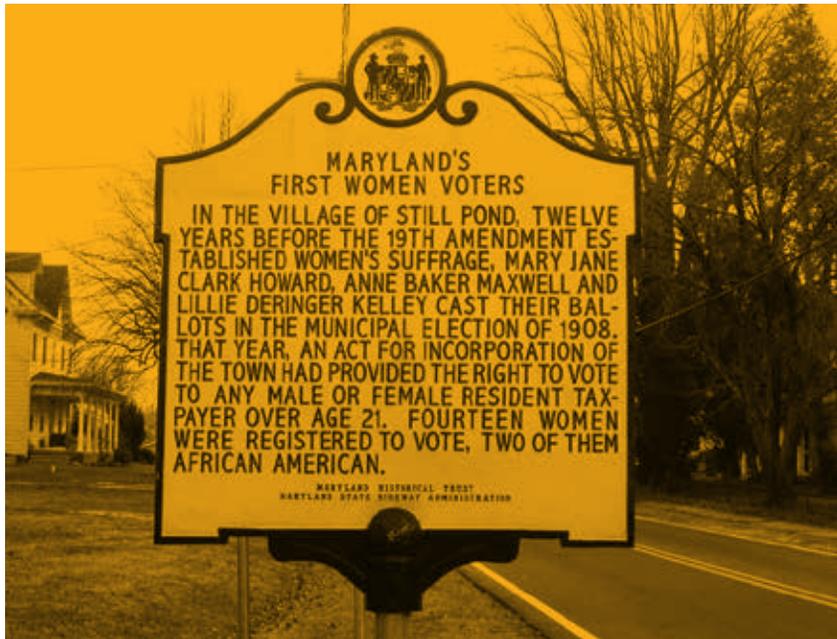
The Maryland Historical Trust funded a special project to explore the events that took place in Maryland. Kacy Rohn, a graduate student intern in the University of Maryland's School of Architecture, Planning, and Preservation, found more than 50 sites around the state where significant contributions were made to the cause. They've created a map so you can explore them over a weekend or longer ([https://mht.maryland.gov/research\\_suffragestorymap.shtml](https://mht.maryland.gov/research_suffragestorymap.shtml)). The sites are located in St. Mary's, Montgomery, Caroline, Carroll,

Cecil, Prince George's, Garrett, Anne Arundel, and Baltimore counties, and Baltimore City.

We introduce several regional sites of note, plus a few worth the long-distance drive it takes to visit them, beginning with...

## St. Mary's City, Maryland

Our battle began in 1648 when Margaret Brent (1601–1671) of St. Mary's City, demanded the right to vote because of her importance in the community. The Maryland legislature denied her request, but she is considered by many as the first woman suffragette in the country. It would be another two centuries before the establishment of the Maryland Equal Rights Society in 1867 and the creation of the Baltimore City Suffrage Club in 1894. It would take decades, but the citizens of Maryland were always in the forefront. There's a Margaret Brent Middle School in Mechanicsville, a Margaret Brent Women Lawyers of Achievement Award (American Bar Association), and, as of September 28, 2019, a roadside marker recognizing a pilgrimage "which saw Maryland Suffragists take a 23-day journey by covered wagon from Baltimore to St. Mary's City in honor of Margaret Brent, an English colonist considered one of the most important women and advocates for women's rights in colonial history." More on this can be read online here: <http://industry.visitmaryland.org/news/margaret-brent-pilgrimage-historical-marker-unveiled-in-st-marys-city-ahead-of-2020s-year-of-the-woman>



## Still Pond, Maryland

One stop along the trail is the town of Still Pond, Kent County, Maryland, where five tree-lined roads meet in the center of an island surrounded by vast acreage of farmland. It's an idyllic location where you can almost smell the peaches that formed the commercial center of this agricultural area. A marker was installed in 2003 by Maryland Historical Trust and Maryland State Highway Administration commemorating an historic moment in suffragette history. Positioned where the former Town Hall stood (it burned in 1916), the marker notes:

### **Maryland's First Women Voters**

*In the village of Still Pond, twelve years before the 19th Amendment established women's suffrage, Mary Jane Clark Howard, Anne Baker Maxwell, and Lillie Deringer Kelley cast their ballots in the municipal election of 1908. That year, an act for incorporation of the town had provided the right to vote to any male or female resident taxpayer over age 21. Fourteen women were registered to vote, two of them African American.*

Regrettably, the Maryland legislature voted against the 19<sup>th</sup> Amendment during its 1920 legislative session. It wasn't until March 29, 1941, two decades after Tennessee became the 36<sup>th</sup> state to approve the law, that Maryland joined the bandwagon. Intersection of Still Pond Road and Old Still Pond Road can be explored here: <https://www.hmdb.org/m.asp?m=3052>

## Additional Markers in Maryland

Several markers have been installed throughout Maryland. Recently, a "Couriers to Congress" highway marker was installed at 4666 Rhode Island Avenue, in Hyattsville, on Saturday, March 3, 2020. Earlier, on June 9, 2014, another marker was installed at 6908 Belair Road, in Overlea with the legend:

### **Women's Suffrage**

*Before the 19<sup>th</sup> amendment was passed in 1920, American women were not guaranteed the right to vote. The National American Women Suffrage Association organized a large parade in Washington, D.C., for March 3, 1913. On February 12, a group of women called "The Army of the Hudson" began marching from New York City to the capital. They were met by supporters at Overlea Town Hall on February 23. After a journey of 230 miles, they joined the parade of 8,000, bringing national attention to voting rights for women.*

Other markers honoring suffrage leaders and "suffrage hikes," include one recognizing the Garrett County Pilgrimage and another placed on Druid Hill, have been installed over the past few years.

Additionally, there are several events scheduled throughout the state. Here are two for your special attention (pending COVID-19 restrictions):

On Sunday, August 16, 2 p.m., women of all ages, from young to old, are invited to gather on Main Street in Historic Downtown Mount Airy, Maryland, where an historic aerial photo will be taken in honor of the "Year of the Woman 2020."

The Maryland Commission for Women, established by the Maryland Legislature in 1971, promotes the "social, political and economic equality of Maryland women." Among the activities they're sponsoring is the 2020 Women's Centennial Summit on Women's Equality Day, Wednesday, August 26, 2020, from 8:30 a.m. to 5:30 p.m. at the Maryland House Office Building, in Annapolis. The keynote speaker is the Hon. Adrienne Jones, Speaker of the Maryland House of Delegates. Besides celebrating 100 years of women's voting rights, the



program will feature seminars about women’s leadership, and commemorate Maryland women who participated in the suffrage campaign and advocate the continuation of progress of women and girls in the state.

## Washington, D.C.

Andrea DeKoter, acting superintendent of the Women’s Rights National Historical Park (see below) of the National Park Service, says there are “a number of sites and museums across the United States that celebrate the achievements of women suffragists.” She suggests the Belmont-Paul Women’s Equality National Monument in Washington, D.C., “is typically the one visitors think of when they consider sites related to women’s suffrage. There are other sites in the National Park system dedicated to such women as Clara Barton and Maggie Lena Walker.”

The epicenter of the struggle, the Belmont-Paul House in Washington, D.C., was home to the National Woman’s Party for almost nine decades. Alice Paul and the NWP pioneered strategies and tactics to promote the passage of the Equal Rights Amendment. President Barack Obama designated this national monument, in

the shadow of the U.S. Capitol and the Supreme Court (and a short walk from Union Station), on April 12, 2016. It’s named for Paul, the party’s founder, and Alva Vanderbilt (of The Vanderbilts) Belmont; the NWP president from 1920–1933 and a major benefactor. Former Maryland Senator Barbara Mikulski introduced legislation for the National Park Service if the NWP would transfer it at no cost, and with the NWP collection that includes the wide-ranging library on women’s suffrage and women’s issues. Paul is credited with changing the focus from a state-by-state approach to the fight for a constitutional amendment. They were successful, also, in the inclusion of gender equality language in the United Nations Charter and the 1964 Civil Rights Act. They changed from lobbying to education in 1997.

The home houses art, memorabilia, and exhibits and is open Wednesday through Sunday from 9 a.m. to 5 p.m. and ranger-led tours are offered at 11 a.m. and 2 p.m., or you can do your own private tour during open hours. Alas, it’s no longer available for private weddings. The site is located at: 144 Constitution Ave., NE, Washington, D.C. 20002. And can be explored online at: <https://www.nps.gov/bepa/index.htm>

The Belmont-Paul Women’s Equality National Monument in Washington, D.C. features paintings, memorabilia, and busts of Susan B. Anthony, Lucretia Mott, and Elizabeth Cady Stanton by sculptor Adelaide Johnson. Photos by Ser Amantio di Nicolao and Victoria Stauffenberg.



Jeannette Pickering Rankin (1880–1973) was a member of the United States House of Representatives, elected in 1916 as the first woman to serve in the U.S. Congress.

Originally a bakery or milk delivery wagon, tradition says that Lucy Stone used it at speaking engagements and to distribute the *Woman's Journal*. Around 1912 suffragists found the wagon in a barn on Stone's property. They painted it with slogans and continued to use it to sell the *Woman's Journal* as well as for rallies and publicity. Today, the wagon is on display at Smithsonian National Museum of American History. Photo credit Smithsonian National Museum of American History.



About a mile to the west, the Smithsonian's National Museum of American History has an exhibit, "Creating Icons: How We Remember Woman Suffrage" through May 2021. With 57 artifacts and graphics, the display relates tales of the famous and forgotten. Items donated by the National American Woman Suffrage Association (now the League of Women Voters) are the core of the exhibit. It includes a 6' tall portrait of Susan B. Anthony by Sarah J. Eddy and Anthony's signature red shawl. Busts of Anthony, Lucretia Mott, and Elizabeth Cady Stanton, all by sculptor Adelaide Johnson, are also on display.

Jeannette Rankin, from Montana, was the first woman elected to the House of Representatives in 1916, although she lost her race for the Senate in 1918. A campaign pin or other memorabilia from each of the 131 sitting women members of the 116<sup>th</sup> Congress is included in the exhibit. In addition to this temporary display, "American Democracy: A Great Leap of Faith," is on permanent display and relates the story of voting rights. Transportation enters the subject with a suffrage wagon used by Lucy Stone when she traveled to speak and distributed the *Woman's Journal*. Located at: Constitution Avenue, NW, between 12<sup>th</sup> and 14<sup>th</sup> streets, Washington, D.C. And online at: <https://americanhistory.si.edu/creating-icons>

## Richmond, Virginia

About 100 miles south of Washington, three attractions highlight the anniversary. The Virginia Museum of History and Culture has a display "Agents of Change: Female Activism in Virginia from Women's Suffrage to Today." The "today" part involves a group of contemporary "agents of change" to recreate an iconic 1915 photograph of the Equal Suffrage League of Richmond at Capitol Square. The photograph of today's activists was unveiled on Sunday, March 8, 2020 to celebrate the opening of the exhibit. They are collecting stories and memorabilia about women as drivers of change, so let them know if you have one. The exhibit will run through September 2020. Located at: 428 N. Arthur Ashe Blvd., Richmond, VA 23220. And online at: <https://www.virginiahistory.org/exhibitions/agents-change-female-activism-virginia-women%E2%80%99s-suffrage-today>

Over at the Valentine Museum is an exhibit called "#BallotBattle: Richmond's Social Struggle for Suffrage." It uses social platforms to "profile five Richmond viewpoints and the racial and generational tensions that each exposed. Between 1909 and 1920, both pro-suffrage and anti-suffrage advocates battled tenaciously, using all the platforms available to persuade both the legislature and the general public." Obviously, pre-Twitter, Facebook, etc., they did use newspapers, pamphlets, postcards, banners, and other means of communication to express their opinions. The exhibit runs through September 2020. Located at: 1015 East Clay St., Richmond, VA 23219-1527. And online at: <https://thevalentine.org/exhibition/ballotbattle-richmonds-social-struggle-for-suffrage>

Civil rights and woman's rights activist Maggie L. Walker is honored at the National Park Service's Maggie Walker Memorial Plaza. It consists of her historic home and several other structures—the visitor center and exhibit hall. There is a statue of her, with legends defining her life. In 1921, she was the first woman to run for statewide Virginia office and she received 20,000 votes. She was also on the board of directors of the National Association for the Advancement of Colored People, Council of Colored Women, Federation of Women's Clubs, National Association of Colored Women, National Association of Wage Earners, and other organizations. Located at: 110 1/2 E. Leigh St., Richmond, VA 23219. And online at: <https://www.nps.gov/index.htm>

## Seneca Falls, New York

The Women's Rights National Historical Park tells about the first Women's Rights Convention held on July 19–20, 1848 in Seneca Falls, New York. There's no admission fee to this National Park Service property. Organized by Elizabeth Cady Stanton and Lucretia Mott, this is the stepping-off point of the long journey toward suffrage. Prior to your visit, you can take a 360° view of park locations. The visitor center includes three dimensional figures, a theater, gift shop, and exhibits that "support the preservation and interpretation of sites in Seneca Falls and Waterloo, New York, associated with the convention. The primary focus "documents the lives and activities of the planners of the convention and the people who signed the Declaration of Sentiments issued from that convention." Located at: 136 Fall St., Seneca Falls, NY 13148. And online at: <https://www.nps.gov/wori/index.htm>

## Finger Lakes Region, New York

The second place to visit in New York is along a trail in the Finger Lakes area that is designated "100 Ways to Celebrate Women Empowerment" (<https://www.fingerlakestravelny.com/see-and-do-/celebrate-100>). It highlights the accomplishments of iconic women and places known for activities associated with the cause, starting and ending in Rochester.

## Knoxville, Tennessee

As mentioned above, the vote that sealed the 19th Amendment's passage was cast in Tennessee on August 18, 1920. This is now Febb Burn Day in Tennessee in honor of the woman who persuaded her young son, 24-year-old Harry Burn, to vote in favor of the amendment. He was the youngest state legislator, and his vote broke the tie in the Tennessee legislature, thus ensuring that 27 million women could vote. A Burn Memorial is in the works. A life-size bronze Tennessee Woman Suffrage Memorial sculpture by Alan LeQuire was unveiled at Market Square Mall on August 26, 2006. The statue features three Tennessee suffragists, Lizzie Crozier French of Knoxville, Anne Dallas Dudley of Nashville, and Elizabeth Avery Meriwether of Memphis. Learn more online at: <https://tnwomansmemorial.org>

## Cheyenne, Wyoming & Fort Worth, Texas

Wyoming is recognized as passing its own suffrage legislation in 1869. Esther Hobart Morris (1812–1902) was appointed the first woman justice of the peace in South Pass, Wyoming, shortly thereafter, on February 14, 1870. Although she is often called the "Mother of Woman Suffrage," there is some dispute about her actual role as a leader in the Wyoming suffrage movement. Nevertheless, you can see a larger-than-life-size bronze statue of her in the National Statuary Hall Collection in the rotunda of the U.S. Capitol in Washington, D.C., dedicated in 1960. A replica of the statue was installed in 1963 in the state capitol building in Cheyenne, which is where you'll find the inscription, "Mother of Woman Suffrage." In 2006, she was recognized and inducted into the National Cowgirl Museum and Hall of Fame in Fort Worth, Texas, based on her "influential efforts [that] made it possible for women to vote in the Wyoming Territory in 1869." She was also inducted into the Hall of Great Westerners of the National Cowboy & Western Heritage Museum in Oklahoma City, Oklahoma in 1973. Visit the Cowgirl Museum here: 1720 Gendy St., Fort Worth, TX, 76107. And online at: <http://www.cowgirl.net>

## And Then...

If you can't travel afar, you can learn about the first Women's Rights Convention right on your home computer. The National Women's History Museum tells the story of their battles for civil rights and equality. Their mission is to "tell the stories of women who transformed our nation. We will do that through a growing state-of-the-art online presence and a future physical museum to educate, inspire, empower, shape the future, and provide a complete view of American history." The website includes lessons and a calendar of related events throughout the country. Visit [womenshistory.org/events](http://womenshistory.org/events).

*Judy Colbert is the author of It Happened in Maryland and 100 Things to Do in Baltimore Before You Die.*

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

**yearofthewoman.net**



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Proceeds from the Ball provided grants to Anne Arundel Medical Center and University of Maryland Shore Regional Health to support their breast cancer treatment and prevention programs.

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# WHAT TO DO WHEN THE WORLD PAUSES

Or...activities you can enjoy on a rainy day | **By Gary Jobson**

It's raining as I write this article, everyone is living at home hoping to avoid contact with the coronavirus, the economy has come to a standstill, and yet we are still alive and anxious to get back to living a normal life. It made me think about what we have been doing while waiting out the virus. The tragedy surrounding us is unlike anything we have experienced. The daily news announcing the number of positive test results and deaths from the virus have been horrifying. In an attempt to offset this calamity, I made a list of activities my wife, our friends, and I have

been doing to keep connected with the rest of the world and maintain some semblance of modern day life.

The first thing I suggest is to make your own list of activities and then set up a schedule to accomplish your goals. It might take a little discipline, but once you get rolling you will find that your list will actually get longer. I find a daily routine comforting. During times of stress I have learned to think back to past successes. Learning to overcoming adversity is one the strongest attributes we can achieve. These past few months have provided many opportunities to do things that we rarely did before the virus arrived on our shores.

Walking has always been a good therapeutic and cleansing exercise. People keep their distance as they walk past each other, but always seem friendly. I think we are all going to be healthier in the future thanks to our long walks. Shaking hands and



enthusiastic hugs will be considered no-no's. Social distancing will be with us for a long time. On a side note, I think the name "Social Distance" would be an appropriate name for a boat.

As you walk past historic structures, trees, flowers, the water, monuments, and all kinds of other objects take a minute to study intricate details, or read the plaques detailing the background of the object. You will learn a lot and become more connected to your community. It is a refreshing activity. Along your walking route take a moment to stretch periodically and pause to study the water, a field, or the sky. I marvel at the architecture of the State House, St. Anne's Church on the circle, and the symmetry of so many structures that are hundreds of years old. Our city's architecture has survived the test of time. It makes me feel good believing that most of these structures will still be here long into the future.

I've noticed that there seems to be less garbage on the streets, and that local gardens are in pristine condition. Since people are at home they are spending more time sprucing up their properties. I like to go for perfection around our 120-foot by 40-

foot property in Murray Hill. Over the past few months, I've had the time to clean out closets, tidy up the garage, restore the basement into an orderly space, and happily edited every file in my office. I had quite a few speaking engagements cancelled this spring and summer. Instead of traveling for my gigs, I started working on two new books that have been on my "futures" list for many years. Interviews, gathering material, and writing can all be done from home. In 2014, I moved into an office over my garage. After 36 years of paying rent for a down town office and studio, I wanted a quiet space for thinking, reading, writing, and planning. Little did I know how valuable this small respite loft would become. The most important thing is to keep working. In fact, I am confident we will see more people working from home after the virus fades.



We've participated in many "virtual cocktail parties" using internet technology. How lucky we are, to communicate using both voice and video. Every entity that I am engaged with has embraced the proficient use of ZOOM, Blue Jeans, Face Time, SKYPE, and other services. I have to smile thinking back to my younger days and marveling at the comic book hero, Dick Tracy, and his two-way wrist radio.



## HERE IS MY LIST OF ACTIVITIES THAT YOU MIGHT WANT TO CONSIDER FOR YOUR OWN LIST:

Play a game with someone. Keep some distance between you and the other player. You can slide up to the chess board to advance your piece and then move back.

Take the time to play an instrument. A piano or guitar always provides a nice sound.

Yard work in short, one-hour stints can be satisfying. Spend time every few days doing gardening and in a short time your property will be special.

Listen to music. Alternate between classical and rock, or country and jazz. You will have good thoughts when your ears have been treated to special rhythms. I like to set up a competition and see which artists are more appealing; like Beethoven vs. Mozart, or The Beatles vs. The Rolling Stones.

Call up friends or relatives that you miss and have a good chat. Make a list in advance of things to discuss. Everyone feels better when they hang up.



Take time to write letters. Our society is slowly losing this beautiful method of communicating. Everyone enjoys receiving a letter in the mail. You can also send a short message on a post card. You can make up your own post cards with pictures of your family, boat, dog, or garden. You might be surprised to receive a return letter.

One of the special benefits of the past few months is good home cooking. Three times a day, meal time becomes a restful treat. We also order from local restaurants. Setting the dining room table and dressing up a little bit makes you feel like you are dining at one of your favorite places.

Walk into the woods or find a place on the shoreline and do a

drawing. Take some time to think about your topic as you sketch.

Keep a journal of what it was like to live through this pandemic. Your descendants will appreciate reading about what it was like. I found some old letters my father wrote during the Depression and World War II that were fascinating reads. To us, these events might seem like



ancient history, but they were very real and difficult periods of time for those who lived through them.

While I miss going to the movies, luckily there are many streaming services and cable television available. Netflix, Amazon, Hulu, and AppleTV, among others, are essential house hold services these days. A few movies each week are good for the soul, but I caution you to avoid binge watching.



I did a survey of the books in my library to see if there were any I had not read. I discovered many and have been slowly working through books on history, space, and dynamic personalities including J.P. Morgan, J. Paul Getty, Andrew Carnegie, and Steven Jobs. There is so much to learn from these luminaries, and their stories are right there in books. Sinclair Lewis wrote some interesting novels on life in the 1920s. I have also taken up reading

about John Lennon, Pete Townsend, Paul McCartney, and Jimmy Page. What fascinating treasuries of music these artists have gifted to us.

The internet is filled with interesting podcasts. I tend to listen to podcasts that are less than 20 minutes long.

Build up your photo album when you take walks. There is always something interesting to record. Keep looking for something unique.

Take up some kind of craft. Sewing face masks seems popular these days.

Check out the night sky. NASA has a website (Spot the Station) that will tell you when the Space Station is going to pass overhead.



It is amazing how easy it is to see and how swiftly it passes by.

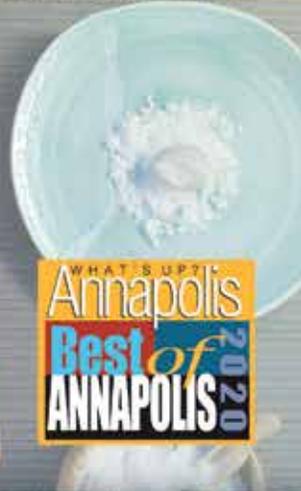
Wear comfortable clothes that have been sitting in the closet for ages. Dust off an interesting piece of jewelry to wear. A long bath soothes the spirit.

Write an essay or poem and share it with others. I bet you will inspire others to do the same.

Sit on a park bench and take a few moments to contemplate anything that comes into your head. What-

ever problem you might be facing will diminish after a little soul searching.

My original plan for this article was to write about all the things you can do in a weekend around Annapolis along with a few nifty things to do on the Eastern Shore. That topic will have to wait until the coast is clear for social gatherings. As I finish up writing this piece, I notice the rain has stopped, the sun is brightening up the sky, and it's time to go take a walk. I wonder what I will find on this trip.



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# BEST OF

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So, thank you to our loyal readership that took the time to vote for the tops in town when it comes to the best salons, spas, and gyms. 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.

**Editor's Note:** *As we go to press on this issue and list of winners, we acknowledge that the COVID-19 situation has affected business operations. The good news is that many vendors on this list are creatively offering online classes, instruction, tips, and beauty tricks; and offering gift cards for purchase. Please support these local businesses as they—like us—navigate, adjust, and creatively survive the COVID-19 situation. Thank you!*

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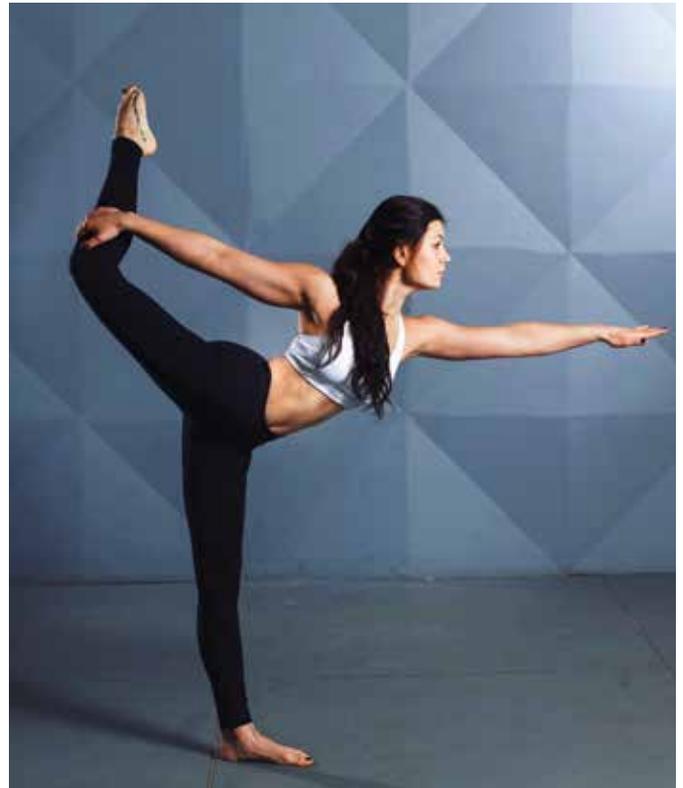
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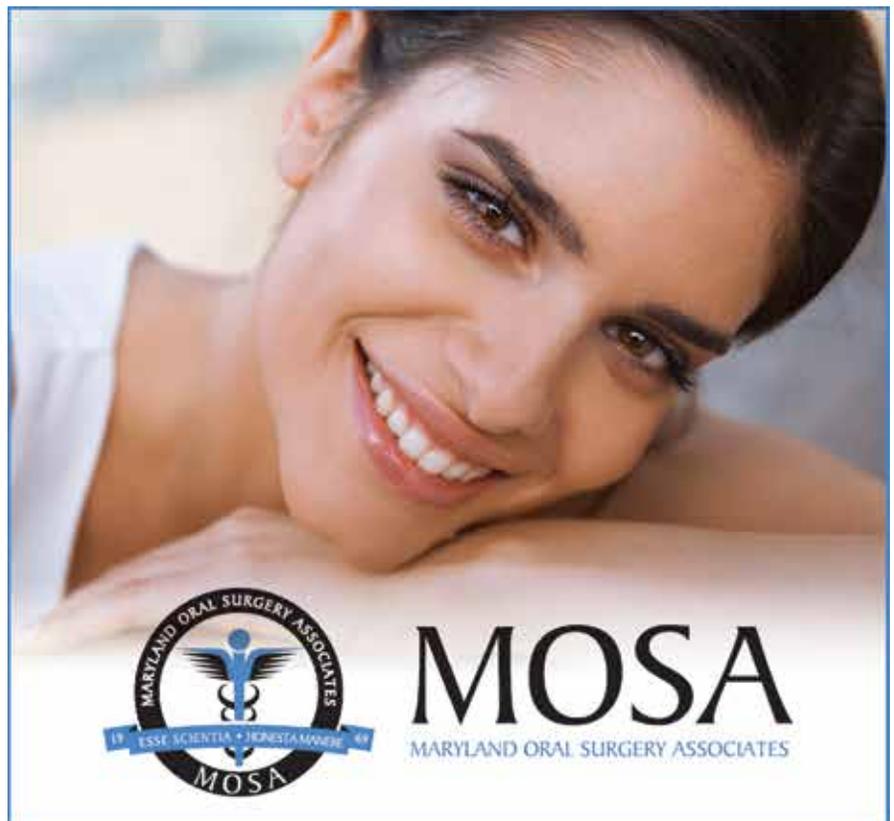
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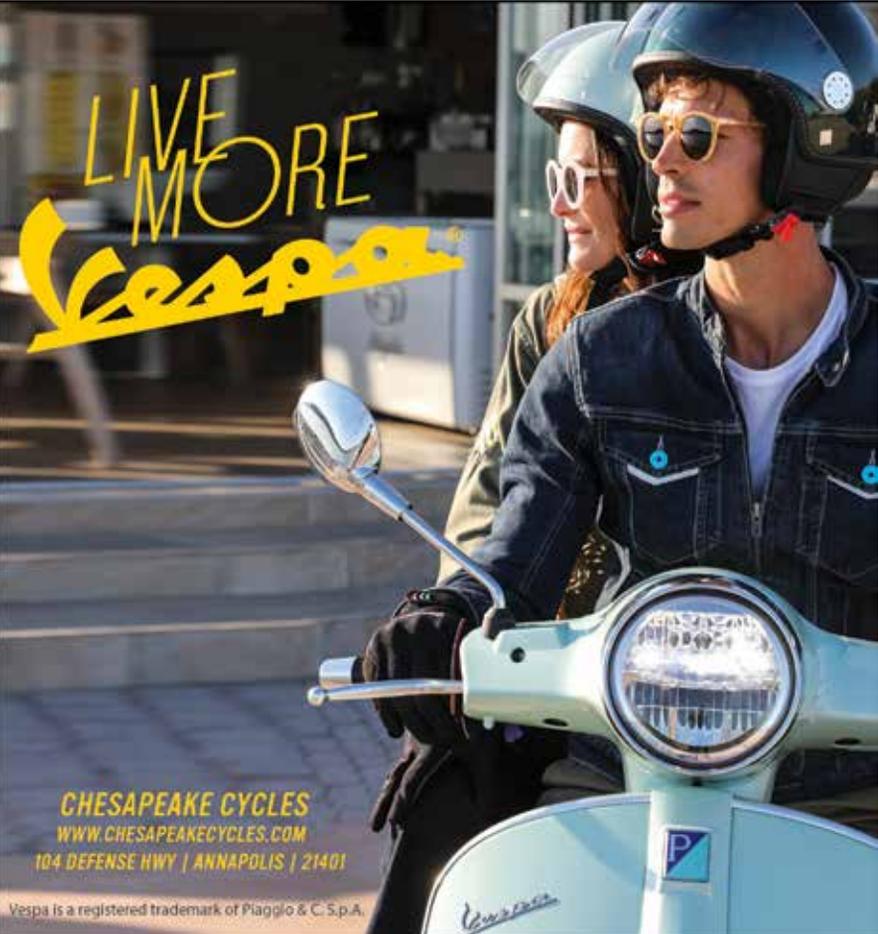


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# FAMILY ACTIVITY GUIDE

An assortment of creative games, adventures, craft ideas, and foodie fun to enjoy during this less-than-normal summer

By Megan Kotelchuck

As we go into summer, entertaining the kids needs to get a bit more creative day by day. We, at What's Up? Media, have a tradition of "Guides" to help our readers, from the Home Resource Guide to our Summer Dining Guide, so why not add one more. Here is our first ever Family Activity Guide, to help manage the restlessness of staying at home during the coronavirus pandemic.



## CARD GAMES

Most households have a deck of cards, and there is an unlimited amount of games to play with them. Here are a few to get started with.

### Slapjack: 4–10 players:

**1.** Have everyone sit in a circle around a table or on the floor. Deal clockwise until you run out of cards. Everyone holds their cards facedown without looking at them. **2.** Going around the circle, each player draws a card from the top of their deck and places that card in

the center of the circle. Each player continues to place their cards in the center this way. **3.** When a Jack card is turned face up, the goal is to be the first person to "slap" it, or cover it with your hand. If several people slap at once, the person whose hand is most in contact with the Jack adds all the cards to his or her pile. **4.** If a player incorrectly slaps a card, he or she must give the top card in his or her pile to the player who placed the slapped card. That

player adds the extra card to the bottom of his or her deck. **5.** When a player runs out of cards, the player is out—unless he or she can slap a Jack laid by someone else. At that point, the previously "out" player is back in and can play with the cards collected from the pile. **6.** Play continues until one person wins all of the cards. For a shorter version, stop play when the first person runs out of cards. Whoever has the most cards in his or her hand is the winner.

### Old Maid: 3-plus

**players: 1.** Remove one Queen from the full deck. Deal the cards so that all cards have been handed out, players do not need to start with the same amount of cards. **2.** Each player removes all pairs from his hand face down. If a player has three-of-a-kind, they remove only two of those three

cards. **3.** The dealer then offers their hand, spread out face down, to the player on the left, who draws one card from it. This player discards any pair that may have been formed by the drawn card. **4.** The player then offers their own hand to the player on their left. **5.** Play proceeds in this way until all cards have been paired except one—the odd queen, which cannot be paired—and the player who has that card is the Old Maid!

### Cheat: 2–10 players: 1.

Use the whole pack of cards, deal out all cards to players, some may have more than others but that is okay. The object is to get rid of all of your cards. **2.** To complete a turn, discard one or more cards face down on the pile calling out what you are putting down (2 Threes, or 3 Kings, etc.). The first player must discard Aces, the second player discards twos, the next player threes, and so on. Once the face cards have been gone through, start again at Ace. **3.** Since the cards are being discarded face down, you do not actually have to discard what you say you are putting down, but you also can't get caught lying by another player. You must play each turn. This means, if your turn makes you

put down Sevens but you don't have any, you will be forced to play another card. **4.** If another player suspects you are discarding the wrong cards, they will call out "Cheat." This makes the cards challenged. Flip the cards and if the cards really were what you called out, the accuser picks up the whole discard pile. If the cards challenged are different from what was called out, the "cheat" takes the whole discard pile. **5.** Play continues, the first player to get rid of all their cards and survive any challenge wins the game.

## NEIGHBORHOOD ACTIVITIES

We are all in this together, neighborhood by neighborhood. What is stopping you and the kiddos from going on a safari? Or going on a bear hunt? If we are going to be living like this, we need to get creative. Here are some neighborhood activities to keep the kids entertained and give parents a little something to do as well.

**Chalk Your Walk:** Everyone loves sidewalk chalk, but an entire driveway of pictures may not be the mural you were looking for. Use painter's tape to make the outline of whatever you would like, a star, a word, initials, get creative. Have the kids





color in the lines of the tape and when they are done peel the tape away for a brand-new masterpiece. If you want to take the traditional route to sidewalk chalk, go right ahead! Write something motivational for walkers, runners, and bikers doing their workouts, or, even better, write “Thank You” notes to our first responders. Make sure to write them nice and big so they can see it when driving into work each day!

**Bear Hunt:** Going on walks for adults is for exercise, but for kids, it is to get out that extra energy. The trick is to keep their attention for the extra distance. Keep them wanting to go the extra distance to see more houses. Set up a neighborhood bear hunt by placing a stuffed bear in the window. This creates a scavenger-hunt like activity by having the kids find the window with the bear!

**Safari:** Jump in the jeep, roll the windows down, and find the animals hiding in your neighborhood. Each participating house will put a stuffed safari animal of their choice in their lawn, up in trees, or popping out of the bushes to create a real safari. Walk or drive around the neighborhood and find the zebras, giraffes, and herd of lions.

**Scavenger Hunt:** Scavenger hunts are fun for all ages, whether you are putting it together or trying to do the tasks. Based off the ages of the participants, make sure to make boundaries for the game. Put together a list of tasks, questions, things to bring back, the options are endless. Here are some examples: How many houses in the neighborhood (or refined area) have an American flag? Make a wish on a dandelion and bring back the stem. Take a picture going down the community park’s slide. How many houses have red doors?

**Driveway Happy Hour:** Okay so everything above is for the kids, this one is *not!* Happy hour at the bar has been suspended for you, but that doesn’t mean the hour can’t still be celebrated. Grab your neighbors, lawn chairs, drink of your choice, and have happy hour on your driveway. If everybody is on their own driveways, you will be six feet for sure, but still able to catch up, somewhat, like normal.

## EASY ORIGAMI

Origami is one of the easiest and most fun mess-free crafts. Here are a few step-by-step instructions to make different paper creatures. For pictures to go along with these instructions, check out [origamiway.com](http://origamiway.com).



## Butterfly That Flaps:

1. Start with a square sheet of origami paper, color side down. If you only have regular paper, cut the bottom section off to make it into a square.
2. Fold the Bottom half to the top half, making sure the edges meet, then unfold.
3. Fold the top and bottom edges to meet at the center.
4. Fold in all four corners so their edges meet at the center horizontal crease.
5. Fold down the top half.
6. Fold the center of the bottom half to the top half. Crease about one inch of the center only with your fingernail, do not crease all the way. Remove your finger and there should be a crease in the center only.
7. Turn the paper over, place a finger on top of the center of the paper and with your other hand, wrap the paper snugly around your finger.
8. Remove your finger so you have a loop in the middle.
9. Use your fingernail and poke in the center of the bottom of the loop. With your forefinger and thumb, grab both ends of the loop holes and pinch them together.
10. Pinch and release to make the butterfly flap! Draw whatever design you would like on the top to make your favorite flapping butterfly.



**Origami Claws:** 1. Start with a square sheet of origami paper, color side down. If you only have regular paper, cut the bottom section off to make it into a square. 2. Fold the top half down to make an upside-down triangle, bringing the top point to the bottom point. 3. Fold the left half to the right, making a smaller triangle. 4. Position the triangle with the flat side across the top, the diagonal moving from top right to a point at the bottom. Then, fold the left edge to line up with the right edge. 5. Fold down the small triangle, lining up the edges on the right, then unfold. 6. Open the hole in the bigger triangle to form a pocket, then tuck the small triangle all the way in the pocket. 7. Put a finger in the pocket and you’re done with one claw.

## OH THE PLACES TO GO!

Okay “go” may not be the right word, But, there are many different things and places for us to see. Many aquariums and state parks are live streaming their exhibits or doing nature cams and virtual tours online. Here are a few popular sites to visit, throughout the U.S. and beyond. Check them out!

**American Museum of Natural History:** Okay, it may be pretty local compared to most, but since the Smithsonian Museums are closed, check out the three virtu-

al exhibits. **Atlanta Zoo:** Check out the panda cam 24/7 without people blocking your view on the Atlanta Zoo’s website. **Boston Children’s Museum:** It will feel like you really are there when you explore the virtual tour of this children’s museum. **Cincinnati Zoo:** Skip the jeep but still join the safari. The Cincinnati Zoo is hosting live safari’s using Facebook live. **Ellis Island:** Take a virtual tour of one of America’s most important islands. **Farm Fresh 360:** Check out examples of every type of farm you can dream of: a sheep farm, egg farm, mink farm, dairy cow, pig, The list goes on and on. **Georgia Aquarium:** The Georgia Aquarium has live cams of many different tanks, including the beluga whales, African penguins, California sea lions, and more. **Great Lakes:** Buckle up for a field trip to the Great Lakes. **The Great Wall of China:** Since flying long distance overseas isn’t a viable option right now, take the time to climb the Great Wall of China on the stair stepper instead. **Seattle Aquarium:** Take a look at the 30-minute video tour at the Seattle Aquarium. **Walt Disney World:** Travel around the world even faster by taking a virtual tour of Epcot. **Yellowstone National Park:** Take a sneak peek at the park with an interactive map.



## RECIPE'S TO MAKE WITH KIDS

Running out of snack ideas? Try some of these recipes with your smallest yet most helpful sous chefs.

### Crunchy Granola Pretzel Sticks:

In a microwave, melt chocolate chips in a 2-cup glass measuring cup; stir until smooth. Pour into one side of a large, shallow dish. Roll each pretzel rod halfway into chocolate. Allow excess coating to drop off, then sprinkle pretzels with granola. Place on wax paper until set, store in an airtight container. Bonus: Make the pretzels your own! Sprinkle whatever you would like on top, from chocolate chips to peppermint pieces! What's your favorite pretzel and chocolate addition?

### No-Bake Peanut Butter Treats:

In a small bowl, combine 1/3 cup chunky peanut butter, 1/4 cup honey, and 1/2 teaspoon vanilla extract. Stir in 1/3 cup nonfat dry milk powder, 1/3 cup quick-cooking oats, and 2 tablespoons graham cracker crumbs. Bonus: This is an easy way to sneak things into your, and your family's, diet. Throw in a scoop of flax seed, or protein powder.

It will still taste great and the kids won't even know they are there!

### Chocolate Chow Mein Noodle Cookies:

Line a baking sheet with parchment or wax paper. Place a 12-ounce bag of semisweet chocolate chips in a small bowl over a saucepan of barely simmering water. Stir occasionally until the chocolate is melted and smooth, about 4 minutes. Combine a 5-ounce can of crispy chow mein noodles (about 2.5 cups), 3/4 cup salted and roasted almonds, coarsely chopped, and melted chocolate in a large bowl. Stir until all the ingredients are coated with chocolate. Scoop the mixture onto the prepared baking sheet and allow the cookies to harden at room temperature for about 2 hours.



**Mini Pepper Pizza:** Pre-heat oven to 350°F, on a sheet pan, drizzle 4 halved and cored bell peppers with olive oil and season with salt and pepper. Spoon 1/2 cup of pizza sauce onto each pepper half. Sprinkle with mozzarella and parmesan and top with whatever toppings you enjoy most. Bake for 10 to 15 minutes, until the peppers are crisp-tender and the cheese is melted.

## QUICK AND EASY BEVERAGES

Everyone likes to kick back with a nice fruity drink after a long day of teaching, learning, working, or whatever else you are doing to fill your days. Here are some easy, fun drinks to end your day (or begin it).

### Easy Flavored Lemonade:

Sometimes the flavored lemonades that we buy in the store can be too syrup-y and can lose real lemonade flavor. Make your own at home! Use your favorite lemonade brand, muddle the fruit of your choice (raspberries, blueberries, blackberries, and strawberries work best), and shake it up with the lemonade and some ice. **Make it Adult:** Add a shot of plain or flavored vodka!



**Sunrise:** Combine equal parts of lemon juice, orange juice, and pineapple juice, and a splash of grenadine (if you have it), top with two parts of ginger ale, club soda, or Sprite. **Make it Adult:** Add a shot of coconut rum to help you find your beach.

**Rosemary Blueberry Smash:** In a shaker tin, or the bottom of a cup, muddle a sprig of rosemary, 4–5 blueberries, and 1 oz. honey syrup. Add 1 oz. lemon juice and shake with ice. Pour into a cup with ice, top with 4 oz. sparkling water, stir together. **Make it Adult:** Add a shot of blueberry vodka for a delicious adult touch.

### Cucumber Mint Cooler:

An hour or two before you want to serve, combine 4 cups of coconut water, 3 thin slices of cucumber, 1/2 cup lime juice, 1/4 cup sugar, and 1/4 cup chopped mint leaves. Place in the fridge until ready to be served over ice. **Make it Adult:** Add a shot of plain or cucumber vodka.

### Raspberry Bees Knees:

Combine 1 oz. water, 1/2 oz. honey, 1/2 oz. lemon juice, and two muddled raspberries in a shaker tin. Shake and pour over ice, top with club soda. **Make it Adult:** Instead of the water, add one part raspberry liquor, two parts your favorite gin.

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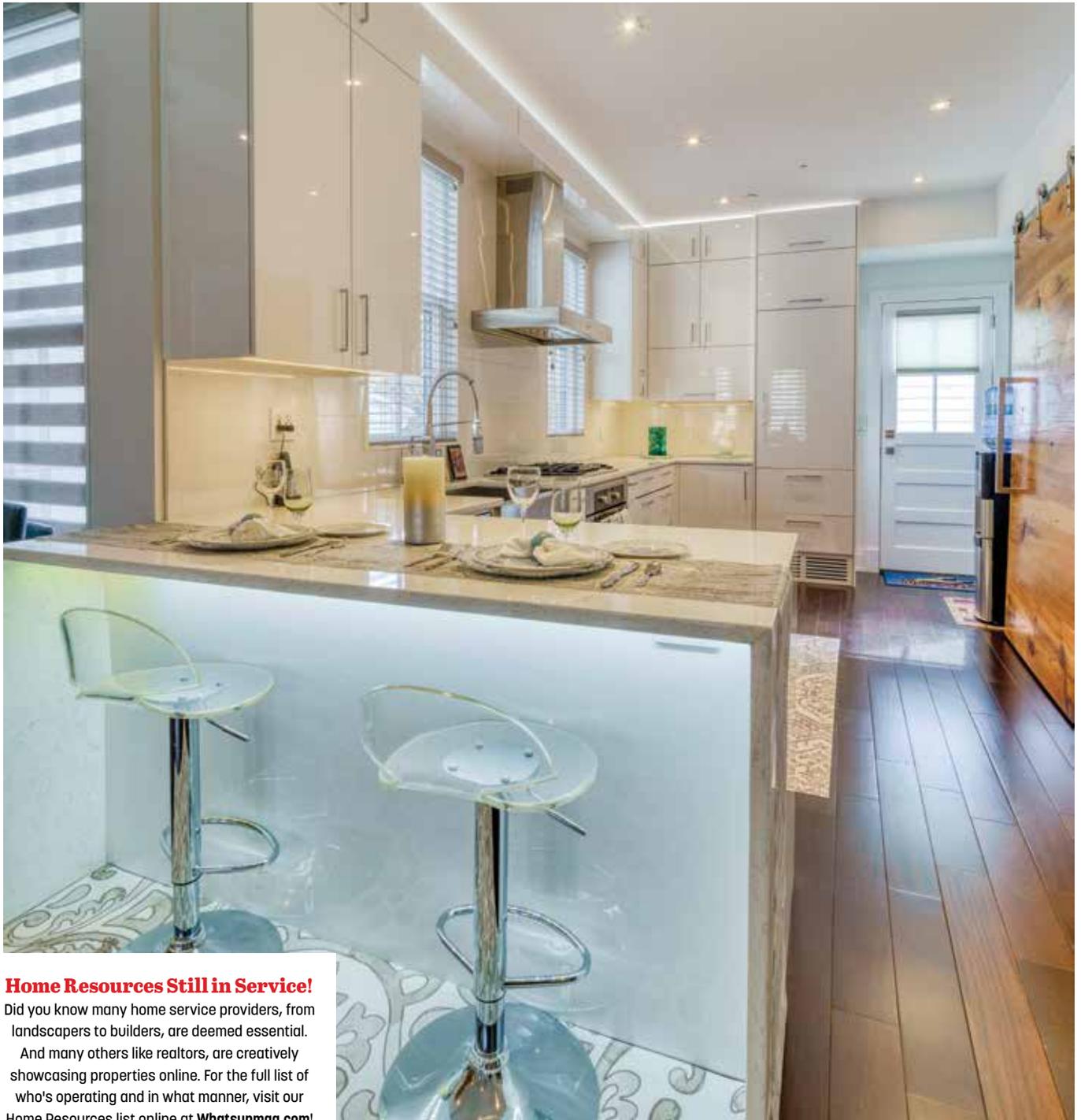
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# Home & Garden

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84 PRIVACY. UTILITY. STYLE | 88 MINIMALISM IN THE GARDEN | 94 REAL ESTATE



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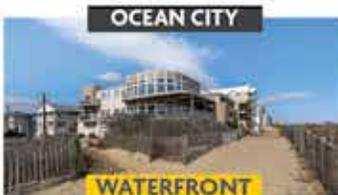
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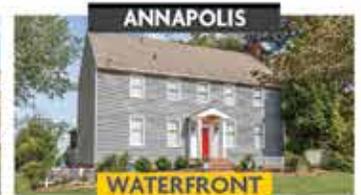


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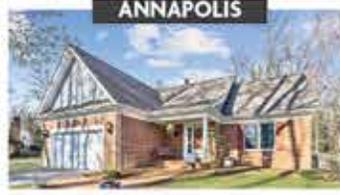


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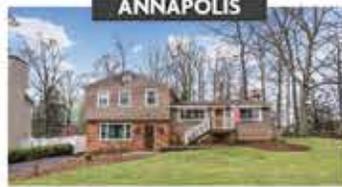
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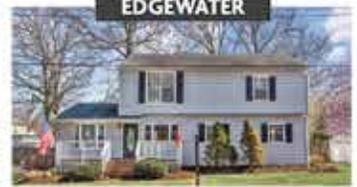
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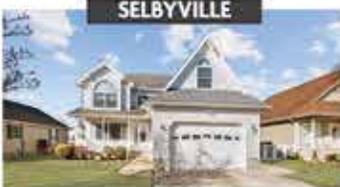
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# Project Old House, New House

THE RE-BIRTH OF A FAMILY'S TRUE GEM

By Lisa J. Gotto | Photography by Stephen Buchanan



Fond memories are what legacy homes are all about. Linda Washington has her fair share of those and recently had the opportunity to reclaim a legacy home that means the world to her. The journey to get the historic property back may not have been an easy one, but she and her husband, Mark, would be the first to admit that the end result is all the more precious for having endeavored it.

And so, begins a great example of what can happen when an ambitious architect, a family with an enduring dream, and more than a century of history come together. This dream would not only re-establish a residence, but it would ensure the future for the landmark brick row home among Annapolis' most storied dwellings.

"My parents purchased the home in 1957 when I was in fifth grade," Linda says, of the house which dates back to 1875 in the historical record. Linda remarked that her father grew up in Annapolis and her mother was a native of South Carolina.

But 1957 was a very different time in Annapolis, before there were rules in place about altering historic properties. Shortly after purchasing the home, her mother wanted to put her own stamp on it.

"She changed the large historic windows in the front to a large picture window because that's what she remembered growing up in South Carolina," Linda explains. "She also added an awning in the front for shade."

Linda says she and her two sisters enjoyed many years of celebrating milestones and growing together as a family in their precious brick row home.

"There was a time when I could tell you every family that lived on that block," Linda says. "Today I think there are just two families remaining from that time, including us."

## TIME & NEW SPACE

Once the girls had grown and left home, and her father passed away in 1982, her mother continued on in the home until her passing in 2006.

“After my mother passed, the house sat dormant for a while until we could decide what we wanted to do. We always had a vision of renovating, but after someone passes you really want to put some thought into it.”

And here’s where that ambitious architect comes in. Not to mention, some gracious and knowledgeable preservation experts.

“Will was recommended to us by an acquaintance of ours; he was a young and upcoming architect...he grew up in Annapolis and he had a real appreciation for historic Annapolis,” Linda says of Will Adrian, Principal of Adrian Development.

One of the first things that Will and his new clients had to do was assess the structure with two primary considerations in mind: its present condition and its status as an historical structure and how they would mitigate issues consistent with town home living; most notably, the amount of space and natural light.

To say they were met with some challenges from the onset, would be an understatement. It was determined that some roofing issues rendered the interior structure unlivable in its current condition and denoted a total replacement, not just a remodel. What some homeowners would consider the worst news in the world to hear, the Washingtons saw as an opportunity to dream.



“It just gave us a blank slate again,” Linda says.

Their architect, who was already so excited about working with a property like this, said he was inspired all the more by her resolve.

“She knew that the interior was going to be completely new and different, but she wanted that home back,” Will says.

## HISTORY LESSONS

The couple and their architect worked closely with the Annapolis’ Historic Preservation Commission to determine what was required to meet the criteria for the historic exterior. That had to be restored to its original condition as far as the overall architectural characteristics of the façade were concerned.

Linda, who had wanted to return the two lower and three upper Victorian style windows to the front of the home for some time, was excited to get started.

“We had a wonderful opportunity to work with Lisa Craig (former chief of historic preservation)...and Roberta Laynor (current chief of historic preservation). They were very helpful to us in working to ensure the historic preservation guidelines for the exterior of the house were met,” Linda explains.

Mark adds that his wife was so inquisitive about the home’s history that they hired Dr. Jean Russo, an



Historic Annapolis consulting historian, to compile a complete narrative of the home. Mark said he was immediately impressed with the lineage of property owners and it inspired them both to learn more about the home's Italianate architectural style. The plan to realize what the home's interiors could look like soon began in earnest.

"While we knew we had to adhere to Historic Annapolis on the exterior of the home, our taste has always been contemporary, although we have an appreciation for other styles as well," Linda says.

This presented a wonderfully challenging opportunity for the architectural team.

"They really wanted contemporary. I said, 'that's awesome.' It will be an interesting juxtaposition to have a very historic exterior and then a modern interior that people will never really understand until they walk through the front door," Adrian says. "What are the chances that you get to build this modern custom interior behind a restored historic façade?"

And build they did.

"It's just like we built behind that front wall a whole new home right down to the foundation," Adrian says.

The interior demolition, however, was not incurred without a substantial amount of apprehension, according to Adrian.

"It had to be a controlled demo of certain sections," Adrian explains. "It was dangerous because parts of [the interior]

were collapsing." Meanwhile they needed to maintain the integrity of the front wall and, if possible, salvage some of the elements within the home that were in better condition. The wall required specific and tedious bracing, if it were to withstand the rest of the demo process and be safe enough for his crew to do their job around it.

Fortunately, the meticulous attention to detail paid off—and they were also able to reclaim some precious assets from the home's interior.

"I did notice during the demo all these old floor joists that hadn't been affected by water and these are old—not like any size you'd see today, three-inch by eight-inch pine joists," Adrian says. "I had my workshop cut them down to three-quarter by eight-inch joists. The original structure was [built] and it's pine and if the pine tree has been cut down, then it could be another 50 to 75 years old."

## FACE & OTHER VALUES

Adrian explains that they were fortunate to be able to use neighboring historic homes that were already well preserved as benchmarks when it came to the façade. Exceptional care, outstanding materials, and attention to detail were employed to recreate the windows and sills of the home. The Washingtons were impressed with the use of a proprietary 3D architectural design system that enabled them to see an exacting 3D architectural model of what their home would look like upon completion.



Once the primary exterior issues were addressed the team could concentrate on carrying out their plan to take this historic home into the 21<sup>st</sup> century from an interior standpoint. This was accomplished in various ways with intelligent and progressive design. The improvements start right at the front door. An unremarkable front stoop was transformed to a stately entrance more befitting an historical Annapolitan home by customizing a columned portico to frame the front door. Another wonderful design element uncovered during the demolition, a lovely transom above the front door, was refurbished as well, helping to complete that all important first impression.

Once inside, your eyes will be immediately drawn to the main level statement maker, the floating infinity stairs. Constructed of cumaru, a dense, dark Brazilian wood, and accented with integrated in-stair LED lighting, this focal point is art in itself.

The cumaru extends throughout the first floor and strikes the perfect balance against space-enhancing white walls and a gleaming all-white and thoroughly modern contemporary kitchen. It is in this room we see where that salvaged pine floor joist was recrafted into a rustic pantry door. Storage-rich wood cabinets with a white, high-gloss acrylic finish and minimal hardware soar toward the ceiling, up-lit at the top to create interest and further illuminate the space.

The kitchen counter of white quartz wraps to a waterfall effect peninsula that serves as a breakfast bar. Here, as in so many other locations throughout the home design, you find light flooding upward underneath the countertop to reveal three ultra-modern kitchen stools for informal early day meals.

The space flows cleanly into the main living area with another one of the home's original features—a recovered red brick wall adjacent to a luxurious linear gas fireplace above which hangs the main level's flat screen TV. The room is accentuated with treasures from the couple's travels to Africa, the Caribbean, China, and Japan, as well as numerous decorative finds from local Annapolis artisans, in which they take great pride. Innovation makes its mark in the home too, such as their novel coffee table that converts into a dining table when the couple is entertaining family and friends—maximizing the space whenever the need arises.



“I calculated at one time that we could actually have 16 people seated in the living room, kitchen, and dining area, and for a small house that’s pretty incredible,” Linda says.

From the kitchen, there is also access to the basement. Previously, Adrian says, this space was best used for storage only due to its low, six-foot ceiling height. However, because the house required a complete rebuild, he was able to increase the floor height by two feet. This created a situation where just two feet can become so much more.

“The basement is set up as a guest suite with en suite bathroom access,” Adrian adds. “There is also access from the hallway into that bath so it serves as a powder room, as well.”

On the second floor, a grander entrance to the master bedroom was designed that Linda just loves by creating a three-sided paneled and recessed entry way. In so doing, they were able to carve out an office niche on the other side of the wall where Linda can do her consulting work.

There is a unique three-shelved wall pass-through in this area to the master bedroom, which again provides another way for natural light to do its thing, while creating an area of visual interest in the master. Below the pass-through in the master is an incredibly well-executed electric fireplace framed with a lighting element that allows the couple to change the color of the accent light whenever they are so inclined.



When reclining, the couple has plenty of room for their queen size bed that features a nostalgia-inducing headboard made from reclaimed wood from the original home. Other noteworthy details on this floor include a spa-like master bathroom with soaking tub and chandelier, a dual vanity, and heated towel rack. Another surprising aspect—this may be one of the few historic properties in the downtown area that offers a walk-in master bedroom closet. Linda remarks, “Sorry, not sorry” to the envious.

“It’s really a house that brought all of our likes together. We entrusted Will with that vision and he brought it to fruition,” Linda says. This distinction was not only noted by the homeowners; it was further confirmed in January 2017 when the Washington home was officially awarded with its plaque of historic significance by the Annapolis Historic Preservation Commission. The Washingtons affirm they couldn’t be prouder.

“This house is our true gem.”



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## AMP UP YOUR STYLE!

Once you have invested in a great structure, you can start having fun with interior appointments. Keep in mind that patio furniture is for the patio outside the pool house and may look underwhelming if used as a means of furnishing the interior. You truly have so many options once you choose a design direction because moisture-wicking fabrics come in many styles and colors. Having fun with art, lighting, and creature comforts like cushions and window treatments will help make your pool house feel like a home!

### HOME DESIGN

# Why Didn't We Think of That?

## QUICK TIPS FOR AVOIDING POOL HOUSE ENVY

By Lisa J. Gotto

### CONSIDER A COMPLETE INDOOR KITCHEN

When you have a pool, an outdoor kitchen is almost a must. When you have a pool house, however, you should consider adding a small, but efficient kitchen to your interior plan, as well. Most outdoor kitchens are great for grilling and impromptu family meals by the pool, but if you really love entertaining poolside, the convenience of a full kitchen in close proximity makes more sense. It provides room for the extra cold storage space essential for summer days, additional prep space, and the all the tools of the chef trade, which creates more options for meals and menus on those precious staycation days.

### ADD A VAULTED CEILING TO YOUR PLAN

Just because your pool house will have less square footage doesn't mean it can't look grand. A vaulted ceiling can help mimic the spacious airy feeling of your main home's open plan design in your pool house.



### LAYER IN TEXTURE

This is another opportunity to get creative so you'll love your space even more. Add panache to your pool house by adding a layer of visual texture to wall surfaces. Enhancing treatments like accent walls of white shingles, reclaimed barn wood, bead board, Venetian plaster, and tile that mimics other surfaces, or on its own makes the difference between well thought out design and after-thought design.

### CREATE A CHANGING AREA WITH ULTIMATE UTILITY

Originally pool houses were created to provide a convenient space for changing into one's swimsuit. Beyond having a wall with hooks and a pull across curtain, think about this space as a multipurpose room by adding shelving for shoes and sandals, cubbies for clean towel storage, and maybe even a built-in bench for handy seating and laundry basket storage. Planning for adjacent laundry facilities also makes sense since your pool house is already primed with plumbing for showers, powder rooms, and that complete indoor kitchen. No more lugging all those heavy wet towels up to the main house for washing!





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## 5 PROPERTY-ENHANCING FENCE TRENDS

By Lisa J. Gotto

Framing your home with a fence is usually the finishing touch on your property's priority list. Choosing the right fence for your needs can be a daunting process, especially when you consider its potential to make or break your property's curb appeal. Options in fencing are becoming more creative, too. Here are five of the most current trends to consider before making your choice.



### 1. ALTERNATIVE ATTITUDE

If the aesthetics of the fence are your biggest concern, you can consider options that offer an appealing visual boundary rather than a traditional opaque barrier. Clever and creative homeowners are utilizing metal louver panels for a contemporary/modern look, or wood louvers for a more homespun look. Large decorative panels (3 x 6 feet) with cut-out designs made of metal or composite materials are also a possibility to carve out space in smaller yards. Smaller horizontal panels (2 x 3 feet) with laser cut designs can be used in succession to create more of a traditional border with a decorative feel. A trellis or a living wall is a fun option that addresses basic privacy issues while making the space more of an environment and an element of design, as well.

### 2. COLOR-RICH

No worries, the classic white picket fence will always have a place in the neighborhood, but color-rich contemporary fencing has some practical, and pretty, aspects that are making it increasingly popular. Hues of dark green and grey, navy blue, and even dense black are providing the backdrop for patio furnishings that pop. Darker colors tend to better blend into the background offering a more sophisticated outdoor setting. When it comes to ease-of-use, pre-painted wood, vinyl, and metal options are already available from some manufacturers, so you need not be concerned with painting the fence yourself. Another benefit: darker fences require less frequent cleaning.



### 3. MIXED MATERIALS

From a strength and durability standpoint, reinforcing particular wood fence elements with metal can make absolute sense. If the mix is not done with an appreciation of aesthetics, however, this look can come off looking less than appealing. Fortunately, there are some manufacturers offering pre-fabricated panels combining the best of what wood and metal can do together to provide privacy and enhance the look of your property.





4

#### 4. HORIZONTAL SLATS

While there are presently numerous vertical trends in design, fencing that focuses on horizontal orientation works especially well for homeowners craving a sleek, modern look while delivering your optimal level of privacy. Another bonus, materials are available in a variety of colors, shapes, and sizes.



5

#### 5. INCREASED USAGE OF SOLID PRIVACY PANELS

If security and privacy are your main focus, then a solid privacy fence is probably the way to go. There are new attractive offerings with upscale and decorative designs that will beautifully create the desired buffer between you and your neighbors. Options constructed of a single piece of material also offer a fence that is more difficult to breach.

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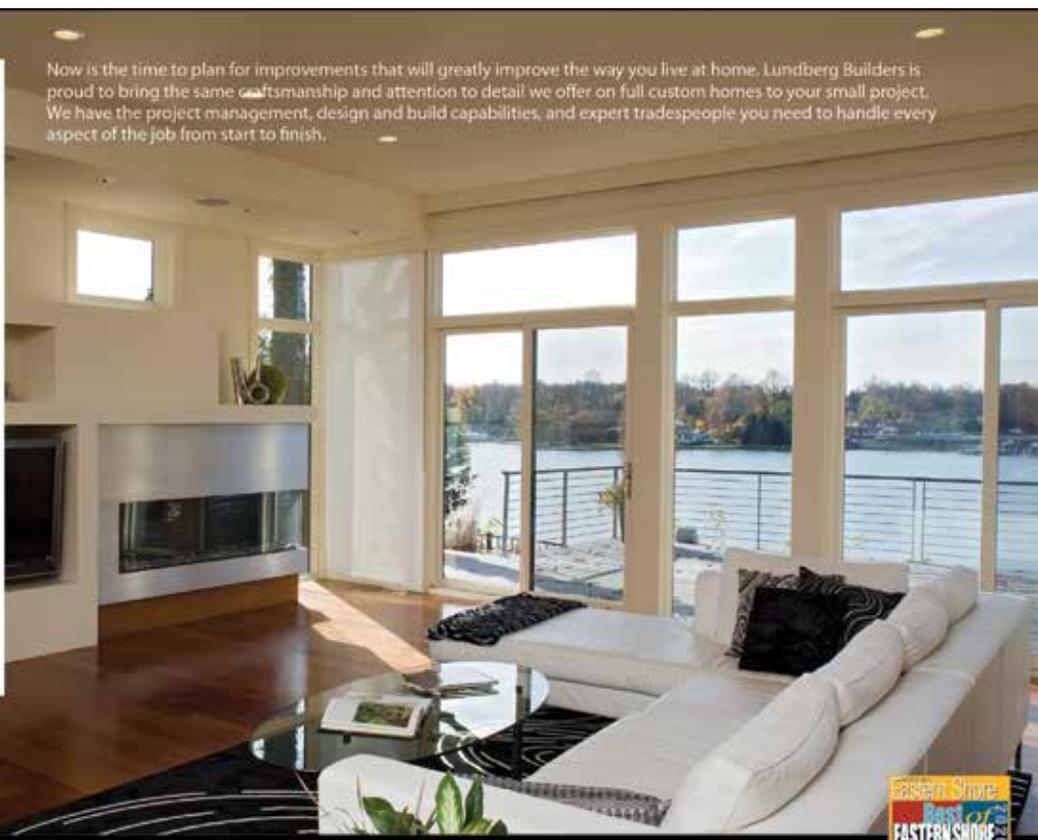
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# Minimalism in the Garden

By Janice F. Booth

Minimalism has become a hallmark of contemporary architecture and interior design. Muted colors, simple lines, geometric shapes, clear vistas, and clean surfaces are characteristics of minimalism. Minimalists strive for an unembellished, even austere, beauty that encourages serenity and thoughtfulness. Author and lecturer on minimalism, Joshua Becker explains, “At its core, being a minimalist means intentionally promoting the things we most value and removing everything that distracts us from it.” Certainly, a timely approach to our hectic lives.

This same focus, choose the best and ditch the rest, can be applied to gardening. If carving out more time for what matters most to us is important, perhaps we can simplify our landscape and its maintenance as we pare down other demands on our time.

Let me propose a minimalist approach to the garden, based on plants that really do take care of themselves; namely shrubs,

ornamental grasses, and trees. With a bit of planning, your landscaping may enhance your home’s appearance and require less of your time—only occasional pruning, fertilizing, and tidying. If that sounds like an inviting proposal to you, read on.

Simplicity is the key. Complement the lines of a modern house with a weeping cherry or elegant Lombardy poplar. A clump of Moon-grass or Raven-grass can subtly screen the meters and cables marring the exterior of even the most carefully designed house. No need to install a stockade fence to hide your neighbor’s camper and garage; instead, plant a hedge of Skyrocket Juniper; they’re tall, elegant, and fast growing. These are examples of the practical options available to the minimalist gardener.

Let me offer you three reasons for landscaping with trees, shrubs, and ornamental grasses instead of the traditional garden’s profusion of flowers, herbs, and vegetables.

Boxwood

## SIMPLE TO PLANT

*Decide where softening, screening, or shade is needed. I recommend consulting with a landscaper or experienced gardener as you create a placement plan. You’ll want to consider not only where you think the tree or shrub will be most attractive now, but also how the tree will fit in as it matures. Might the shrubs you’ve chosen grow and block a view? Or, will the roots eventually endanger the foundation of the house?*



*Simplifying your home's landscaping need not mean sacrificing color or variety, rather the minimalist landscape includes carefully chosen, well-placed specimens. They may be colorful and fragrant, spare and graceful. Here are some suggestions you may discuss with your landscaper or research for yourself:*

**Evergreens & Holly:** In addition to the obvious advantage of lush foliage, year-round, evergreens and holly can be either trees or shrubs. Spruce and pine may spring to mind, but there are other beauties to consider.

**Japanese Red Pine:** Heat and drought tolerant, these pines grow tall and handsome with meandering limbs crowned with large needle clusters, distinctive from the traditional evergreen tree. They are dramatic and require no attention, not even pruning.

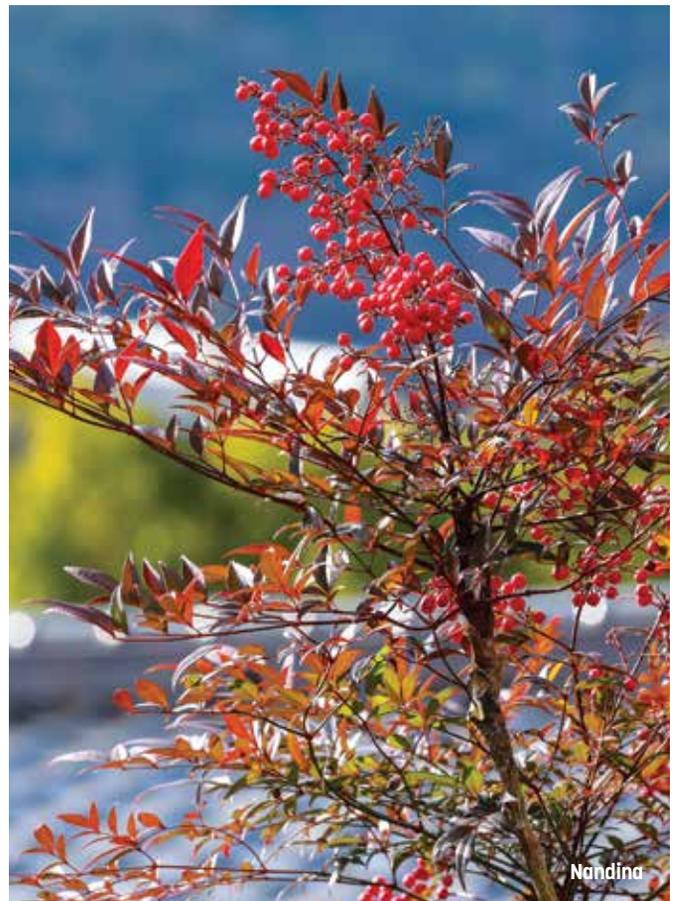
**Gardenias & Camellias:** These beauties retain their glossy, dark green leaves all winter. They need some protection from harsh conditions, such as wind and strong sunlight, but if they are planted in a comfy setting, their beauty is unsurpassed. Add to the year-around glow, in springtime these shrubs provide fragrant, colorful blossoms. Grow these bushes in clusters. You can prune them as low shrubs or let them grow, possibly reaching three or four feet tall.

**Nandina (Heavenly Bamboo):** The best of bamboo's qualities with none of the disadvantages, Nandina is a deciduous shrub that displays beautifully all year long in our region. Clusters of slender stalks rise up to, perhaps, five or six feet, but can be kept pruned as low or mid-size bushes. While the clusters of slim leaves remain all winter, spring leaves are bluish pink, turning to green. Late spring brings on Nandina's tiny white flowers. And, as summer progress-

Once you've devised a placement plan, holes must be dug deeper and wider than the root ball. Be sure the hole is well watered and appropriately fertilized, another reason to have the advice of a professional. Settle the sapling, bush, or grass mound into its new home and tamp down sufficient soil to fill in the hole. Mounding a bit is a good idea since settling will occur. Depending on the variety, you may need to water the new plant often until its roots begin to mature. Then, forget about it.

**TIME SAVING, EASY MAINTENANCE.** If you're landscaping with trees, shrubs, and ornamental grasses, there is only one task that **MUST** be done, and that is pruning. You may have to set aside a weekend in the fall or early spring, or make an arrangement with landscapers to tidy up the shape and size of your plants annually. For some shrubs, deep pruning is best and will give you lush, full new growth; others require only "haircuts" to keep them looking good. For ornamental grasses, annual, serious dividing of mounds will keep them elegant and properly sized for the location. Once a year, your trees may need an arborist's trained eye to remove any weak branches or detect any infestations. (Note: The minimalist gardener spends no weekends weeding. She doesn't rush home from work to check the sprinkler system. He doesn't spend Saturday morning pouring over fertilizer formulas. No dead-heading for the minimalist.)

**ELEGANT DESIGN CLARITY.** Concentrating your landscaping on a few, well-placed specimens fits in with the minimalist philosophy. "Almost all quality improvement comes via simplification of design, manufacturing, layout, processes, and procedures," observes American author and efficiency expert Tom Peters.





es, clusters of berries appear maturing from green to vivid red. Not only do these berries provide a striking contrast through the winter, they also provide food for birds and squirrels.

**Fragrant & Flowering Shrubs:** If your garden plan is minimalist, then pleasing the senses with one or two well-placed shrubs fits your desire for maximizing joy in the simple pleasures. Here are a

few exceptionally fragrant and/or colorful shrubs: (Note: grouping a few plants together helps avoid a woody, unkempt appearance.)

**Boxwood:** In our historic surroundings, you see lots of boxwood hedges and individual bushes. They're distinctive for their rather bitter scent, but Colonial gardeners found the scent deters insects, so they often planted boxwood under windows and near outdoor seating areas. Their only drawback—they're slow growers. Don't expect a line of young boxwood striplings to fill in quickly. You'll want to practice your Zen patience with them.

**Korean Spice Viburnum:** Here's a showy darling that does put on quite a show throughout the growing season. You'll see clusters of pink buds flowering in March and April. These flowers have a heady,



Abelia

spicy fragrance. In autumn their green leaves turn deep red.

**Abelia:** Another easy-care beauty, the Abelia has white flowers shading to pink on dramatic, arching branches. The jasmine-like fragrance tempts hummingbirds and butterflies. And, if that's not enough to persuade you to plant some, consider that the glossy, dark green leaves turn bronze in the fall.

**Ornamental Grasses:** Finally, consider a few of the beautiful grasses that can accent a pond, hide an unsightly garden hose, and just lift your heart with their graceful motion on a summer's day. Honestly, there are so many beautiful types that it's hard to choose which to recommend. But, here goes:

**1. Pink Muhly Grass:** Also known as "Sweet Grass," this beauty's pink fronds, usually 12-15" tall, keep their shape and color through the

winter. A mound of Muhly Grass is a consistent performer—modest, colorful, and lovely. **2. Maiden Grass:** Tall and graceful, these silver plumes on dark green stems hold their own throughout the year, even adding drama to bleak winter gardens. And... (drumroll please), the deer won't eat Maiden Grass.

**3. Golden Hakone Grass:** And if you need a low, shade-tolerant plant that provides some drama, Hakone Grass is for you. As its name indicates, the long, slim blades are golden edged in green, turning russet as cold weather sets in. This hardy, low grass settles in easily and stays where it's planted, not requiring much pruning.

*Consider what will serve your garden's needs. Once you've chosen and planted your minimalist garden, you'll know that you can set aside worries about garden maintenance. You can devote your spare time to reflection and recreation.*



Camellias



Golden Hakone Grass



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c 410 991 5967  
MelissaBlohm3@gmail.com

Melissa has lived in Anne Arundel County for over 20 years, along with her husband and three children. She graduated from the University of Maryland,

where she earned a Bachelor of Science degree in Economics. As a Top Producing real estate agent, Melissa brings a wealth of industry knowledge and expertise about buying and selling real estate properties. She is extremely committed, hard-working, and a dedicated sales professional. Her approachable demeanor makes everyone feel comfortable, with customer service as her number ONE priority!



## Catherine Hamel

REALTOR®

o 410 263 3400  
c 301 802 8151  
CHamel@longandfoster.com

What makes Catherine Hamel one of the area's top agents? Excellent communication & negotiating skills combined with her knowledge of the local market.

Passionate about real estate, Catherine listens to her client's needs and guides them through the real estate process to make the experience as seamless and stress-free as possible. As a Seniors Real Estate Specialist (SRES), Catherine loves helping clients successfully downsize and prepare their home for sale. Whether you're just starting out or making your final move, Catherine can help you!



## Kristin Mrotek

REALTOR®

o 410 263 3400  
c 301 252 5513  
Kristin.Mrotek@longandfoster.com

I'm Kristin Mrotek, wife, mom, and real estate agent. Home ownership means a lot to me. I grew up on a farm that my parents have owned for over 50

years. After college, I moved to Maryland where I met my husband. We bought our first home in 1998 and we still live there...22 years later! The importance of home is the reason I am honored to serve as a Friends of The Light House Board Member. I love having the opportunity to connect families with homes in the Annapolis community!



## Wilma Z. Richards

REALTOR®

o 410 263 3400  
c 410 703 2229  
Wilma.Richards@LNF.com

Wilma Richards has been a Realtor for 27 years with Long and Foster Real Estate, Inc. Before that she co-founded the magazine "Early

American Life" in 1969. Also, she was an executive with the U.S. Dept. of HUD in Washington, DC for 12 years. At HUD, she was awarded the Distinguished Service Award. Wilma has helped hundreds of buyers and sellers and earned the designations of Graduate Real Estate Institute (GRI), Certified Residential Specialist (CRS), and Accredited Buyers Representative (ABR).



## JEN DENNEY

REALTOR®

o 410 263 3400  
c 410 271 5346  
JenDenney@lfn.com

Jen brings her attention to detail, conscientious service, eye for design, and local knowledge to the Annapolis Fine Homes team. She combines her

20-year career in luxury event planning with her love of the home, guiding clients in selecting houses that truly showcase the finer sides of entertaining and gracious Chesapeake hospitality. Jen helps buyers find the perfect home for their evolving needs and she helps sellers get their houses swiftly on the market to obtain the maximum sales price.



## Jeannie Miller

REALTOR®

o 410 263 3400  
c 301 693 8427  
Jeannie.Miller@LNF.com

Jeannie was awarded #6 OF ALL NEW REAL ESTATE AGENTS in the Baltimore, Western region of Maryland in 2018 for LONG & FOSTER, CHRISTIES.

Jeannie was also ROOKIE OF THE YEAR FOR 2018 in her ANNAPOLIS FINE HOMES OFFICE. Jeannie has been lucky to call Annapolis her home for most of her life. Jeannie is a 14 year resident of a water oriented community in Annapolis. She currently serves as Vice President of her neighborhood board of directors, and is management on her neighborhood swim team. Jeannie is a trusted advisor, a true professional, and a top sales leader.



## Jackie Reinauer

REALTOR®

o 410 263 3400  
c 410 212 9079  
Jacquelyn.Reinauer@longandfoster.com

The child of career military parents, Jackie Reinauer has moved over 20 times before making Annapolis her home. Prior to real estate, Jackie worked for

service industry companies, honing her innate strong customer service skills, and that commitment and professionalism shows in all she does. As a full-time Realtor for over 16 years, she is committed to making the process easier and enjoyable. Regardless of direction or strength of the prevailing winds, Jackie is driven to make your next real estate experience "Smooth Sailing".



## Michelle Triolo

REALTOR®

o 410 263 3400  
c 410 982 8222  
Michelle@MichelleTriolo.com

Michelle is a Chesapeake Bay area expert who has a vast knowledge of our local market inside & out! She is compassionate about helping

buyers and sellers achieve the most out of their real estate transactions and often finds lifelong clients as a result. Providing a tailored plan for every buyer & seller, top-notch marketing skills, strong negotiation techniques, and excellent customer service proves to be invaluable to those who work with her. Serving Anne Arundel County & beyond...ready to help you from start to finish!

# Nautical Chic on Spa Creek

By Lisa J. Gotto

**T**alk about surrounding yourself with everything you love—this Spa Creek property delivers the light, bright, and beautiful interiors that homeowners desire. Built in 1990, this lovely home maximizes its 2,500 square feet of living space brilliantly, providing an enhanced quality of life with its superb water views and access.



**Primary Structure Built:** 1990  
**Sold For:** \$1,611,000  
**Original List Price:** \$1,635,000  
**Bedrooms:** 3  
**Baths:** 4  
**Living Space:** 2,500 sq. ft.  
**Lot Size:** 0.20 acre



Upon entering the home, a formal living room with a large bay window plus an adjacent window welcome you into a sunny space painted tranquil blue with contrasting white window trim and lightly stained hardwood floors. Oversized windows can be found in all rooms on this level, as can the hardwood floors. The cheery, all-white kitchen also offers accents of tranquil blues in the form of patterned upholstered center island chairs, and the table and chairs in the room's sunny breakfast nook. Other kitchen features include contrasting black countertops, a wine fridge, and a white subway tile backsplash.



Just steps from the kitchen, the new homeowners can gather in a sunken family room with a cozy fireplace, generous built-in, and large French doors that open to a wrap-around deck. This level also offers a spacious separate dining room and powder room.

Upstairs, the master bedroom is large, light, and bright with enough room for a separate seating area. A



glamorous all-white master bathroom has a huge vanity with two sinks and a separate makeup application area with chair. A roomy jetted soaking tub and separate shower completes the space. Two additional roomy bedrooms can be found on this level, and a separate office and recreation room with wet bar is featured on the home's lower level.

Mike Johnson of Marathon Real Estate said his buyers were most impressed with the home's location along Spa Creek and "...the sense of calm that comes over me looking up the creek to the State House," said the buyer. "It's also incredibly quiet in the area, with an easy walk to downtown."

"It was truly a pleasure to work with all of the parties involved in this transaction...it makes all the difference in the outcome!," said listing agent Kelly Sim Joyce of Coldwell Banker Residential Brokerage.

With easy access to a private dock, room for a boat up to 50 feet, and two additional slips nestled in a protected cove, this property is not only chic—it's smart.

**Listing Agent:** Kelly Sim Joyce; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; 410-263-8686; kellysimjoyce.com

**Buyer's Agent:** Mike Johnson; Broker/Owner; Marathon Real Estate; 410-544-8370; 26real-estate.com

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**Primary Structure Built:** 2003  
**Sold for List Price:** \$1,625,000  
**Bedrooms:** 6  
**Baths:** 4 full, 1 half  
**Living Space:** 7,676 sq. ft.  
**Lot Size:** 0.85 acre

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HOME REAL ESTATE

# A Cypress Creek Waterside Oasis

By Lisa J. Gotto

**W**ith its location just steps from Cypress Creek and the adjoining Magothy River, this expansive home with nearly 300 feet of water frontage provides easy access to many fun days on the water. The property boasts three boat lifts from its private pier and an adjacent swimming pad.

Once inside the home, you'll find a soaring, two-story foyer and main level flooded with light. An eye-catching staircase ascends just outside the home's dining room that easily flows into the home's spacious open plan family room and kitchen area. Huge windows frame the sides of the stone-faced hearth in the family room and elements of stone and a custom mosaic design draws the eye to the kitchen's one-of-kind backsplash.

The kitchen also features soaring ceilings with skylights and hanging pendant lighting over the room's generous dining area and its two-level kitchen island. Shades of pale blue and yellow grace the walls of this incredibly sunny space, along with ceramic tile flooring that mimics light natural hardwood—a truly gracious space for large gatherings. A wall of windows overlooks the water.

This level also boasts a luxurious master suite, a formal living room space, powder room, and laundry facilities. The master suite features a lovely double-sided gas fireplace from the bedroom to the private bathroom, a luxurious walk-in closet, and a waterside deck with amazing views.



Three additional bedrooms and a large loft area are located on the home's second floor and a lower level "man cave" or second family room is ready for game night with convenient kitchenette and plenty of space for a big screen TV. This level also features a three-season room with gas fireplace and slate floor.

Need even more space? This home features a lovely in-law suite above its three-car garage that includes a living

room with gas fireplace, bathroom, and bedroom.

**Listing Agent:** Charlie Buckley; Associate Broker; Mr. Waterfront Team of Long & Foster Real Estate; 320 Sixth Street, Annapolis; 410-266-6880; charlie@waterfronthomes.org

**Buyer's Agent:** Steven Arcé; Mr. Waterfront Team of Long & Foster Real Estate; 320 Sixth Street, Annapolis; 410-266-6880; steven@waterfronthomes.com



Dreams Point | Magothy River  
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The North Shore | Magothy River  
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Murray Hill | Annapolis  
 Offered for \$1,195,000



Eaton's Landing | Annapolis  
 Offered for \$775,000



Historic District | Annapolis  
 Offered for \$949,000



Crownsville | Severn River  
 Offered for \$1,795,000



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

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

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

**TRAVIS GRAY**  
 AnnapolisWaterfrontGuide.com | c: 301.641.0809  
 a: 410.763.8686  
 e: TGray@cmwre.com  
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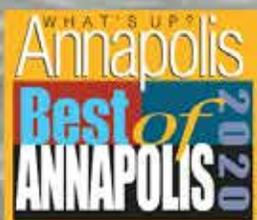


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# Health & Beauty

100 HONORING THE CANCER SURVIVORS IN YOUR LIFE | 102 FRESH TAKE  
103 MAKING FITNESS A FAMILY AFFAIR | 106 HEALTH PAWSITIVE *plus more!*



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# Honoring the Cancer Survivors in Your Life

By Dylan Roche

Talk to several cancer survivors and you'll find that no two stories are alike. For as much as their experiences have in common, they have as many differences. Each one is unique. Each one deserves to be recognized.

Hence the idea behind National Cancer Survivors Day, observed annually on the first Sunday in June to honor those who are surviving cancer and to provide inspiration for those who have recently been diagnosed. Now in its 33rd year, National Cancer Survivors Day in 2020 falls on June 7.

You'd be hard pressed to find a person who is not affected by cancer—if they aren't battling it or haven't battled it themselves, they know at least one family member or friend who has. Last year, the American Cancer Society reported that there are 17 million cancer survivors living in the United States, and that number is expected to increase to 22.1 million by 2030.

For many of those who are fighting the battle, every day is worth celebrating. The National Coalition for Cancer Survivorship uses the term *cancer-versary* to mark the passage of time—weeks, months, years—for survivors since their first diagnosis, their first day of treatment, their last treatment, and even their first year or first decade of survival.

In addition to the struggle of fighting a disease, people with cancer have to overcome many other obstacles. There's the financial burden from health care costs and time taken off work; there's the emotional struggle as they deal with fears and worries; there's the effort it takes to rebuild a life, after cancer has changed so many aspects of the one they knew.



**Share their story on social media.** With their permission, write a post about their survivorship from your perspective. Explain how you know the person, share what inspired you most as you watched them fight cancer, and express your gratitude to still have this person in your life. Be sure to incorporate photos and videos if appropriate and use the hashtag #LifeAfterCancer so your tribute can reach more people.

**Take a survivor on a special outing.** Many survivors, especially those who tend to be more shy or private, don't want a lot of attention or noise. It will mean much more to them if you take them on a low-key outing for some one-on-one time. Go out to lunch, see a movie, visit an art gallery, stop by the spa, or sit outside at the park. Be sure to take the opportunity to express how much they mean to you.

**Organize a get-together at your neighborhood common area or community center.**

Reserve a public space and spread the word that you're holding a gathering to honor survivors. Encourage everyone to bring a potluck dish to share and invite the survivors in their life. Take a few minutes to go around the room and allow survivors to introduce themselves and share their stories. If you wish, you can get everyone involved in a craft project that will honor the survivors, such as a banner of painted handprints.



**NATIONAL CANCER SURVIVORS DAY®**

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For these and many other reasons, the National Cancer Survivors Day Foundation encourages friends and loved ones to pay tribute on June 7. While many hospitals and support groups will hold events to bring groups of people together, you can find your own ways to honor the survivor in your life. It doesn't have to be anything elaborate—sometimes the simplest gestures mean the most.

For more ideas on how to celebrate National Cancer Survivors Day or how to organize an event, visit [ncsd.org](http://ncsd.org).

# When Summer Fun Becomes a Pain in the Ear

By Dylan Roche



Anyone who has spent a considerable amount of time in and out of the water in the summertime—as Marylanders around the Chesapeake Bay watershed are inclined to do—has likely had a case of swimmer’s ear at some point. This infection, medically known as otitis externa, is usually nothing to worry about and easily treated, but in some cases, such as when the condition progresses, it can be a significant medical problem.

Swimmer’s ear is an irritation or inflammation of the outer ear canal that manifests most often, though not always, after swimming. Water gets trapped in the ear canal, thus leading to bacteria and fungi thriving in this moist environment. In cases where the infection is not due to swimming, it’s likely that the patient suffered minor breaks in the thin lining of skin inside the ear caused by a foreign object, such as fingers, a Q-Tip, or even earbuds. Dry skin or eczema can also cause these little breaks or tears, creating a place for bacteria to grow.

The first signs of swimmer’s ear are tenderness, itching or burning, and a feeling as if the ear is full of water even though it’s not. The pain usually gets worse if you press or pull on the ear. There may even be some redness inside the ear and a little bit of fluid drainage. These symptoms begin as mild but get worse as the infection progresses. By the time a person has a moderate infection, they will likely have muffled hearing.

When the infection reaches an advanced stage, it can be accompanied by a fever and swollen lymph nodes, along with severe redness and pus discharge in the ear. It is in this stage that there is risk of hearing loss.

A mild case of swimmer’s ear is easy to cure with over-the-counter or prescription eardrops that will kill the bacteria and treat the infection. You can also strive to prevent an infection with a homemade eardrop mixture recommended by the Mayo Clinic of one part white vinegar to one part alcohol. Pour 1 teaspoon of this mixture in your ear and let it drain back out. Do not, however, try this preventative measure if there’s a chance you have a punctured eardrum.

If you or your child spend a lot of time in the water (either a swimming pool or a natural body of water, such as the bay or river), you should take care to get all water out of the ear afterward. If you can’t get all the water out of your ear with a simple shake of the head, tilt your head so your ear faces downward and pull your earlobe to encourage drainage. In some cases, you may need to twist the corner of a tissue and use it to dry your ear, or you might opt to use a hairdryer to move the air within the ear canal. Just be sure to use the lowest heat setting and hold the dryer several inches away from your ear.

Other wise options are to avoid swimming after an ear infection or ear surgery, and never swim in water with high bacterial counts. The Centers for Disease Control and Prevention says germs found in public pools or other recreational water venues are the most common causes of swimmer’s ear. You can ask the pool operator about disinfectant levels and pH levels (ideally, these will be checked at least twice a day). A pool that is properly disinfected and pH balanced won’t necessarily eliminate all risk of swimmer’s ear, but will lessen the chance.

# Fresh Take

## OLD BAY SEASONING

By Dylan Roche

Summer around the Chesapeake region is practically synonymous with Old Bay. Produced by McCormick & Company, this mainstay of Maryland culture is primarily used as a seafood seasoning—mostly crabs, but sometimes fish too. It's also popular as a seasoning for potato chips, popcorn, chicken, soup, vegetables, and, even, chocolate (don't believe us? Try it!).



### Maryland-Style Crab Cakes with Old Bay

If knowing more about the health benefits of Old Bay has put you in the mood for some serious seafood, why not put your seasoning to use with some classic crab cakes? We're sure that every Marylander has their own recipe they prefer, but in case you don't, here's one you can try.

#### INGREDIENTS:

2 tablespoons Old Bay  
1 teaspoon  
Dijon mustard  
1 teaspoon  
Worcestershire sauce  
1 teaspoon lemon juice  
1 egg, beaten  
1 tablespoon  
mayonnaise  
1 cup breadcrumbs  
1 pound crabmeat,  
drained and picked  
through for shells

#### DIRECTIONS:

Combine all the ingredients except crabmeat and breadcrumbs in a large bowl and whisk together. Gradually add the breadcrumbs, followed by the crabmeat. Divide the mix into 4-6 equal portions and form into patties about 1 inch thick. Heat a skillet with 1 tablespoon oil over medium heat and fry patties until they're golden brown, about four minutes on each side. Serve warm (with more Old Bay on the side for additional seasoning to taste).



The story goes that Old Bay was invented by Gustav Brunn, a German immigrant who fled Bavaria during World War II and came to the United States with his spice grinder in tow. His signature seafood seasoning blend would take its name from the Baltimore Steam Packet Company, colloquially known as the Old Bay Line, which operated passenger ships along the Chesapeake. The spice blend was bought by McCormick & Company in 1990.

This blend includes 18 herbs and spices, but the primary ones are salt, celery seed, red pepper, black pepper, and paprika. Although those five are the only ones of the 18 you'll see printed on the McCormick ingredient label, discerning palates will also detect the taste of mustard, cinnamon, and Bay leaves.

*And while it's delicious, did you also know that this seasoning blend could have some serious health benefits? Here's what you'll find in every sprinkle of Old Bay:*

**SALT.** Salt gets a bad reputation because of its sodium content. Most people consume way too much sodium and suffer from high blood pressure because of it. But sodium is still an important electrolyte your body needs for fluid regulation, especially if you're sweating a lot in summer heat. The problem is that you need only 200 milligrams a day, and most people eat more than 5,000 milligrams a day from processed food. The American Heart Association recommends aiming to keep your intake below 1,500 milligrams, and a quarter-teaspoon serving of Old Bay has only 160 milligrams—so go ahead and shake on a generous amount of seasoning.

**CELERY SEED.** These earthy-tasting little seeds are a great source of minerals, including calcium for strong bones, magnesium for blood sugar control, and iron for red blood cell formation, as well as antioxidants. According to the Milton S. Hershey Medical Center, celery seed has been hailed for its medicinal qualities for thousands of years, and today is still regarded for its use as a diuretic.

**RED PEPPER.** Also known as cayenne, ground red pepper is renowned for packing some heat. That heat not only gives your food a real kick but also might help in weight control. Capsaicin, the agent in peppers that produce heat, give a marginal boost to your metabolism; it's also believed to suppress the hunger hormone ghrelin, so there's a chance you'll eat less throughout the day. Cayenne peppers have been shown to reduce blood pressure in animal studies, and can increase your body's digestive fluid, thus improving gut health. Don't go overboard, however—consuming too much red pepper at one time could give you a stomachache.

**BLACK PEPPER.** This is the everyday pepper that you keep alongside salt on your kitchen countertop. It's rich in an alkaloid known as piperine, which can help prevent cancer, improve digestion,

and even activate the brain to stave off depression. Black pepper is rich in vitamins A and C, as well as antioxidants, and it enhances the bioavailability of nutrients in food, making it easier for your body to absorb and use them. Some people even turn to black pepper to help alleviate the symptoms of coughs and colds.

**PAPRIKA.** Paprika gets its same bright red color from the capsaicin that's found in cayenne peppers. In addition to having many of the same benefits of cayenne, paprika is rich in vitamin A, vitamin E, and iron. Paprika can even lower your levels of low-density lipoproteins (LDL), also known as the bad form of cholesterol, thus improving your heart health.

*We don't necessarily know these seasonings are included in Old Bay (that is, they're not included on the ingredient label), but it sure tastes as if they're in there:*

**MUSTARD SEED.** These mighty little seeds deliver selenium and magnesium, two nutrients that are known for fighting inflammation. Mustard seed is also rich in the phytonutrient glucosinolates, which helps prevent cancer.

**CINNAMON.** You might associate cinnamon with sweet foods like cookies and strudel, but this spice can be used in moderation to give a kick to savory foods. Cinnamon's most prominent health benefit is in the way it can fight hyperglycemia. Cinnamon slows down stomach emptying and improves your body's response to insulin, two key factors in managing blood sugar levels and preventing spikes.

**BAY LEAVES.** Bay leaves are hailed for helping with digestive health, being able to both soothe upset stomachs and lessen the symptoms of irritable bowel syndrome and Celiac disease. They also contain a compound called linalool, which is used in aromatherapy to lower stress hormones and reduce anxiety.



HEALTH & BEAUTY FITNESS

# Making Fitness a Family Affair

By Dylan Roche

In an era when kids have constant access to televisions, computers, tablets, and smartphones, the allure of physical activity is fading. That's bad news, as the Centers for Disease Control and Prevention (CDC) reports that the number of children who are obese has tripled over the past 30 years.

And it's not just children. According to the CDC, only one in four U.S. adults gets enough exercise, and about 31 million adults age 50 and older get no physical activity beyond what's required of daily living. In fact, the United States spends an estimated \$117 billion in annual health care costs because of sedentary lifestyles and the conditions they can lead to, such as heart disease, Type 2 diabetes, and cancer.

CONTINUE ON THE NEXT PAGE



If your family is one of the many that's not getting enough exercise, it's time to make a change—and make it together. Mom and Dad can stay motivated to exercise by knowing they are participating in bonding activities; in turn, the kids can appreciate the value of exercise because they are being shown its value firsthand. GreatSchools, a national nonprofit providing educational advice for parents, points out that children have to learn by example. If you want your kids to be active, you have to be active yourself.

## HOW MUCH EXERCISE DO WE NEED?

Here's the thing about exercise: Unless you have a major goal to meet—losing 30 pounds or running a marathon, for example—you don't need to be training excessively. According to the U.S. Department of Health & Human Services, adults need only 150–300 minutes of moderate aerobic exercise a week or 75–150 minutes of vigorous aerobic activity a week, ideally spread out across several days. That breaks down to about 30 minutes a day for five days a week of moderate activities like walking or taking a leisurely bike ride.

Preschool-age children (ages 3–5) should be physically active throughout the day, ideally participating in a variety of activity types, and children ages 6–17 should do one hour or more of moderate to vigorous activity a day.



## WHAT ARE SOME WAYS TO ENCOURAGE ACTIVITY?

*Now that you've resolved to get active as a family, you might be wondering where to start. Don't think that this implies you have to suddenly start going on group jogs or doing Pilates sessions together (though you certainly could do that if you wanted). Instead, try these other simple ways to make exercise fun:*

1. The most obvious: Go for a family walk or bike ride around the neighborhood or at the park one evening after dinner or on a weekend afternoon. You'll get a chance to talk and bond while you enjoy physical activity and fresh air. If possible, walk or bike to school or church together.
2. Play a physical game together as a family at least once a week. Aim to try something new each time, whether it's kickball, hide-and-seek, or capture the flag. If you live near public basketball courts or tennis courts, take advantage of those.
3. Do yard chores together as a family. Raking up leaves or shoveling snow doesn't seem too daunting when you're doing it as a group and helping one another, and you'll be surprised at how much energy you're expending when you do it!
4. As a way of celebrating, go to places that are centered on physical activity. If your child gets straight A's, take them out for bowling. If it's their birthday, go to the paintball park. If they've had a bad day and need to cheer up, go to the miniature golf course.
5. Hold a scavenger hunt around the neighborhood or local park. Give everyone 30 minutes to try to find items like a smooth rock, a pinecone, a Y-shaped stick or other objects from nature they can collect and bring home.
6. Organize a field day with friends and neighbors. Set aside a weekend afternoon when everyone can come over for old-fashioned games like potato sack races, three-legged races, and tug of war. Make it a monthly occurrence and encourage consistent participation.
7. Get everyone in the family an inexpensive pedometer and hold a friendly competition to see who can get the most steps every day. Right before bedtime, compare your numbers to see who walked the most that day. Set a prize for the person who takes the most steps over the course of a week.
8. Limit screen time to one hour a day. This goes for parents as well as for the children. If the computer is needed for work or homework, use it in designated productivity zones so that you aren't aimlessly scrolling.
9. Sign up for a local fun run or charity walk that you can do together as a family. This gives everyone a goal to work toward while learning the value of giving back to the community.
10. Keep a family fitness journal that you can use to track what physical activities you all did that week, what you enjoyed about them, and what you might do differently next time. At the end of the week, have a family conversation about your favorite activities and what new activities you want to try next week.



Genevan scientist Horace Bénédict de Saussure



*If you're feeling that way this summer (or every summer), here are a few tips that might save you:*

Grow it out. This information doesn't help you when summer is already here, but if you know that hot, humid weather is approaching, or if you live in a place where it's frequently humid (like Maryland), then it helps to give your hair a little bit of length. This is because length means weight, and weight means that your hair is more inclined to pull itself downward than to puff out. However, just because you're growing it out doesn't mean you should neglect getting a regular trim, as split ends are a welcoming entrance for frizz-causing moisture.

Moisturize your hair with coconut oil by running 1 to 2 tablespoons through your hair once a month. Apply it with a comb, being careful not to let too much collect along your scalp, which could cause a breakout. Once you have your hair lathered in oil, collect it up in a shower cap and allow it to sit and penetrate for about an hour. Wash and condition your hair afterward. This oil treatment will prevent your hair from getting too dry and taking on too much summer steam.

Be careful of over-shampooing, as this will remove natural oils that moisturize your hair. Depending on how much you sweat or your hair's natural inclination to produce oil, you could wait up to a week between washings with shampoo. At the very least, don't wash it more frequently than every other day.

Turn the shower to cold just before you get out and give your hair a chilly rinse. The cold water will close up your cuticles and lessen your risk of frizz.

Don't be reckless in the way you dry your hair. Use a microfiber cloth, such as the one you would use to dry a freshly cleaned car, rather than a rough cotton towel. Blot or dab gently instead of rubbing, and if you use your blow dryer, be sure to go slowly on low heat.

Anti-frizz cream or gel on wet hair will penetrate the hair cuticles, thus preventing steamy air from getting inside. Just be sure to use sparingly so that you don't end up weighing your hair down and making it look greasy.

As a last resort, find a stylish way to wear your hair up in a ponytail, braid, or bun. There are some days when you're just going to have too much trouble taming your mane—and that's OK. If a ponytail feels boring or too casual, don't hesitate to dress it up with a lightweight headscarf.

HEALTH & BEAUTY BEAUTY

# Taming Your Hair in High Humidity

By Dylan Roche

air gets in through the open hair cuticles and causes hair to frizz.

Now, more than 200 years after Horace's invention, people with curly hair are still trying to figure out how to quell steamy weather's awful effects on their hair.

While you can work milder cases of summer frizz to your advantage and rock a beachy look, there are times when it gets so extreme that you feel like your hair is floating in a cloud around your head. These are the times when you want nothing more than a way to control it.

Humidity can be the bane of a curly-haired girl's summer. In fact, did you know hair is so sensitive to humidity that the first hygrometer was made with it? This was in 1783 by Genevan scientist Horace Bénédict de Saussure, who realized that hair, when ungreased and untreated, would expand in damp weather. And there's a scientific reason: Moisture from hot, humid



HEALTH & BEAUTY HEALTH

# Health Pawsitive

PET OWNERSHIP IMPROVES OUR WELL-BEING

By Dylan Roche

Fido and Fluffy are practically members of your family—sure, they have four legs and fur, but you still love them and they love you. They might be a lot of work, but most pet owners would agree they're worth it. And according to a range of expert organizations, the joys of pet ownership even include better physical and mental health.

## Pet can make us healthier? How so?

Doctors and researchers agree that pets, especially dogs, encourage people to be more active and engage in exercise, thus helping them lose weight and lower their blood pressure and cholesterol. Specifically, the American Heart Association identifies dog owners as more likely to get their recommended 150 minutes of moderate-intensity aerobic activity every week, and owners who walk their dogs every

day get an average of 30 minutes more exercise a day.

It's not just your physical health that can improve from pet ownership. Harvard Medical School explains that, as mammals, humans thrive when they're secure in their attachment or connection to another creature, and the unconditional love a dog or cat provides can reduce feelings of stress and anxiety.

In fact, research from the University of Missouri-Columbia has shown that interacting with a dog—even if it isn't your dog—can stimulate the production of such feel-good hormones as serotonin, prolactin, and oxytocin, meanwhile suppressing the stress hormone cortisol.

Pet owners not only enjoy a sense of companionship, thus staving off feelings of loneliness, but also are more likely to be social. Dog owners know that when they take Rover for a walk or to the dog park, they have increased chances of interaction with other people who want to pet their dog and ask questions.

Even the National Suicide Prevention Lifeline acknowledges the benefits that pet ownership can have for your mental health, noting that people with pets are less likely to suffer from depression.

The routine established from taking care of a pet can add structure to your day and reduce feelings of anxiety.

And for growing children, a pet can be especially beneficial. In addition to learning responsibility from taking care of a dog or cat, children develop a better sense of self-image from their pet's love and companionship. They feel more secure, and they suffer less separation anxiety when they're not around their parents.

## What about service animals?

Having a four-legged companion can be beneficial for people with disabilities or medical conditions who depend on a trained service animal to help them with specific tasks. Most people might think of a seeing eye dog for a blind person, but service animals can perform a wide range of tasks. People with limited mobility might have dogs that are trained to open doors for them, reach light switches, or retrieve objects. Those with diabetes can have dogs trained to alert them when their blood sugar reaches high or low levels, and people with epilepsy could have a dog trained to detect the onset of a seizure.

It's important to note, however, that service

animals are different from emotional support animals or therapy/comfort animals. While the emotional support animals can be helpful for those who depend on them, they are not trained to perform specific work tasks and are not covered by the Americans with Disabilities Act (ADA), which dictates that service animals are allowed to accompany their owners in places and situations where dogs typically would be restricted (to the grocery store or to school, for example).

But it's not just in undertaking certain tasks that service animals are good for their owner's well-being. According to the American Kennel Club, service animals provide unexpected benefits—they can help a person through the depression they suffer after a permanent disability, and they can rebuild self-esteem by ensuring that person is able to remain independent.

### Are there drawbacks?

Remember that the benefits of general pet ownership are for people who already have a natural affection for animals—if you don't like dogs, then getting a dog isn't likely to make you healthier. In fact, the money costs, the time needed to care for your pet, the destruction they can

cause to your home and belongings, and their heavy shedding might stress you out even further.

People with allergies to dogs and cats will suffer breathing problems and itchy, watery eyes when they're around them, meaning that they will need to avoid adopting a furry family member unless they choose a hypoallergenic breed (such as a poodle or Yorkshire terrier for dogs or an Oriental shorthair or a Russian blue for cats).

Pets can also carry germs and bacteria, so it's important to practice good hygiene around them—keep them clean and don't let them lick you on your mouth (as much as you might want to let them). This is especially true for people with weakened immune systems, such as the elderly or those undergoing chemotherapy treatment.

### Considering a Pet?

Even if you're not ready to bring a pet into your home full time, you can still enjoy many of the benefits of pet ownership by spending more time around animals. Consider volunteering with a rescue organization, such as the Anne Arundel County SPCA To learn more, visit [aacspca.org](http://aacspca.org) or call 410-268-4388.



HEALTH & BEAUTY HEALTH

# Does It Matter When You Eat?

By Dylan Roche

"You need to eat every three hours to keep your metabolism up."

"Fasting for 16 hours a day will help you lose weight."

"Don't eat right before bed or your body will store it as fat."

How many of these diet tips have you heard at some point or another? It seems as if everyone has an opinion on how to time your eating habits, whether it's three square meals a day or six mini meals. But does timing really have any serious effect on weight loss?

Well, kind of. While dietitians agree that weight loss and weight gain ultimately come down to the calories you consume and the calories you burn (and that consuming fewer calories than you burn means you'll lose weight), the timing of when you eat influences the way you *feel*.

CONTINUE ON THE NEXT PAGE





**LESS HUNGER,  
MORE HEALTHY  
FOOD**

Some people are under the impression that if you are feeding your body more often, it will speed up your metabolism, making it easier for you to burn more calories and lose weight. It's not clear how that misconception got started, but it's not true.

That's not to suggest that eating smaller, more frequent meals doesn't have its benefits. Eating this way keeps you feeling satisfied and less likely to get too hungry, so there's less risk of losing self-control and overeating.

Think of it this way—you come in the door from a long day, and it's been five or six hours since you've last eaten. You then eat whatever is most convenient, even if it isn't a very healthy option. And because you're so hungry, you eat too quickly, not recognizing a feeling of satiety until you've eaten more than you need to.

On the other hand, if you had a healthy snack within the past two hours, you're not so starving when you get home. You have the self-control to make yourself a healthy meal and savor it. You don't feel the need to eat past the point of satiety because you know that, if you're still hungry in a little while, you can simply have a healthy snack an hour or two after dinner. The Academy of Nutrition and Dietetics recommends healthy snacking as a way of getting additional nutritious foods into your diet beyond what you get at mealtimes—more fruits and veggies, more lean sources of protein, more whole grains.

Keeping your blood sugar steady and your energy level up also means you will be more inclined to exercise, an important part of any weight-loss effort.



**DON'T BE SO  
FAST TO FAST**

Some people swear by intermittent fasting, which encourages eating during a specified window of time and fasting for the rest of a 24-hour period. If a person is eating only within an eight-hour period of time, they might eat between 10 a.m. and 6 p.m., and then fast between 6 p.m. until 10 a.m. the next day. The Cleveland Clinic notes that focusing on eating within a smaller window of time can reduce cravings and decrease your appetite, and if you strictly cut yourself off from eating after 6 p.m., then you won't be doing any mindless snacking late at night. All of that said, your body won't start automatically shedding fat simply because you're consuming all your calories within an eight-hour window.



**WHAT IS MORE  
IMPORTANT  
THAN WHEN**

The challenge with focusing too much on when you eat is that some people think it's a free ticket to eat whatever they want. "I'm supposed to snack frequently," they think. "It's good for me." The American Society for Nutrition explains that snacks are good for reducing hunger and getting more nutrients, but people can easily take in too many calories, especially if they aren't being realistic about their portion sizes.

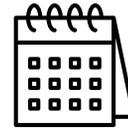
Another problem is that snacking is often a matter of convenience. People turn to packaged processed foods, usually refined carbohydrates with few nutrients.

What matters more in terms of weight loss and overall health is the total number of calories and the nutritional quality of those calories. If you opt to graze throughout the day or eat five to six smaller meals, try keeping a food journal for the first few days so that you can track what you're eating. You might surprise yourself that you're consuming too many calories or convenience foods.

One way to avoid taking in too many calories, even if you're eating frequently, is to consider the energy density of the foods you're eating. Because the volume of your food, not its actual calorie count, is what affects satiety (that is, it's the amount of food you're eating that makes you feel full), you can fill up faster without overeating if you're snacking on low-calorie, high-volume food like fruits and vegetables. A cup of grapes and a cup of potato chips take up the same amount of room in your stomach, but the cup of grapes has 60 calories and the cup of potato chips has 140 calories.

And don't think that eating late at night is going to derail your weight-loss efforts. A calorie at 8 in the evening is the same as a calorie at 8 in the morning. The problem is that most people tend to snack mindlessly in the evening, thus taking in more calories than they need. According to an April 2015 study, "The

Health Impact of Nighttime Eating: Old and New Perspectives," published in the journal *Nutrients*, a small snack before bed might benefit muscle protein synthesis and cardiometabolic health.



**FIND YOUR RIGHT  
SCHEDULE**

As with many other aspects of dieting, you need to find the schedule that works best for you and your lifestyle. If you get too hungry waiting hours between meals, then have mini meals and snacks throughout the day. If you find that you're never fully satiated unless you have a square meal, then eating three times a day without grazing on snacks might be the better option.

As a general guideline, Kylene Bogden, registered dietitian with the Department of Nutrition Therapy at the Cleveland Clinic, recommends most people should eat at least every four hours and should avoid eating within two hours of going to bed so that their digestion doesn't affect their sleep.

If you know that you're going to be eating on the go and want healthy snacks, try setting aside an hour or two on the weekend to meal prep or snack prep. Wash and chop fruits and vegetables so you can divvy them up into plastic containers or zip-close baggies. Hard boil a few eggs to have on hand, or chop up a block of low-fat cheese into single servings that you can wrap in wax paper. You can also try making a healthy casserole and putting individual portions in plastic containers so you can heat and eat at your convenience.

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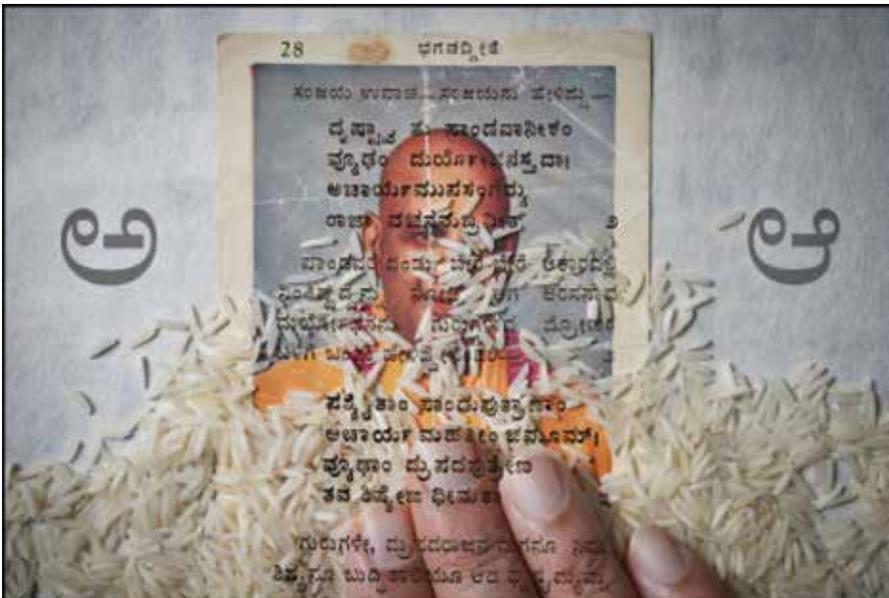
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# Dining

112 DINING REVIEW | 114 TASTE | 116 GUIDE



Grilled Scallops  
at O'learys  
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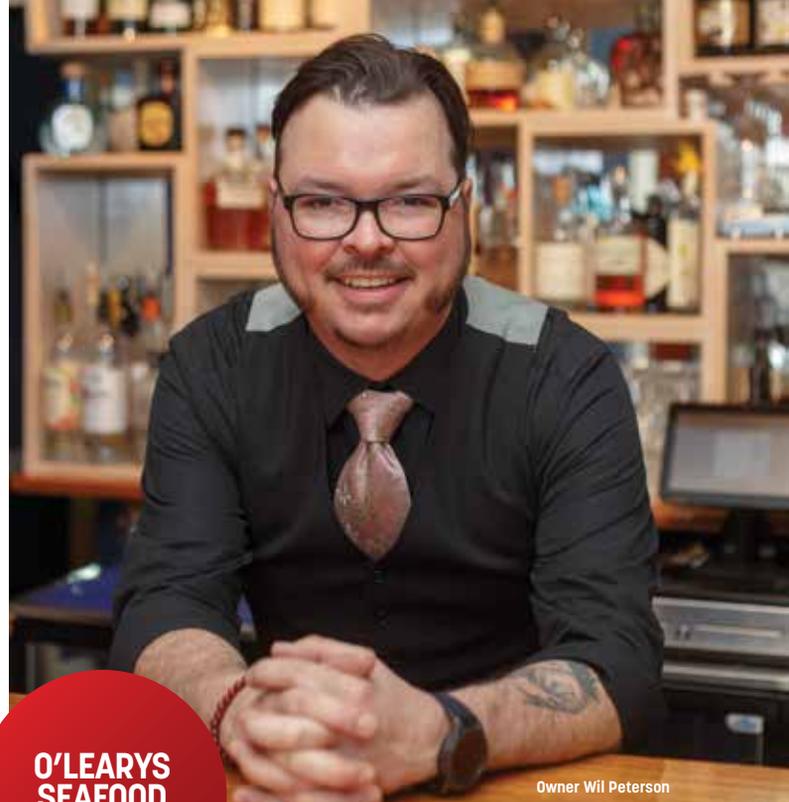
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# Finesse for Seafood

By Rita Calvert  
Photography by Stephen Buchanan

**T**he bright blue New England-style cottage tucked in a quiet side street with its signature windswept grasses and coastal flair in the, otherwise, very busy Eastport neighborhood continues its reign in fin and shellfish. From humble beginnings as a seafood shack just feet from Spa Creek, O’Learys has long been considered the premier seafood restaurant in Annapolis. The in-demand spot brings artistic, sophisticated seafood to a highly-frequented peninsula. Step inside and most nights you will find a bustling crowd of locals and visitors, possibly celebrating a special occasion. With its own parking lot, you’ll have a hassle-free experience beginning to end. Owner Wil Peterson came up through the ranks and, in 2015, bought O’Learys from restaurateur and artist Paul Meyer. Peterson has continued to retain the excellent quality and reputation of O’Learys.

Upon entering during our visit, the mood was quiet at the time of early evening, giving us an opportunity to take note of the atmosphere; dark, muted walls showcased large spots of colorful wall craft from local artist Charles Lawrance. The white woodworked windows and dark wood beams conveyed an intimate cottage ambiance. After being seated in the smaller dining room by the gracious manager at the front desk, our server, Denise, offered drinks and explanations to any of our questions.



Owner Wil Peterson

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O’Learys excels in beautifully appointed spirits! Also, the excellent wine list has an extensive selection of half bottles and six dessert wines by the glass: port, sherry, brandy, cognac, armagnac, and single-malt scotch. Unique, handcrafted dessert liquors are also on the menu such as the Salted Caramel Vodka, Gabriel Boudier Caramel Liqueur, and Bicerin Chocolate Liqueur. Served up! The wine menu is immense and global with owner Wil and his sommelier curating the list. My dining companion inquired which wine is the favorite among diners. Denise suggested a big, bold, and chewy red—the Tinta de Toro. This is an intense, full-bodied red wine with lots of fruit from the Toro region of Spain. Advice well-taken, as the wine perfectly fit her description.

Denise then offered the bread basket of warm ciabatta rolls, served with a crock of

delicious, mild, garlic butter. This gal is knowledgeable and at the top of her game, as she described the few specials of the evening. The whole Maine lobster turns out to be the best-selling entree of the restaurant, with the lobster meat taken out of the shell and cooked in butter.

She described another entree item, Chef’s Whole Fish Selection, which is the Chef’s ocean-friendly, sustainable market selection and always the *whole* fish, so take note. Tonight, Dorade was the offering—a small, white-flesh fish from the Mediterranean. A nearby table seemed quite content filleting and flaking the fish in its entirety for each bite, after prompting from their waitress.

The very popular three-course prix fixe menu for \$39 continues Monday through Wednesday with a choice of soup or salad, appetizer, and one of three



entrees selections. There is also the menu section of “Simple Fish,” featuring a choice between four “designer” entree preparations: Florentine (spinach, mushrooms, cream, Italian cheese, and risotto bianco); Puttanesca (capers, black olives, tomatoes, anchovies, orzo, and fontina cheese); Gremolata (garlic, herbed bread crumb crust, lemon beurre blanc, and haricots verts); and The Great Caper (white wine/lemon caper sauce, fingerling potatoes, and haricots verts).

There *are* offerings other than seafood. A special of the night was a ribeye steak, while on the menu, the Lamb Ragu over Bucatini looked fabulous as did the Chimichurri Flat Iron Steak.

We chatted and agreed upon sharing tastes of each item, but first we were curious about an appetizer listed on the menu as “99 Problems But This Drink Ain’t One of Them” and priced at \$99! Denise explained that she serves it maybe once every three weeks and it’s often ordered as a celebration drink/appetizer. Included with the martini of JCB Caviar Infused Vodka is a garnish of Osetra Amber caviar, diced egg, red onion, crème fraiche, and cucumber. Yes, luxury from a restaurant seen as a place for special occasions.

To start, I chose Thai Mussels. They arrived in a nice, wide, flat bowl for ease of eating. The medium size mussels were bathed in a spicy curry, lemongrass, kaffir lime, Thai chili, and coconut milk, creating a soup-like broth. A thick slice of grilled baguette was served to sop up the juices as well as a spoon, which should *always* accompany mussels to enjoy the most of the broth. My friend opted for Ahi Tartare, which was a visual masterpiece on the plate. The seafood was shaped as a layered brick with small cubes of raw tuna on the bottom, backfin lump crab on top, with avocado sandwiched in-between. Sriracha mayo sauce dotted the plate, along with pickled ginger and a dab of wasabi.

As a scallop lover, diver scallops are always a treat to see on a menu, so Grilled Diver Scallops was my choice with the rich risotto accompaniment clinching the deal. Four diver scallops adorned a bed of butternut squash, sage, and brown butter risotto with a few lumps of crab. A bundle of fresh asparagus was laid atop the risotto and a balsamic glaze surrounded the dish.

Monkfish was one of the specials offered that evening, wrapped in crispy prosciutto and roasted with the bone (or cartilage) intact. My friend chose it since the meaty fish is rarely available on the menus in our area. Monkfish is a lean, mild, white fish, dense in texture and with a sweet taste similar to lobster. The fish is found in the Atlantic Ocean, from the Gulf of Saint Lawrence to the waters off the coast of North Carolina, although our server said that this catch was from coastal Maine. The monkfish was artfully presented on a bed of farro risotto with mixed greens and was amply garnished with parsley. A winner, to be ordered again.

After sampling our way through the savories, we wanted to finish with a

dessert tasting. Denise informed us that some of the sweet dishes are house-made, as are the dessert cocktails. Of course, on what is termed, the “After Dinner” menu, Piano Keys caught our eye. This is a cleverly-named decadent dessert of a dark chocolate piano key-shaped truffle, dusted with cocoa, a Baileys white chocolate truffle key perched atop, and raspberry coulis pooled on the bottom of the plate with a rosette of whipped cream alongside. The ultra-dense truffles were rich enough for at least two to share as a sweet sonata to a wonderful evening of culinary delights.

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Rita Calvert is a food style expert and writer exploring Regenerative Ag, farming, gardening, and the naturally gorgeous and wholesome. Her cookbook—*The Grassfed Gourmet Fires It Up!*—helps communicate what makes 100 percent grassfed superior.



# A Delicious Combination

By Tom Worgo

Photography by Stephen Buchanan

**M**ain & Market has elevated catering to a science. The Annapolis restaurant has been handling events for two decades, so they've seen and done it all. Main & Market puts on weddings, bar and bat mitzvahs, corporate functions, lunch programs for private schools, along with birthday and holiday parties.

They consider house parties a particular specialty.

"We are the workhorse of the business," Main & Market Vice President Evie Turner says of the company's catering. "The nice thing about private home events is a lot of our staff has been with us for a long time. Clients know us and trust us to come in and take over. We set up everything to make it look nice so they (customers) look good, too."

Of course, there is more to Main & Market, formerly known as the Main Ingredient, than catering. The bakery also sets them apart and features wedding cakes and customer-favorite deserts like chocolate decadence, almond pound cake with pastry crème and strawberries, and carrot cake pie.

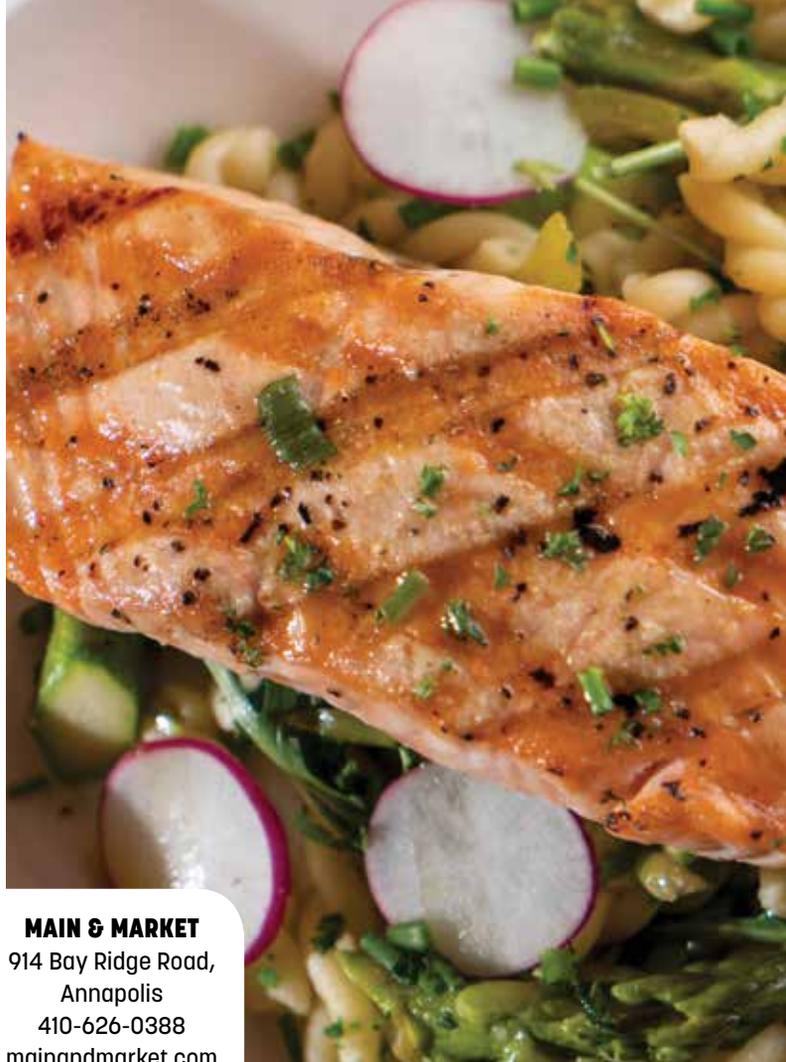
"It's unique," Turner says. "There's not many (restaurants) with a bakery."

The café and the outstanding food served from breakfast to dinner can't be overlooked.

We recently talked to the 47-year-old Turner, a member of the International Catering Association, about the restaurant's top sellers, full-service catering, and the history and rebranding of the establishment.

## How do you keep your catering customers coming back?

Half of it is personal relationships with the clients. You know what their expectations are, the venue, and the environment. That's all-important because the less work they have to do, the better. They know what we are going to provide, and we meet their expectations in that way. We have a lot of repeat customers, so that should stay with them.



## MAIN & MARKET

914 Bay Ridge Road,  
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## You have loyal staff. Tell me about that.

We have five employees that have been with us for at least 20 years. I have been doing it for 22 years. Our executive chef [Brett Cureton] has been here about the same amount. We a lot of staff that have been with us for 10 years plus. I think it pleases the customers because they like to see familiar faces.

## Does having a good work culture lead to a better product?

I think so because everyone cares and knows what the product looks like and knows what to expect. We are always here. If we are not at an event, we see how something goes out the door and how it's supposed to

be prepared and presented. That's important because our client of four years ago wants the same product today. It can't be different.

## How would you describe the menu?

It's creative American cuisine, but its gourmet comfort food. I think almost everything has a little bit of comfort added to it—even the salads.

## What sets the restaurant apart from others?

It's a very welcoming and inviting place. The service people are really friendly and know our clients. If they don't know you, they certainly make you feel welcome. And the consistency of the food. When you order



# Lemon Ricotta Spring Vegetable Pasta

Serves 4

## Ingredients

- Kosher salt
- 12 ounces gemelli pasta
- 2 cups asparagus, trimmed and sliced into 1-inch pieces
- 1/2 cup chicken broth
- 6 tablespoons unsalted butter
- 2 cloves garlic, chopped
- Freshly ground pepper
- 3 radishes, sliced thin (about 1/2 cup)
- 1 small yellow bell pepper, thinly julienne sliced
- 2 cups arugula, firmly packed
- 1/2 cup grated parmesan cheese
- 2/3 cup chopped mixed fresh herbs (parsley and chives)
- 1 cup ricotta cheese
- 1 tablespoon finely grated lemon zest
- Juice from half of a lemon

## Directions

Bring a large pot of salted water to a boil. Add the pasta and cook as the label directs, adding the asparagus during the last 2 minutes. Drain the pasta and asparagus once cooked. Meanwhile, heat 3 tablespoons butter in a large skillet over medium-high heat. Add the garlic, 1/2 teaspoon salt and a few grinds of pepper; cook until the garlic is softened, about 1 minute. Add the bell pepper; cook, stirring, until softened, about 2 minutes. Add 1/2 cup chicken broth and cook until tender, 2 more minutes. Season with salt and pepper. Add the pasta and asparagus to the skillet along with the remaining 3 tablespoons butter, arugula, parmesan and all but a few tablespoons of the herbs; toss to coat, adding enough of the chicken broth to loosen. Season with salt and pepper. Combine the ricotta, juice from half a lemon, the lemon zest and a pinch of salt in a bowl. Top each serving with the lemon ricotta, the remaining herbs and the radishes.

something, it's going to be the same every time.

### What did the restaurant start out as and how did you expand?

It started out as Gourmet to Go in 1993. There weren't many seats. I think we were ahead of the times. I don't think people were ready for that yet. We *always* had a bakery. We offered salads by the pound. You could get dinner to go. Everything was cold. You would take it home to reheat. There wasn't much in Bay Ridge at the time, so the demand for a restaurant was high. People would always come and in and say, "You should have a restaurant." That happened in 1996. That made much more sense.

### What is the top selling food item?

The café salad. It has sliced pears, gorgonzola cheese, and maple champagne vinaigrette dressing. We put a grilled slice of chicken on top. It's pretty refreshing. The combination of the maple champagne dressing and the pepper-corned chicken is delicious together.

### What else are the customer favorites?

People love our Masterpiece. It's turkey and cheddar sandwich that is covered with egg batter and panko bread crumbs. We put pepper jelly on top of it. It's a comforting and very satisfying sandwich. We just added it to our breakfast menu with an egg on top.

### Why did the restaurant change its name? How has it worked out?

We didn't trademark Main Ingredient. There was a Philadelphia company that trademarked Main Ingredient. They approached us and we tried to make things work. We were ready for a different look on our logo. We did a marketing search. A lot of people think Main Ingredient is a caterer or a cafe. This way, with Main & Market we are the same, but we are different. We weren't concerned about changing the name, because people that know us realize we are still here. The product is still good. We decided to take that leap of faith. It's been two years and it has worked out great.

# Dining Guide

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136 Dock Street, Annapolis; 410-268-7278; Dockstreetbar.net; American; lunch, dinner, late-night \$\$\$ Y 🌊 🍷 🐾

### Dry 85

193 B Main Street, Annapolis; 443-214-5171; DRY85.com; American; lunch, dinner, Sunday brunch \$\$\$ Y 🎵 🍷

### Federal House Bar & Grille

22 Market Space, Annapolis; 410-268-2576; Federalhouserestaurant.com; American; lunch, dinner, Weekend brunch \$\$\$ 🍷 Y 🍷 🎵 🐾

### Flamant

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

### Fox's Den

179 B Main Street, Annapolis; 443-808-8991; Foxsden.com; American Craft Gastropub 🍷 Y 🍷 🎵

### Galway Bay Irish Restaurant & Pub

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

### Harry Browne's

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

### Harvest Wood Grill & Tap Room

26 Market Space, Annapolis; 410-280-8686; Harvestwoodgrill.com \$\$\$ 🍷

### Iron Rooster

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

### Joss Café & Sushi

195 Main Street, Annapolis; 410-263-4688; Jossushi.com; Japanese, sushi; lunch, dinner \$\$\$ Y 🍷

### Latitude 38

12 Dock Street, Annapolis; 667-204-2282; Latitude38waterfront.com; American; lunch, dinner, Sunday brunch \$\$\$, 🍷 Y 🌊 🍷 🎵 🐾 🍷

### Mason's Famous Lobster Rolls

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

### McGarvey's Saloon & Oyster Bar

8 Market Space, Annapolis; 410-263-5700; MCGarveysannapolis.com; American; lunch, dinner, late-night, Sunday brunch \$\$\$ 🍷 Y 🍷 🎵 🐾 🍷

### Middleton Tavern

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

### Mission BBQ

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

### O'Brien's Oyster Bar & Restaurant

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

### OB's Prime

111 Main Street, Annapolis; 410-269-1210; Obsprime.com; Steakhouse; dinner \$\$\$ 🍷 Y

### Osteria 177

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

### Preserve

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

### Pusser's Caribbean Grille

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

### Red Red Wine Bar

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

### Reynolds Tavern

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

### Sakura Café

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

### Sofi's Crepes

1 Craig Street, Annapolis; 410-990-0929; Sofiscrepes.com; Sweet and savory crepes \$

### Vida Taco Bar

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

## Upper Annapolis

### 49 West, Coffeebar, Winebar & Gallery

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

### Azure

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

### Carpaccio Tuscan Kitchen & Wine Bar

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

### Chesapeake Brewing Co.

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

### El Toro Bravo

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

### Fado Irish Pub

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

### Lemongrass

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

### Level Small Plates Lounge

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

### Light House Bistro

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

### Luna Blu

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

GIOLITTI'S DELI

**"Mouthwatering sandwiches and salads! Even a prepared section to take home for later" –Michelle Melvin**

**Metropolitan Kitchen & Lounge**  
175 West Street, Annapolis; 410-280-5160; Metropolitanannapolis.com; Modern American; breakfast, lunch, dinner, late-night \$\$\$ 🍷  
🍷 🍷 🍷 🍷 🍷

**Miss Shirley's Café**  
1 Park Place, Annapolis; 410-268-5171; MissShirleys.com; Southern American; breakfast, brunch, lunch \$ 🍷 🍷 🍷 🍷 🍷

**Rams Head Tavern**  
33 West Street, Annapolis; 410-268-4545; Ramsheadgroup.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$\$ 🍷 🍷 🍷 🍷 🍷

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

**Stan & Joe's Saloon**  
37 West Street, Annapolis; 410-263-1993; Stanandjoessaloon.com; American; lunch, dinner, late-night, Sunday brunch \$ 🍷 🍷 🍷 🍷 🍷

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

**Greater Annapolis**

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

**Bean Rush Café**  
1015 Generals Highway, Crownsville; 410-923-1546; Beanrushcafe.com; Coffee, baked goods, sandwiches; breakfast, lunch \$

**Blue Rooster Café**  
1372 Cape St. Claire Road, Annapolis; 410-757-5232; GoToRoosters.com; Modern American; breakfast, lunch, dinner \$\$\$ 🍷 🍷 🍷

**The Brass Tap**  
2002 Annapolis Mall Road, Annapolis; 833-901-2337; Brasstap-beerbar.com; American; lunch, dinner \$ 🍷 🍷 🍷 🍷 🍷

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

**Bruster's Real Ice Cream**  
1409 Forest Drive, Annapolis; 410-295-0025; Brustersannapolis.com; Dessert \$ 🍷 🍷 🍷

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

**Cantler's Riverside Inn**  
458 Forest Beach Road, Annapolis; 410-757-1311; Cantlers.com; Crabs, seafood; lunch, dinner \$\$\$ 🍷 🍷 🍷 🍷 🍷

**The Canton Restaurant**  
11 Ridgely Avenue, Annapolis; 410-280-8658; Cantonannapolis.com; Chinese; lunch, Dinner \$ 🍷 🍷 🍷

**Cooper's Hawk**  
1906 Towne Centre Blvd, Annapolis; 443-837-9989; Chwinery.com; American; lunch, dinner \$\$ 🍷 🍷 🍷 🍷 🍷

**Chevys Fresh Mex**  
2436 Solomons Island Rd, Annapolis; 410-573-4932; Chevysannapolis.com; Mexican; lunch, dinner, brunch \$\$\$ 🍷 🍷 🍷 🍷 🍷

**Chris' Charcoal Pit**  
1946 West Street, Annapolis; 410-266-5200; Chrischarcoalpit.com; Greek; lunch, dinner \$ 🍷 🍷 🍷

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

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

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

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

**Gordon Biersch**  
1906 Towne Centre Boulevard, Ste. 155, Annapolis; 410-266-5965; Gordongbiersch.com; American; lunch, dinner \$\$\$ 🍷 🍷 🍷 🍷 🍷

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

**The Greene Turtle**  
177 Jennifer Road, Annapolis; 410-266-7474; Greenturtle.com; American, sports bar; lunch, dinner \$ 🍷 🍷 🍷 🍷 🍷

**Herald Harbor Hideaway**  
400 Herald Harbor Road, Crownsville; 410-923-4433; Herald-harborhideaway.com; American; lunch, dinner \$ 🍷 🍷 🍷 🍷 🍷

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

**Italian Market & Restaurant**  
126 Defense Highway, Annapolis; 410-224-1330; Theitalianmarket.com; Italian; lunch, dinner \$ 🍷 🍷 🍷 🍷 🍷

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

**Julep Southern Kitchen & Bar**  
2207 Forest Drive; Unit #2 Annapolis, Md; Julepannapolis.com; 410-571-3923; American; Lunch, dinner \$\$\$ 🍷 🍷 🍷 🍷 🍷

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

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

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

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**Lures**

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

**Ledo Pizza**

505 S. Cherry Grove Avenue, Annapolis; 410-295-3030; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ \$ 🍷 🍴

**Maggianno's Little Italy**

2100 Annapolis Mall Road, Ste. 1200, Annapolis; 410-266-3584; Italian; lunch, dinner, Saturday and Sunday brunch \$ \$ 🍷 🍴

**The Melting Pot**

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

**Mi Lindo Cancún Grill**

2134 Forest Drive, Annapolis; 410-571-0500; Lindocancungrill.com; Mexican; breakfast, lunch, dinner \$ 🍷 🍴

**Mission BBQ**

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

**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; Samsontwaterfront.com; Modern American; lunch, dinner, Sunday brunch \$ \$ 🍷 🍴 🍷 🍴 🍷 🍴

**Sandy Pony Donuts**

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

**Seafood Palace Buffet**

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

**Severn Inn**

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

**Sin Fronteras**

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

**Soul**

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

**Stoney River Legendary Steaks**

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

**Union Jack's**

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

**Ziki Japanese Steakhouse**

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

**Zoe's Kitchen**

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

**Eastport / Bayridge**

**Adam's Taphouse and Grille**

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

**Annapolis Smokehouse & Tavern**

107 Hillsmere Drive, Annapolis; 410-571-5073; Annapolisismokehouse.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 \$ \$ 🍴

## DINING GUIDE

### HARVEST WOOD GRILL & TAP ROOM

"Happy to go for brunch, lunch, or dinner. No matter the time of day, I always get a satisfying meal" –Liz Pledge

#### Bayside Inn

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

#### Bella Sera

9 Lee Airpark Drive, Edgewater; 410-956-8555; Bellasera-tas-teofitaly.com; Italian; lunch, dinner \$ 🍴

#### Broadneck Grill & Cantina

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

#### The Bistro at South River

3451 Solomons Island Road, Edgewater; 410-798-5865; Golfclubsr.com; Modern American; breakfast, lunch, dinner \$ \$ Y \*

#### Chad's BBQ

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

#### Edgewater Restaurant

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

#### Fuji Steakhouse

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

#### Glory Days Grill

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

#### The Greene Turtle

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

#### Happy Harbor

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

#### Harvest Thyme Modern Kitchen & Tavern

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

#### Hispa Restaurant

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

#### Killarney House

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

#### Ledo Pizza

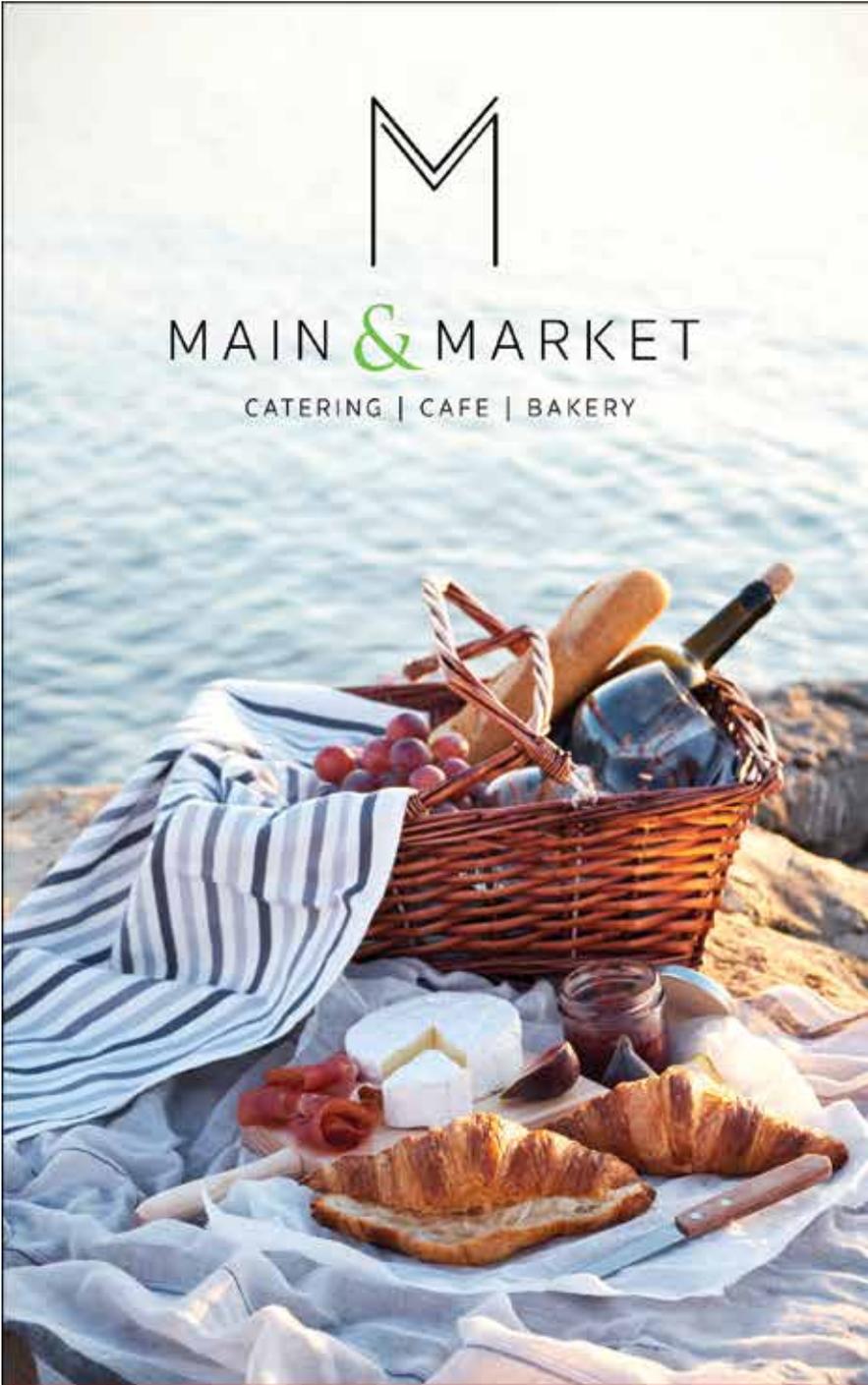
3072 Solomons Island Road, Edgewater; 410-956-6700; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ \$ 🍴 🍷

#### M Thai Restaurant

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

#### Mike's Bar & Crab House

3030 Riva Road, Riva; 410-956-2784; Mikescrabhouse.com; Seafood; lunch, dinner, late-night \$ \$ 🍴 Y 🍴 🍷 \* 🎸 🍷



**M**

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www.mainandmarket.com | 410-626-0388

**Nova Sushi Bar and Asian Fusion**  
3257 Solomons Island Road, Edgewater; 410-956-5326; Novasushi.com; Sushi, lunch, dinner \$-\$\$

**Old Stein Inn**  
1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ ¥ ☎ ☘ ♪ 🍷

**Petie Greens Bar and Grill**  
6103 Drum Point Road, Deale; 410-867-1488; Petiegreens.com \$\$ ☎ ¥ ☘ ♪ 🍷

**Pirate's Cove**  
4817 Riverside Drive, Galesville; 410-867-2300; Piratescovemd.com; Seafood; breakfast, lunch, dinner, Sunday brunch \$\$ ☎ ¥ ☘ ♪ 🍷

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

**Pier Oyster Bar**  
48 South River Road, Edgewater; 443-837-6057; Coconutjoesusa.com; Caribbean; lunch, dinner, late-night \$\$ ¥ ☎ ☘ ♪ 🍷

**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 \$ ¥ ☎ ♪ 🍷

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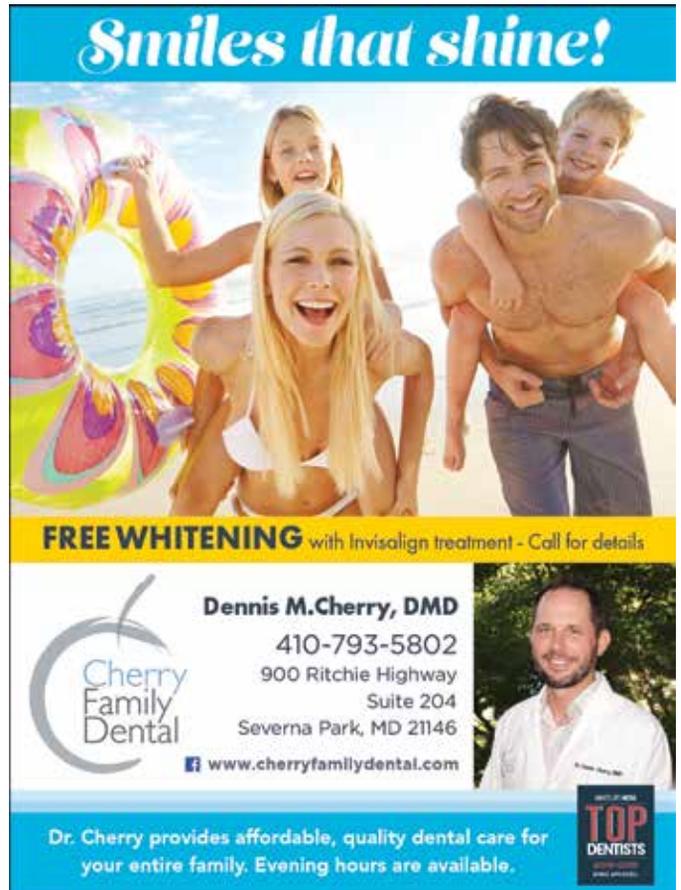
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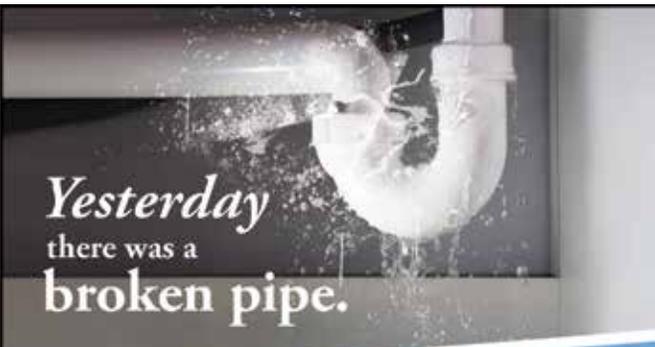
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# Where's Wilma?

**FIND WILMA AND WIN!**

Summer arrives officially this month. And though we might not be out and about in a fully-normal sense, our faithful mascot Wilma is safely flying around the region, practicing social distancing, and finding fabulous shops, restaurants, and services that we can all, hopefully, resume patronizing.

Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one entry per family. Good luck and don't forget to submit your restaurant review online at [whatsupmag.com/promotions](http://whatsupmag.com/promotions) for another opportunity to win a prize.

**Congratulations to this month's winner: Charles Hienzen** of Edgewater, who won a \$50 gift certificate to a local restaurant.

**Mail entries to:** Where's Wilma? Annapolis, 201 Defense Highway, Ste. 203, Annapolis, MD 21401 or fill out the form at [whatsupmag.com/promotions](http://whatsupmag.com/promotions)



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Entries must be received by June 30, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

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# Lucy Stone & Perseverance for Civil Rights

By Ellen Moyer

**S**uffragist Lucy Stone knew from an early age that she did not want to get married. After seeing her mother relinquish her hard earned money selling eggs and vegetables from their family farm to her husband, as was the custom of the day, she resolved to “call no man my master.” The law of the land provided that women’s assets including property become the asset of the man after marriage. For Lucy, this custom had to change. She dedicated her life to correcting wrongs to women.

Among the wrongs was the issue of equal pay. As the eighth of nine children, Stone followed her brothers at age 16 as a teacher and soon discovered that she was paid half what they were paid for doing the same work. Determined to be self-supporting, she pursued education becoming the first woman from Massachusetts to graduate from college.

Oberlin, her alma mater, was the first college to admit women. While there, she worked to pay her expenses and asked to be paid the same rate as the males. The college refused and so she resigned from her work. Supported by her peers in her quest for equal pay, the college finally relented to meet equal pay for students.

A similar request years earlier, in 1830s, had been denied by a school board in Iowa on the rationale that “to make education universal, it must be a moderate expense and women can afford to teach for half, or less, the salary of men.”

While at Oberlin, she organized a women’s debating society. The custom of the day forbid women from speaking in public. Chosen by the college faculty to write an essay for graduation, Stone refused when denied the right to read her commencement address, which would have been given to a man. She graduated from Oberlin on August 25, 1847 at age 29.

A gifted orator, she spoke extensively on issues against slavery. Honing her skills through debates, she resolved to again challenge custom and became an independent lecturer on women’s rights. After initiating the first National Women’s Rights Convention in October 1850, she launched her speaking career on October 1, 1851. In her lectures, she pushed “for the right of women to control of her own person as a moral, intelligent, and accountable being...Other rights were certain to fall into place after women were given control of their own bodies.”

Stone was described as having a voice like a silver bell with persuasive power that could move audiences to tears and laughter. In 1853, businessman Henry Blackwell offered to arrange a lecture tour for her in Western states.

In 13 weeks, she gave 40 lectures in 13 cities to capacity audiences of thousands that inspired discussions in homes and at clubs, setting “women in the town crazy after women’s rights.” Elizabeth Cady Stanton said of her, “Lucy Stone was the first speaker who really stirred the nation’s heart on the subject of woman’s wrongs.”

In 1854, Stone finally agreed to marry Henry Blackwell, but only if they agreed to a contract that preserved personal liberty and financial independence. Stone also viewed abandoning a surname to their husband’s as a manifestation of the legal annihilation of a married woman’s identity. On May 7, 1856 she announced at the American Anti Slavery Society in Boston that her name remained Lucy Stone. Throughout her lifetime, as when she was required to use her husband’s name to register in a local school board election, she simply refused to vote. A century later women who chose to retain their surname after marriage were referred to as Lucy Stoners.

After the birth of her daughter in 1857, the miscarriage of her son in 1859, and having never fully-recovered from typhoid in 1850, Stone cut back on lecture activities. With Susan B. Anthony in 1863, she helped form the Woman’s



Loyal National League, the first National Women’s political organization.

Lucy Stone died in 1893 after a lifetime of pushing for values that supported “rights and duties common to all moral beings.” She never faltered in her persistence and adherence to principles of fairness that challenged demeaning customs “that must change” in our culture if fairness and equal civil rights were to prevail.

Laws did change regarding women’s property rights, divorce, child support, and education. However, 150 years after Stone fought the battle at Oberlin for equal pay, there is no guarantee; we are still fighting for national equal pay legislation. On the issue of control over our body, as met by Roe v. Wade, there is no guarantee either. State laws pull back women’s rights and Roe v. Wade is under Supreme Court attack.

Perhaps in 2020, now more than ever, the perseverance exhibited by Lucy Stone to change customs and to make a difference in our culture for fairness in the lives of women needs a “come-back kid” inspirational orator. Or is perseverance for personal liberty, financial independence, and cultural fairness a demand of each of us as we celebrate the Year of the Woman?

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## What do you think and why?

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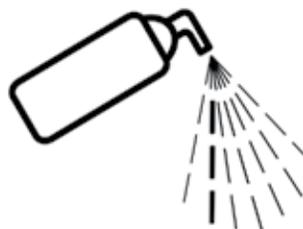
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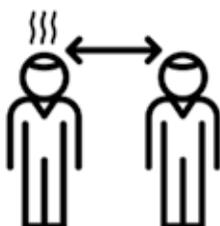
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