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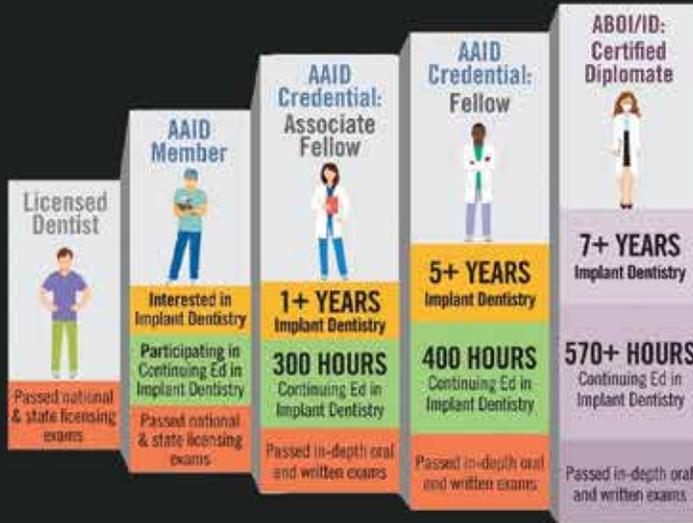
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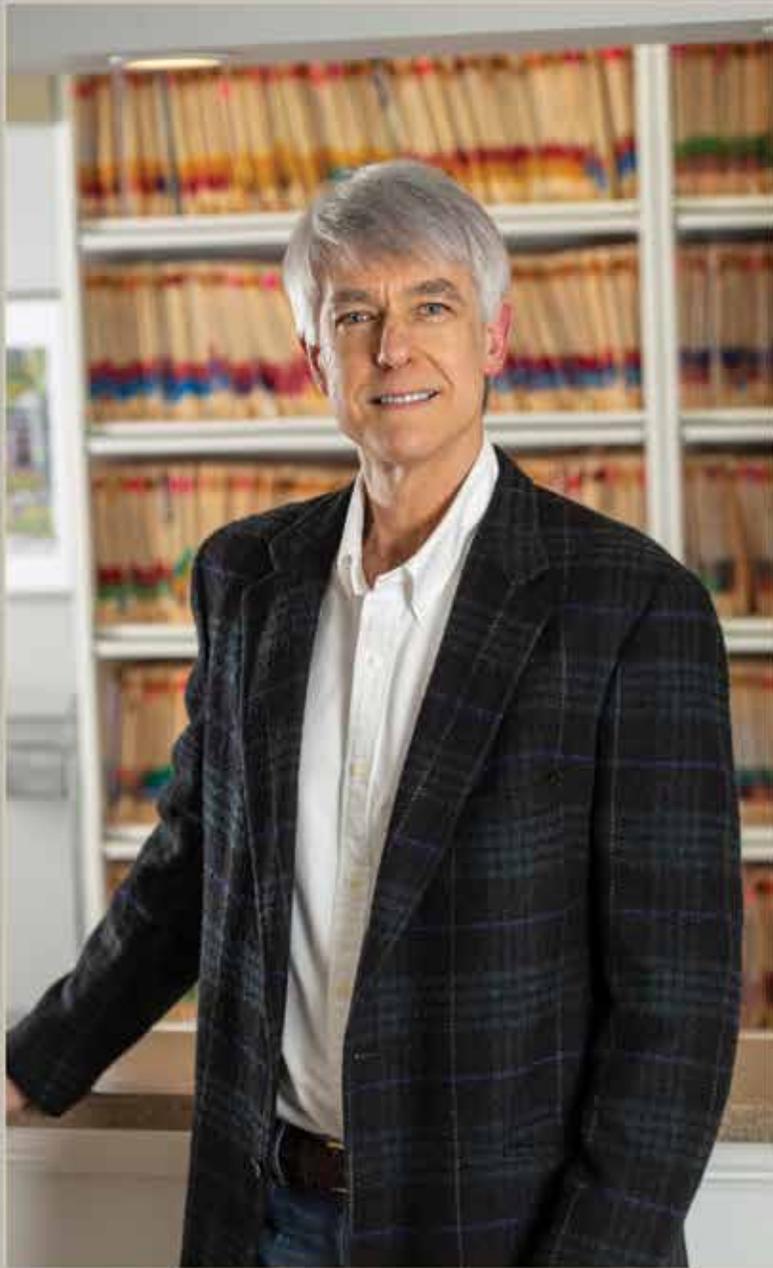


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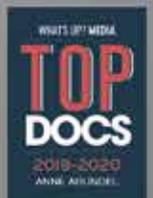
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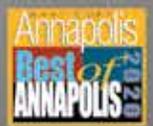
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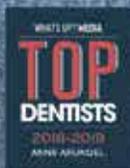
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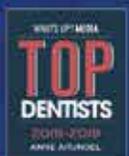
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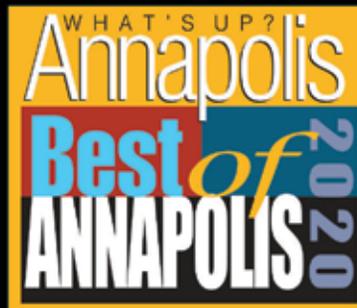
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On the Cover: Explore the bounty of businesses, services, and professionals in our Newbies & Natives Guide to the Chesapeake Bay region. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com.

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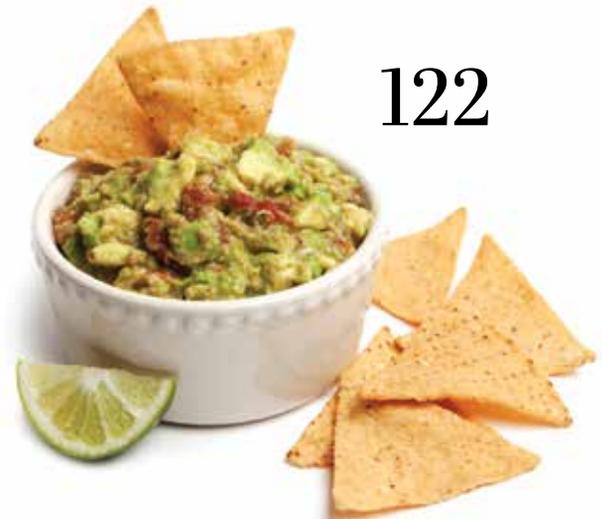
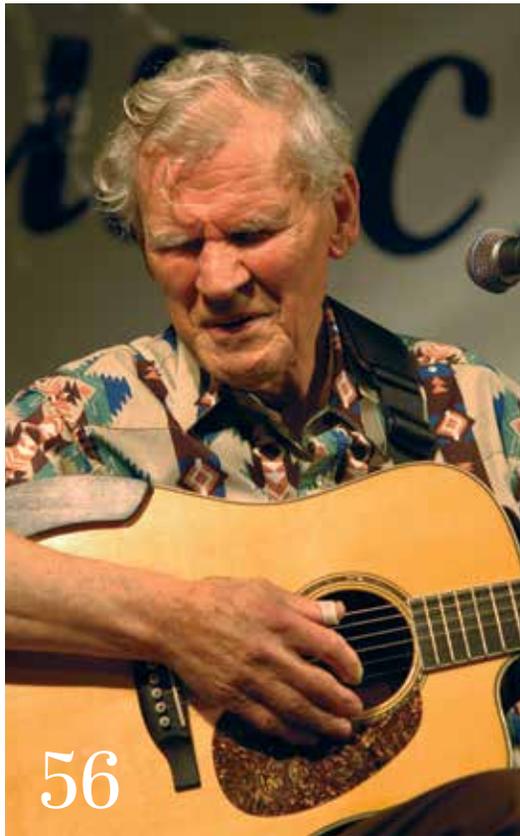
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Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Raymond (x1115)

Entertainment Editor

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Contributing Editors

Lisa J. Gotta, Dylan Roche

Contributing Writers

Ines Alicia, Janice Booth,
Rita Calvert, Ellen Moyer,
Frederick Schultz, Tom Worgo

Staff Photographer

Steve Buchanan

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Brian Saucedo (x1116)

Production Manager

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Food & Culinary Trends
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EDITOR'S NOTE: July'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

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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editor *From the*

There are certainly systemic social issues that must be addressed by our citizenship and leadership across the broad spectrum of both public and private sectors. This begs the question, “What will it take to actually realize the words written into our Declaration of Independence?” That...“all men [and women, I’ll add] are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.”

It’s a broad question, the answer to which dives down many, many rabbit holes. I get that. And in the past 244 years, we’ve made progress. But there’s still so much more to accomplish.

In this issue, our article “Year of the Woman: Their Bond Would Not Break” reflects on the suffrage movement through the lens of the Silent Sentinels—the women who marched on Washington, in front of the White House, more than 100 years ago. They challenged the status quo, picketing and protesting for equal rights for women. A number of these ladies were jailed at Occoquan Workhouse in Lorton, Virginia, and subjected to severe physical abuse, malnourishment, and mental fatigue at the hands of their jailors. Yet they persisted and women earned the right to vote in 1920.

There are many parallels between this 100-year-old story and the call for equal rights that we are reliving today. There are lessons to learn. Lessons for each of us to take to heart, to teach others, to say, “Not all has ever been right in our nation; we can do better.”

So as we hang our American flags and light fireworks to honor and celebrate our Nation’s independence, take pause to consider that not everyone has the benefit of experiencing this independence as it’s intended. And that you and I...yes we, can be contributors to a better society. Let’s be the good apples.

James Houck,
Editorial Director

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

Our nation celebrates its 244th birthday on July Fourth and I’m proud to be an American. I’m proud to celebrate our country because—despite what we see exposed on the news and social media—there are still a lot of very fine citizens doing amazing and positive things every day within our communities, the state, and the USA. I’ve written about this before; the front-line medical workers, first responders, our teachers, parents, and neighbors, nonprofit volunteers serving the less fortunate and disenfranchised, the social justice warriors demanding equity and fairness...the list goes on. In fact, I’ll bet dollars to doughnuts that there are more ethically and socially conscious individuals than there are ignorant and morally-depraved, no matter where the GPS points. We are a nation, by and large, of good people.

We’re halfway through this year, 2020, and it already feels like a lifetime of challenges and emotions have been experienced. We’ve faced historic tribulations that will, not only, define the year, but very likely an entire generation and beyond. Did they bring us together or drive us apart? Somehow, we became accustomed to bearing witness to selfishness, social injustice, racism, divisiveness, and all manner of illogical behavior every day we turned on the television or looked at our phones. Despite my assertion that there are more good folks and deeds in our communities than bad, we seem bombarded with terrible news daily. So it’s up to each of us to shine—to shine a brighter light of empathy and action into this world than the one in which we were born. Trust me, it actually feels good.

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Out on the TownE

23 DISCOVERIES | 34 SALUTE | 38 SPOTLIGHT | 42 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)

Explore Art in Public Spaces

Though we are living cautiously during the COVID pandemic, it is nevertheless the beautiful month of July. Here is an idea that can get you outside, keeps you at a social distance, and can fill that art void in the absence of museums. Annapolis community partnerships and organizations are proving that "The world is but a canvas to our imagination" (Henry David Thoreau) by creating an open-air art gallery. This "gallery" includes monuments, murals, stained glass windows, and more through the streets of Annapolis. Pick out the pieces of the collection that are most interesting to you and create your own foot-tour of the city. Here are just a few of the pieces, for the full list and maps, visit [Annapolis.gov/ArtTour](https://www.Annapolis.gov/ArtTour). →

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City Docks

Kunta Kinte - Alex Haley Memorial: Probably one of the most recognized monuments in Annapolis is this monument that documents the name of an African-American slave and the place of his arrival in Annapolis in 1767.

Annapolis Mural on the Harbor Master Building: See the city from a folk-naive perspective by Sy Mohr. This piece was commissioned by the Art in Public Places Commission in May 2007.



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↑ **The French Monument:** This monument marks the graves of the French soldiers and sailors who died in America's War for Independence. Made from bronze and made by Baltimore sculptor J. Maxwell Miller, the monument in the first known tomb to the Unknown Soldier anywhere in the world.

Philadelphia Liberty Bell Replica: One of the 48 reproductions of the Liberty Bell that were cast in copper by the U.S. Treasury Department in 1950 is located along College Avenue. This replica sits on a base purchased with the pennies contributed by children of Anne Arundel County.



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United States Naval Academy

Tripoli Monument: Honor the heroes of America's War in 1804 against the Barbary Coast pirates at the United States Naval Academy. This sculpture was carved by Giovanni C. Micali in 1808 in Italy. It was shipped to the U.S. Capitol and transferred to the grounds of USNA in 1860. This is the first and oldest military monument in the United States.

Mexican War Midshipman's Monument: This monument was a gift of the midshipmen in 1848, and a tribute to honor and respect Naval Academy Alumni who lost their lives in the Mexican War and the Battle of Veracruz in 1847. This is the first monument built at the USNA.

Herndon Monument: This memorial is to the memory of William Lewis Herndon, Captain of the SS *Central America* who chose to go down with his ship and his men when the ship faced a storm. All women and children were rescued but not all men could be saved. This monument is still a big part of the USNA because at the end of plebe year, Midshipmen are to display teamwork, organization, and leadership to climb the greased Herndon monument and place an upper-class-cover on the top.

John Paul Jones, Ranger: Greg Harlan painted this piece of a sea battle featuring John Paul Jones' ship, *Ranger* and is found on the wall of the Naval Academy.

Sir Galahad Window at USNA Chapel: Tiffany Studios was responsible for four stained glass windows in the USNA Chapel, the first one being the Sir Galahad window in 1899. This memorial window was presented by the family of Lieutenant Commander Theodorus Bailey Myers Mason, USN.

State House Grounds

Annapolis Fountain: This fountain was dedicated by Governor William Donald Schaefer in 1994 and was designed by the Annapolis Firm Graham Landscape Architects. The fountain is a three-tier representation of the State, featuring Corn, tobacco, crabs, terrapins, and the Baltimore Oriole.

Bell of the USS Maryland: This bell was dedicated to commemorate the Ship and the sailors that served on the USS Maryland by Governor J. Millard Tawes in June 1961. This was the third of four US Ships named after our State and it was more commonly known as the "Fighting Mary". The Fighting Mary received 7 battle stars for her service during WWII and was destroyed in 1947.

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West Street Mural by Jeff Huntington,
Photography by G J Gibson Photography

West Street

↑ **Agony and Ecstasy:** This mural was done by Jeff Huntington and was sponsored by the owners of Tsunami in 2015. The mural can be found right about the entrance of the restaurant and it represents the cycle of death and rebirth, and the transformation from suffering into peace.

Sunrise: Jeff Huntington also put together this beautiful mural over the entrance of Level Small Plates Lounge. It was privately commissioned by Level in 2018.

The Wall at Lemongrass: This wall was painted by Tikka, Vermelho, Gen Duarte and Binho Ribeiro, street artists from Brazil. The project was curated by local artist Roberta Pardo and sponsored by Robeta and Michael Pardo with help from MTPA, Gallery 102 at George Washington University, Lemongrass, Art Farm, and local artists.

↓ **The Chickens:** I am sure you have noticed the oversized chickens all over West Street. These chickens feature a variety of designs by artists and children to publicize the City's Art and Entertainment District.

The Trash Bird: The heron in front of the Visitor's Center on West Street was to bring attention to Annapolis Green's campaign against trash. Another sculpture of a crab was placed at the Annapolis Maritime Museum in Eastport.



Annapolis Chickens by Matt Mercer



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TOWNE SALUTE

Ben Harries

The Arc Central Chesapeake Region

By Lisa A. Lewis

Although Ben Harries' affiliation with The Arc Central Chesapeake Region (The Arc) began as a professional relationship while he was working on a construction project, his interaction with the organization affected him profoundly on a personal level. Indeed, as Harries (one of several owners of a building contractor in Millersville) became acquainted with The Arc, a nonprofit organization that provides support and advocacy for people with intellectual and developmental disabilities, he acquired a deep respect and admiration for its mission and immediately knew that he had to become involved.

"My friend, Doug Siekman, an architect in Annapolis, asked our firm to participate in a construction project on The Arc's headquarters building in Severn," Harries explains. "So he introduced me to the organization, and I am so glad that he did. I had the opportunity to see a staff of dedicated people with the noble objective of treating people with disabilities as equals in a caring, loving manner and encouraging them to engage fully in the community. It was so inspiring to see the staff members have such a meaningful impact on people's lives. My wife, Sarah, and I know people who have intellectual and developmental disabilities, so this cause is near to my heart."

Harries, who has been actively involved with The Arc for the past three years, is especially impressed by the organization's leadership, and he believes that the staff members' passion and service are akin to doctors and first responders. They are highly motivated professionals who are extremely driven and want to make a difference in people's lives. He regards them as unsung heroes who aren't necessarily recognized for the work they do. But that is exactly what makes them so special: They truly love what they do, and they don't expect recognition for their valuable contributions.

An avid volunteer, Harries primarily dedicates his time to fundraising efforts and is very supportive of all of The Arc's events. The organization's major event is its annual golf tournament, which is held at The Golf Club at South River in Edgewater.

"He is constantly rallying his business, his family, and his community around The Arc. He cares deeply about our vision, and he advocates for our mission. Ben also opens doors for us and helps us deepen our roots in the community."

Due to the coronavirus pandemic, this year's tournament was postponed from its original date and rescheduled for September 28. For the latest updates, visit thearc.org.

His business, BuilderGuru Contracting, Inc., is the leading sponsor of the golf tournament, and since it is The Arc's only event this year, Harries encourages donors and participants to step up more than ever to support the organization's mission. Sponsorship opportunities are also available at the time of this writing. For additional information, visit the website or call The Arc's Director of Development & Communications Catie Comer at 410-384-4072.

Harries and his team also strongly believe in giving back to the community and participate in events at The Arc. Last year, the company sponsored families at Christmas and chose gifts for them. Harries' wife and their daughter, Isabelle, 12, also took part in the holiday festivities. This event was a great way to impact the families' lives, and Harries was deeply moved when he saw both his employees and his family dedicate their time to make the holidays special for the families they sponsored.

“Ben has been an incredible advocate since he joined our cause,” says Jonathan Rondeau, CEO of The Arc. “He is constantly rallying his business, his family, and his community around The Arc. He cares deeply about our vision, and he advocates for our mission. Ben also opens doors for us and helps us deepen our roots in the community.”

“Ben is the person I know I can rely on,” Comer adds. “He’s always asking, ‘What do you need?’ [or] ‘What can I do to help?’ It doesn’t matter what it is. He finds a way to make it happen.”

At the time of writing, The Arc offices were closed in response to the coronavirus pandemic. However, since it is an essential business, The Arc is still supporting people with disabilities and helping them live as independently as possible during the crisis. And although the circumstances are uncertain, Harries is not discouraged and is looking toward the future. In fact, he views the situation as an opportunity to assess the organization’s goals and elevate its strategies. Not surprisingly, he is determined to work together to recover and come back stronger than ever.

“Volunteering for The Arc has made me a kinder, gentler person,” Harries says. “And sometimes I get emotional and even tear up a bit. Seeing the impact that the staff members have on people’s lives is a moving experience that can really tug at my heartstrings. I am so grateful to have the opportunity to help this phenomenal organization, and I am deeply devoted to the cause. It’s definitely become a lifelong commitment for me.”

For more information about The Arc, visit thearc.org.

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CFAAC Community Crisis Response Fund Has Awarded \$122,000

The Community Foundation of Anne Arundel County (CFAAC) recently distributed a second cycle of grants through its Community Crisis Response Fund. To date, CFAAC has distributed 58 grants totaling \$122,000 to 47 local nonprofits providing funding for food security and support for basic human needs during the COVID-19 crisis. CFAAC established the Community Crisis Response Fund in 2018 in order to react quickly and efficiently to unforeseen needs in the community during times of crisis. This Designated Fund provides flexible financial support to trusted nonprofit partners across Anne Arundel County who are responding to the most critical needs of our community. Currently, all funds raised through CFAAC's Community Crisis Response Fund are being used to meet the fast-emerging, immediate, and long-term needs posed by the COVID-19 virus.

CENTRAL MARYLAND CHAMBER OF COMMERCE ANNOUNCES NEW PRESIDENT AND CEO

The Central Maryland Chamber of Commerce announced that Kristi Simon will serve as the Chamber's next President and CEO, effective this past April. Simon has significant experience in leading private business, nonprofit, and chamber organizations, previously serving as Director of Operations at Community Action Council of Howard County. After managing her own small business and volunteering for the Howard County Chamber of Commerce for several years, she accepted the position of Legislative Affairs Coordinator in 2010. She subsequently over the next eight years progressively assumed higher level leadership roles, such as Director of Events and Vice President. The selection of Simon as the Chamber's next President and CEO comes after an exhaustive six month, national search facilitated by the Chamber Board and Search Committee, chaired by Sonja Gladwin, Board Chair.



ROTARY CLUB OF ANNAPOLIS SUPPORTS ANNE ARUNDEL COUNTY FOOD BANK

The Rotary Club of Annapolis has donated \$5,000 to help the Anne Arundel County Food Bank address food insecurity in the community during the COVID-19 pandemic. The goal is to assist vulnerable populations by providing nutrition, reducing hunger, and assisting with critical expenses. The funds will enable the food bank to purchase food from distributors at favorable prices to offset its reduced supplies.



↑ Rockbridge Academy Students Honor Health Care Workers

Rockbridge Academy upper school students assembled a virtual collage to honor health care workers and first responders on the front lines of the COVID-19 crisis. The message praises workers for selflessly "maintaining courage and bravery through dangerous times," as student Rachel Lee says. The collage has been posted on the school's Facebook page. The students also found ways to serve the community together. In addition to creating the collage, they have written letters to hospitalized COVID patients, reached out to isolated elderly friends, and collected baby supplies for an Annapolis community suffering from COVID-related unemployment.



↑ ANNAPOLIS SYMPHONY ORCHESTRA ANNOUNCES NEW EXECUTIVE DIRECTOR

The Annapolis Symphony Orchestra recently announced the appointment of Edgar Herrera as its new Executive Director and Chief Development Officer. Herrera will oversee all administrative aspects of the organization, including the Annapolis Symphony Academy and other adult and youth education programs. He will work closely with Music Director and Conductor, José-Luis Novo, who is in his 15th season providing leadership for the artistic vision of the symphony. “The role of a symphony orchestra is changing, and I’m delighted that Edgar is joining us as we strive to be one of the innovative orchestras leading this transformation,” Maestro Novo says. “His experiences as a musician, entrepreneur, and arts administrator, both here in the US and in Mexico, will complement our very capable team.”

“I am honored to be joining Maestro Novo and the entire Annapolis Symphony organization to both serve the Annapolis community today and redefine the 21st-century symphony orchestra for tomorrow,” Herrera says.

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

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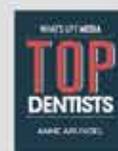


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“I grew up in Annapolis, so I have visited the Naval Academy a lot. I never really thought about Army. When I visited, I decided I wanted to go there because it was something totally different. It was a chance to go to a really great school in a totally different environment.”

Dunleavy has elected to go to West Point, where he will play lacrosse. He will attend the United States Military Academy Preparatory School—which is on the West Point campus—in the fall before his freshman year.

“I have always wanted to be in the military with my family’s history,” Dunleavy says. “I grew up in Annapolis, so I have visited the Naval Academy a lot. I never really thought about Army. When I visited, I decided I wanted to go there because it was something totally different. It was a chance to go to a really great school in a totally different environment.”

Dunleavy, an Arnold resident who carried a 3.63 grade point average, has his sights set on becoming an engineer. “I want to do something with agricultural engineering,” he says. “Maybe get an internship with John Deer or do something in the agricultural industry. I would like to work with tractor supply tools or tractors to make them more efficient. I always wanted to do something that was a hands-on job and not work behind a desk.”

Dunleavy got a taste of agriculture last summer, which he spent renovating an old farm house with his best friend Charlie Brady. “I worked on his family’s new house,” he says of the home on St. Margarets Road in Annapolis. “We redid their barn and took out fences. It was enjoyable the whole time. I always wanted to work on a piece of land and work every day outside.”

Lacrosse was a big factor for the 6-foot-1-inch, 205-pound Dunleavy’s choice of West Point. Johns Hopkins, North Carolina, Michigan, and Loyola also tried recruiting him.

“Navy and Army were my top two and it just so happened that Army pursued me more,” he says. “I really liked Army coach Joe Alberici. He made me feel like I was part of a really big family up there.”

Dunleavy had a stellar lacrosse career at St. Mary’s, where he started for three years. His junior year was his best. Dunleavy totaled 12 assists, ranked among the team leaders in ground balls, and sparked the offense from his midfield position.

“He was our biggest and strongest midfielder,” St. Mary’s Boys Lacrosse Victor Lilly says. “A lot of our offensive formations would start with him having the ball. He was phenomenal in the transitional game and was really the set-up guy for the offense.”

Dunleavy often defended the opponents’ best offensive midfielder. He made it difficult for them too, since he was the most physical player

TOWNE ATHLETE

Patrick Dunleavy

St. Mary’s High School
Lacrosse, Football, Ice Hockey

By Tom Worgo

The military is deeply embedded in Patrick Dunleavy’s bloodlines. His grandfather Hugh served in the Korean War as a Navy gunner on a ship; his father, also named Hugh, was an Army Ranger; his brother Connor is an Army infantry officer; and his brother Ryan graduated from the Naval Academy. It’s only natural for the recent St. Mary’s graduate and three-sport athlete to follow with the family tradition.

on the team. “He was a special player because he could play from one end of the field to the other end,” Lilly says. “That has become a lost art with the way the game is played today.”

The 17-year-old Dunleavy shined on the football field, too, as he was one of the few Saints to start on both offense and defense. He earned All-County honors and received Maryland Interscholastic Athletic Association B Conference recognition for his play from the linebacker position in 2019. That year, Dunleavy, who also played tight end, led the team in sacks (6), racked up 63 tackles, forced two tackles, and had two safeties.

“We moved him from strong safety to outside linebacker,” St. Mary’s Football Coach Jason Budroni says of his senior year. “He was a force and did a really great job coming off the edge. He used his speed well and was a physical presence.”

Dunleavy added a third sport to his resume this winter, playing ice hockey for the first time. “I never even skated before,” he says. “My friends and I wanted to do something fun for our senior year so we made an ice hockey team. I really enjoyed it.”

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Their Bond Would Not Break

The Night of Terror in Occoquan served to solidify the determination of the Silent Sentinels and the suffrage movement in America **By Ines Alicia**

Five prison guards held down Lucy Burns as a doctor shoved a tube up her nose to force feed her three times per day. The 38-year-old had launched a hunger strike one week earlier after being beaten and tortured for seeking the vote for women in 1917.

“I refused to open my mouth,” Burns wrote of her experience on tiny scraps of paper which were smuggled out of the jail, according to Burns’ fellow prisoner, Doris Stevens in her book, *Jailed for Freedom: American Women Win the Vote*. Stevens was sentenced for 60 days for picketing at the White House. The doctor “pushed tube up left nostril,” Burns said. “It hurts nose and throat very much and makes nose bleed freely. Operation leaves one very sick. Food dumped directly into stomach feels like a ball of lead.”

Burns and 32 other women, whose ages ranged from 19 (Matilda Young) to 73 (Mary Nolan), were imprisoned at the Occoquan Workhouse in Lorton, Virginia, on charges of unlawful assembly and obstructing the sidewalk after peacefully protesting in front of the White House on November 10, 1917. Some were sentenced for six days while others, like Burns, received six months, wrote Stevens. Their 13

days in the prison eventually drew national media attention for the prison administration’s brutality and its extensive efforts to keep their stay and treatment secret from the public.

“The women who were imprisoned were so committed to the idea that all women get the vote that they were willing to give their lives for it,” says Laura McKie, director of the recently opened Lucy Burns Museum in Occoquan Workhouse. “It was a pretty awful experience.”

The Night of Terror, which really should have been called Thirteen Days of Terror, began after prison superintendent William H. Whitaker became enraged with the women for refusing to agree to stop picketing the White House once released, for protesting their treatment and prison conditions, and for seeking to be declared political prisoners. Political prisoners had less supervision, greater freedom of dress and movement, didn’t have to do prison work like sewing and laundry, and could receive visitors, says Alice Reagan, an associate professor of history at Northern Virginia Community College and a key player in developing the new museum.

Guards launched the Night of Terror on one of the women the suffragists considered the most frail, Dorothy Day, who spent the rest of her life dedicated to helping the poor. She



Cell blocks at Occoquan Workhouse, ca. 1917.



Lucy Burns (standing in middle) speaks to women and men in 1910 about women's suffrage.

Women hold banners at the White House gates January 11, 1917, the day after their "silent sentinel" campaign for the women's right to vote began. The banner on the right reads, "Mr. President, what will you do for woman suffrage?" The campaign was organized by Alice Paul and the National Women's Party after President Woodrow Wilson refused in a meeting held January 9th to openly support women's suffrage.



co-founded the Catholic Worker Movement, a collection of autonomous communities dedicated to living "in accordance with the justice and charity of Jesus Christ."

"They twisted my arms above my head, lifted me, and slammed my back twice over a bench," said Day, who was 20 at the time and who is being considered for sainthood by the Catholic Church for her work. One of the men told her, "I will put you through hell."

The guards then turned their rage on suffragists Dora Lewis, Nolan, and Alice Cosu.

"A man sprang at me and caught me by the shoulder," said 73-year-old Nolan. "I remember saying, 'I'll come with you; don't drag me; I have a lame foot.' But, I was jerked down the steps and away into the dark. There was no light but from the corridor. Then they threw in two mats and two dirty blankets. (Mrs. Cosu and I) had only lain there a few minutes trying to get our breath, when Mrs. Lewis was literally thrown in."

Nolan said guards grabbed Lewis "like a sack of flour," smashing her head into an iron bed frame and knocking her unconscious for the evening, according to Cindy L. Bennett, author of the book *Wicked Fairfax County*.

Cosu, believing Lewis, 55, was dead, suffered a heart attack.

"Mrs. Cosu became desperately ill with chest pains and vomiting," said Nolan. "We called for help, but guards nearby ignored us."

Burns, an Irish Catholic from Brooklyn, became concerned after hearing the racket from the other cells. She launched a verbal roll call to check on the status of the other women, infuriating the guards who threatened to put a horse's bit in her mouth to silence her. They stripped Burns down to her petticoat, shackled her to her prison cell door with her arms over her head, and forced her to stand in that position all night in her unheated cell.

Another suffragist, Emily Du Bois Butterworth, said she was taken to the section of the prison where males were held. "They told me I was alone and the men could do what they pleased with me."

"It (The Night of Terror) helped turn public opinion to being more sympathetic to what the women were asking for," Reagan says. "People began to ask, 'what are you doing in the Occoquan Workhouse?'"

The guards would taunt the women with fried chicken and other tasty foods to try to get the women to resume eating. They would tell each of the women that the other women had stopped their hunger strikes. The women began to starve themselves in protest and the jailers feared being responsible for their deaths, so they force fed hunger strikers through a tube via the nostril or throat.

“Dr. Gannon then forced the tube through my lips down my throat; I gasping and suffocating with the agony of it,” Lewis later wrote of being force fed. “I didn’t know where to breathe from and everything turned black when the fluid began pouring in. I was moaning...Finally the tube was withdrawn. I lay motionless.”

Yet, none of the women gave in.

Initially, family and friends had no idea where the women had been imprisoned; they expected to find them at the D.C. Jail since they were arrested in Washington, D.C., at the White House. Instead, the women were transported by train to Lorton, Virginia, 30 minutes south of Washington. Once family and friends knew their location, the prison’s superintendent prohibited any visits, including from their lawyers. The women bribed guards to smuggle information about their stay to the public, but Whitaker asked U.S. Marines to surround the prison so no more information could be leaked.

An attorney, Dudley Field Malone, desperately tried to expose the maltreatment of the women and get them released. He eventually secured their release by challenging the government’s decision to imprison them in Virginia instead of D.C. where they were charged for violating the law. Prison superintendent Whitaker tried to circumvent the court order to bring the women to an Alexandria court for a hearing. He cut the phone line to the prison and disappeared for several days so he couldn’t be served with the court order.

“On November 23, the 26 suffragists who were still serving time were brought into the Alexandria courtroom,” wrote Bennett in *Wicked Fairfax County*. “The women appeared dazed, ashen and weak. Some did not have the strength to sit and ended up lying down on the court benches.”

The judge ordered the women be transferred to the D.C. Jail to complete their sentences.

The women resumed their hunger strikes and President Woodrow Wilson, fearing they would die, intervened and had them released on November 27–28.

Wilson believed individual states, not the federal government, should decide if women should be allowed to vote and he was initially amused when the women wearing purple, cream, and gold banners began protesting in January 1917 six days per week in front of the White House. On occasion, he would invite them in for tea. The protestors became known as the Silent Sentinels because they initially protested in silence. They were frustrated that it was taking so long to convince each state to give women the vote and they wanted a constitutional amendment to make it possible for women to vote across the country. Women could vote in Russia, Finland, and other Scandinavian countries.

The suffragists decided it was time to hold parades and protests; tactics not used before by women in the United States, but had been employed by British women, known as suffragettes there, to gain media attention. Burns and suffragist Alice Paul met in a jail in Britain after participating in the British movement while studying at universities there. They learned many of the techniques used and sought to employ them back home in the United States. Some U.S. women, however, felt squeamish about protests and parades because they were seen as militant and unwomanly. Every day, the protests had a different theme—they had college day where college-educated women would protest and they had State Day where women from different states, including Maryland, would protest in front of the White House.

The women faced hostility and angry crowds at times. The public felt they should focus their energies on being homemakers and supporting the war effort and soldiers in World War I. The suffragists refused to wait until the war ended. They recalled suffragists stopped pursuing the vote for women during the U.S. Civil War (1861–1865) because they were promised that if they helped with the war effort, their ideas on women voting would be entertained. Yet, 50 years later, women were still trying to have that discussion.

“A lot of people thought they were unpatriotic to continue picketing during the war,” McKie says. “These women were educated, worldly, had

A FORMIDABLE DUO

Graduate students in England at the height of the British suffrage campaign, both Paul and Burns were drawn into the movement. They met there in jail in 1909, where they were held for disturbing the peace during a demonstration. They were jailed together once more, enduring a hunger strike and force-feeding. Though they did not condone violence or vandalism, they witnessed—and learned from—the British movement’s radical, confrontational tactics.



Alice Paul—Born in New Jersey in 1890, Paul held a degree from Swarthmore College and a PhD from the University of Pennsylvania. In 1907, her social work studies took her to England, where she joined the British suffrage movement led by the Pankhurst family.



Lucy Burns—Burns, a graduate of Vassar College from Brooklyn, also studied at Yale, Columbia and universities in Bonn and Berlin, Germany. She became a suffragist while studying at Oxford University. Burns’ activist energy complemented Paul’s studied, thoughtful manner.



traveled, and had experiences and opportunities that hadn't been possible a generation before. They were angry when World War I started and that they didn't have a say."

Wilson, the police, and, to some extent, the public saw the protests as embarrassing. Wilson ordered federal law enforcement officers to trail the participants and had the protestors arrested. When the protests continued, authorities became more aggressive, charging them fines, which if they paid meant they also were pleading guilty. Most of the arrested women chose instead to spend a night in jail.

"The women were middle- and upper-class ladies who you'd expect to be taking tea instead of picketing the White House," McKie explains. "But, women at the time basically had no rights. When they worked, their wages could be taken by their husbands or fathers. When there was a divorce, the kids were given to the fathers. They couldn't own property. When they married, whatever the family gave them became property of their husband's."

Voting at the time was largely conducted in bars, no place for a woman. Women sought more family friendly policies, including laws

to strengthen consumer safety and improve education and economic opportunity. People worked six days per week at the time and women had no say on how their family's earnings were spent nor could they get loans or go to college.

"Women saw that getting the right to vote was a way to get politicians to support family-friendly policies," Reagan says. "They said, 'I want to vote to make a better life for my family.'"

After six months of protests, the crowds became more violent with the protestors. They often ripped their banners while mocking, deriding, and shoving the women, particularly after Wilson met with a Russian leader to encourage Russia to continue to support the war effort to encourage democracy around the world.

"The (suffragists) highlighted the government's hypocrisy of supporting democracy abroad while denying its women citizens at home the right to vote," according to a Library of Congress brochure titled *Shall Not be Denied: Women Fight for the Vote*.

The arrests of the suffragists grew more frequent. By the time the 33 women were arrested in November, right before the Night of Terror, authorities, citing frustration and anger with the women and multiple arrests, upped the stakes to try to coerce the women to stop protesting. They shipped the women to Lorton.

Author Kate Clarke Lemay wrote in her book *Votes for Women*, "Daily life in Occoquan (Workhouse) was meant to be miserable. The women wore coarse fabric dresses, labored in the heat of the gardens with their blistered hands, spent hours in the sewing room."

A guard who claimed she was fired for being friendly with the imprisoned suffragists, alleged in an August 30, 1917, article in the *Alexandria Gazette* titled "A Woman's Charges" that the workhouse food was wormy; bedding was seldom changed, going unwashed even if a new prisoner was assigned the bed of a released prisoner; prisoners were all required to use the same bar of soap; the suffragists' mail was not delivered to them; and that the superintendent and his son beat prisoners.

"You get the sense (Whitaker) wasn't a big fan of women from what we've read about him" Reagan says. "He had already been

investigated for violence on the prisoners before the women arrived.”

By 1918, Wilson, who had two daughters who supported suffrage, changed his opinion in support of a federal amendment to grant women the vote “and he had to do a lot of arm twisting” to get it passed in the House of Representatives, asserts Reagan. The U.S. Senate refused, but an election shortly after changed the composition of the Senate and the amendment was passed. Suffragists struggled through numerous challenges for the next two years trying to get ratification from a three-fourths majority of states. Tennessee became the 36th state to ratify, giving women the right to vote on August 26, 1920. Three months later, women across the country voted for president for the first time.

“It is incredible to me that any woman should consider the right to full equality won,” wrote suffragist Alice Paul of the events. Paul and Burns formed the National Woman’s Party to push for a Constitutional amendment to give women the vote. “It has just begun.”

Reagan said she gets frustrated when she hears voters, particularly women, take the vote for granted. She quotes one of her favorite posters which says, “She was not force-fed eggs and milk so you could not vote.”

“I say to all of my students, ‘If you didn’t vote, I don’t want to hear your complaints,’” Reagan says.

U.S. women battled for the right to vote for more than 70 years before the 33 women were imprisoned. The women’s fourth night in the prison, November 14, 1917, known as the Night of Terror, however, changed the trajectory of the movement to secure voting rights for women nationally. Though the suffragist movement still overcame many challenges and difficulties after the women’s imprisonment, the Night of Terror seemed to fast track the effort. Three years later, women were allowed to vote with passage of the 19th Amendment to the U.S. Constitution. The protestors, known as suffragists, though, were so traumatized from being beaten, choked, dragged, clubbed with batons, and force-fed by the guards during their imprisonment that some of them never participated in suffrage efforts again. Burns left the movement after passage of the amendment and focused her life on raising a niece.

“These women were the strongest women,” McKie says. “They willingly went to jail, purposefully resisted their treatment, decided to do hunger strikes, and would have probably been dead if not force fed. We need to honor that commitment. We need to get out and vote. The museum doesn’t tell people how to vote; just that it is our responsibility to vote.”

The Lucy Burns Museum, located in Building Two, highlights the sacrifices and hardships suffragists endured so all women could vote in the United States. McKie, who volunteers as director of the museum after retiring from the Smithsonian Institution, says museum visitors see the suffragist exhibit, a prison cell depicting the forced feeding of the women, and a section on the history of the prison and reformatory in Lorton. McKie says she plans to open four additional prison cells in the future, hopes to launch an oral history project, and produce signature films for their theater once they secure additional funding. She also proudly noted the Girl Scouts offers an opportunity to earn a patch by visiting the museum.

“Lucy Burns has the distinction of being jailed more often than anyone in the National Woman’s Party,” says Page Harrington, author of an upcoming book called *Interpreting the Legacy of Suffrage at Museums and Historic Sites*.

Reagan says it is important to have a museum dedicated to the suffrage movement.

“It is very satisfying to see this museum come to fruition,” says Reagan, a docent at the Lucy Burns Museum. “So many museums just have a panel on women’s contributions. Women’s history is not really highlighted. There are only a few museums out there that have to do with women. People walk into this museum and they’ll often say, ‘we didn’t know this happened.’”

The grounds of Occoquan Workhouse and buildings were converted into art galleries, apartments, a golf course, two parks, and a museum after being sold to Fairfax County in 2002.



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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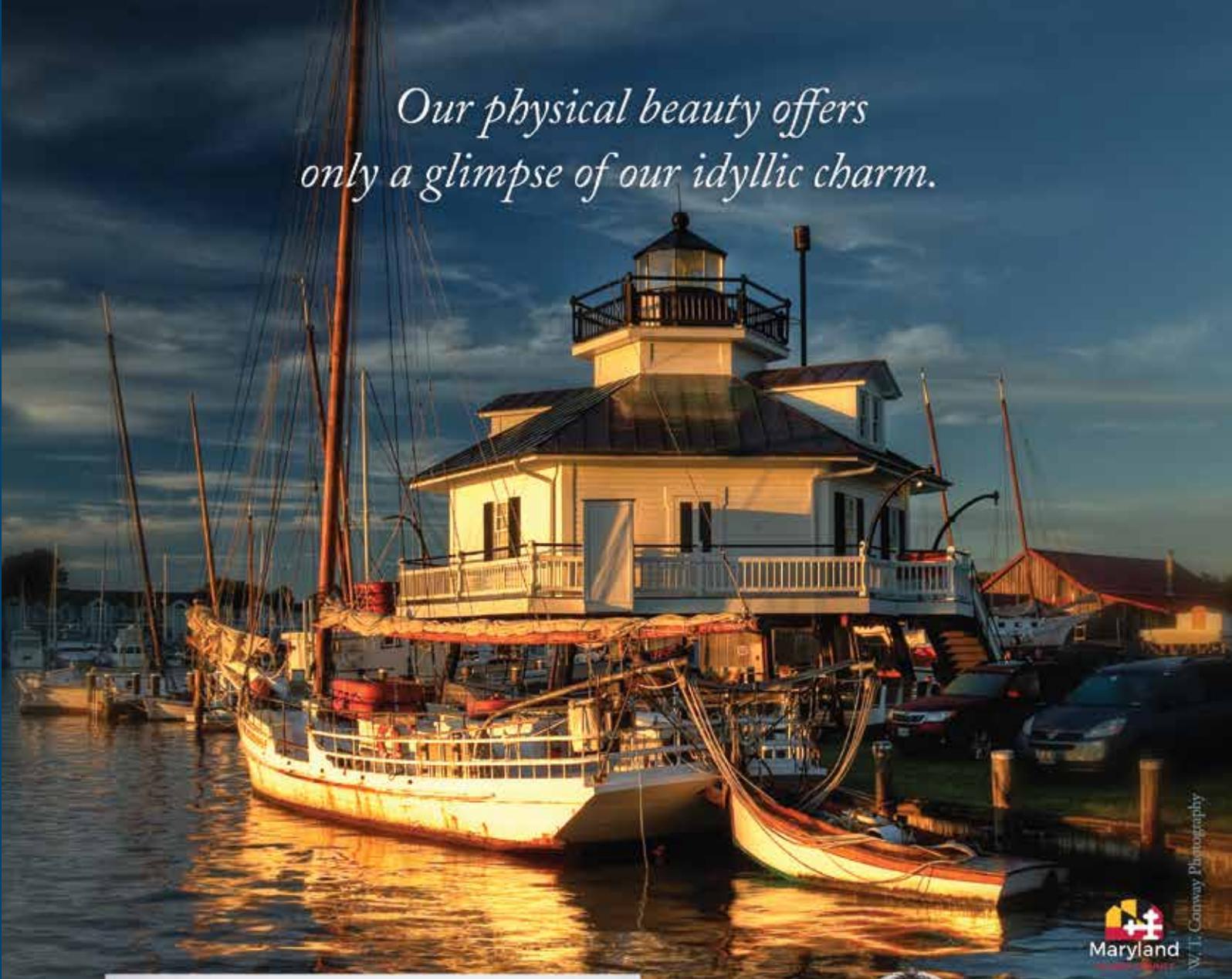


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SEARCHING FOR

“THAT HIGH
LONESOME
SOUND”

By Frederick Schultz



Where and when bluegrass music originated doesn't matter much to folks in the D.C./Maryland/Virginia corridor (dubbed the "DMV") as the area continues to be a hotbed for old-time, acoustic, Americana music



was a magical night and a year in the making. The Rams Head On Stage concert venue on West Street in Annapolis was recently brimming with hot licks and

high-lonesome harmonies— sold out for the 20th anniversary of the Good Deale Bluegrass Band. Tim and Savannah Finch were back. Forced to cancel their annual appearance at the same venue the year before when Savannah was sidelined for health reasons, their performance this night was in several ways a gift and a triumph.

The group, now known as “Tim and Savannah Finch with the Eastman String Band,” includes Tim (a sales rep for the Eastman company of fine stringed-instrument crafters) on vocals, mandolin, and banjo, Savannah on vocals and guitar, fiddling “Baltimore Jonny” Glik, Danny Stewart on stand-up bass, and a blazing young guitar picker named Chris Luquette, who often plays with the Eastman String Band. Tonight, the crowd was told, Luquette had just traveled from the Grammy Awards program in New York to be there for this special show. Also appearing with the anniversary band was dobroist Alex Sens, capably filling in but certainly not replacing the late, great, former Good Deale Bluegrass member Mike Auldridge, who, *The New York Times* wrote in a tribute, lent “fresh elegance” to the dobro.

Joining the lineup for the second set were long-time Good Deale friends and bluegrass greats Dudley Connell and Sally Love Connell and 2013 International Bluegrass Music Association Instrumental Performer and Banjo Player of the Year, Mike Munford. After masterful renditions, especially of the Lester Flatt and Earl Scruggs classic “Some Old Day” and a rousing instrumental “Alabama Jubilee,” everyone in the house agreed that bluegrass music in this town has lost none of its luster. But are these still glory days, or is general interest in bluegrass fading?





The Del McCoury Band
at a recent performance. Creative Commons License.

Where Did Bluegrass Come From?

The bona-fide home of bluegrass is still up for debate, now 90-odd years hence. Whether it was at a rural square-dance hall in Indiana that led to performances broadcast over the entire eastern half the country on WLS radio's "National Barn Dance" in Chicago, or the back room of some fledgling record company among those setting up shop in Nashville, bluegrass was little more than just a product label at the time. To borrow from the lyrics of a hit song released in 1982 by the popular country band Alabama, "mountain music" was "like grandma and grandpa used to play." As it turns out, Alabama might have been onto something there.

According to *Bluegrass: A History*, an authoritative, exhaustive volume acclaimed by aficionados and written in 1985 by Neil V. Rosenberg, what eventually became known as bluegrass actually did start before anyone ever performed it for money. Rosenberg, himself "a semiprofessional bluegrass musician" and at the time a professor of folklore at Memorial University of Newfoundland (St. Johns), Canada, writes that immigrants who settled in the Appalachian hills and the eastern piedmont of this country principally played music they'd imported from home—known derisively as "hillbilly" by outsiders—for their own entertainment.

Blue Grass Becomes Bluegrass

As those immigrants started migrating to higher population centers during the Great Depression to find work, and after radio and recorded music became more accessible, a mandolin player and entrepreneur named Bill Monroe formed a band in Indiana he called "The Blue Grass Boys." It wasn't long before the name stuck. Over the years, a total of 143 blue grass boys have been on the Monroe payroll at one time or another.

"Like all myths," Rosenberg laments, "those of country music are based on



Bluegrass phenom **Billy Strings** performs. His performance has sold out venues nationwide. Photo by Emily Butler.

truth but not necessarily the whole literal truth. Bill Monroe was and is the central figure in bluegrass, but he and his music were molded by culture and circumstance.” The combination of unamplified and unaltered guitar, mandolin, banjo, fiddle (don’t call it a violin), and later bass fiddle—at a higher “dupal-meter” tempo and accompanied by separate high-octave vocal harmonies—became its own style. And it has risen and fallen with commercial music’s fickle definitions of quality and popularity.

Television networks were responsible early on for spreading some of the bluegrass gospel. The Dillards made their debut appearance in 1963 as the Darling family “boys” in the 1960s series *The Andy Griffith Show*, and Lester Flatt and Earl Scruggs (both former Blue Grass Boys) guest-starred on *The Beverly Hillbillies* from 1963–68. In 1969, the country-music variety show *Hee-Haw* (cohosted by Roy Clark, who grew up in the Washington, D.C., area) became one of the most popular series in TV history.

A Big Revival

In an interview for the February 1988 *Country Journal*, blind-from-birth old-time guitar virtuoso Doc Watson recalled: “It seems like there have been revivals in this kind of music all along, a recurring thing. There was a lull in it at

the end of the ’60s, and then all at once in the ’70s it began to grow again...The ‘Circle Album,’ they call it...got us heard in a lot of audiences where we never would have been heard otherwise.”

What Watson was referring to, of course, was the Nitty Gritty Dirt Band’s 1972 ensemble of picking and strumming legends gathered together for the platinum-selling triple album *Will the Circle Be Unbroken*. That, along with the release the same year of the movie *Deliverance*, featuring the unlikely hit “Dueling Banjos,” and Jerry Garcia of the Grateful Dead sitting down on banjo to record—with fiddler Vassar Clements, mandolinist David Grisman, bassist John Kahn, and guitarist Peter “Panama Red” Rowan—for the release the following year of the classic old-timey album *Old and in the Way* helped bring on the resurgence that Watson was talking about.

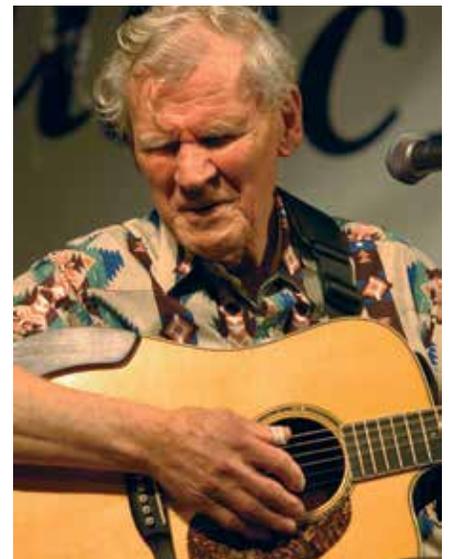
Another spike of interest in the music came in 2000, this time a reintroduction of bluegrass pioneers Carter and Ralph Stanley to a whole new audience with the release of the Coen brothers’ film *O Brother Where Art Thou*. One of its many memorable lines came when Tim Blake Nelson as character Delmarr O’Donnell says, “Hey mister! I don’t mean to be tellin’ tales out of school, but there’s a feller in there that’ll pay you ten dollars if you sing into his can.”

So, where has all this led? One of the hottest acts in live-performance music today is 27-year-old bluegrass jam guitar phenom William Apostol whose biggest influence, he says, is Doc Watson. If Apostol’s name doesn’t ring any bells, he’s been going by the stage name “Billy Strings,” coined by an aunt who early on recognized his stringed-instrument virtuosity. Most of the venue list for his tour this summer includes the words “SOLD OUT,” and he is a headliner for the more and more popular Delfest (an ode to festival founder Del McCoury), held Memorial Day weekend in Cumberland, Maryland.

The Nation’s Bluegrass Capital

The music has caught on nationwide, but nowhere was the appetite for it more voracious at one time than in the mid-Atlantic region. The *Washington Post* ran a story in March 1974 with the headline “D.C. Is Also Nation’s Bluegrass Capital.” In the early and mid-1970s, bluegrass music was definitely being reborn, if not reinvented altogether, right here in our neck o’ the woods.

Among a host of local musicians who’ve carried the bluegrass torch, most prominent in the Washington area have been The Country Gentlemen and The Seldom Scene; the lineups of both hav-



Doc Watson Sugar Grove, Doc Watson, 86 years old, performs in 2009, three years before his death. Creative Commons License.

ing changed considerably over the years, even though the product was essentially the same. Their stories and lineages are simply too long and complicated to include here, but suffice it to say, the “Scene” is still going strong with its current configuration, and a tribute band has taken on the responsibility of keeping the “Gentlemen” music alive.

Books Assess the Condition of Local Bluegrass

In 2015, Jim Newby produced *Bluegrass in Baltimore: The Hard-Drivin’ Sound and its Legacy*, “detailing the struggles Appalachian musicians faced in a big city that viewed the music they made as ‘the poorest example of poor man’s music.’” Among the notable legends from Charm City included in the book are Del McCoury and the Stoney Mountain Boys, the first bluegrass band to perform at New York City’s Carnegie Hall.

A book released early this year and written by “American vernacular music scholar” Kip Lornell, *Capital Bluegrass: Hillbilly Music Meets in Washington*, recounts the history of this type of music in the nation’s capital and surrounding area. In it, he describes the present local outlook as “the chilling winds of change” that started brewing in the early 1990s when bluegrass music declined in stature and popularity and paints a gloomy picture for the future of this musical genre in the region.

Harking back to the Rams Head Good Deale Bluegrass anniversary show (which at press time was in the early stages of production for a new live album), it was obvious that audience members had more age and grey hair than a typical concert crowd would have. Which leads to the questions: Is this style of music in a downward spiral? Or is it healthier than ever? Hints of its enduring popularity are everywhere; Delfest in Cumberland; the Charm City Bluegrass Festival, now in its seventh year; and sold-out performances at venues region-wide. Just ask Tim and Savannah Finch.

Area Bluegrass Jams

The Metropolitan Kitchen and Lounge on West Street in Annapolis features a Bluegrass Jam on the first and third Tuesdays of every month from 7 to 10 p.m., hosted by Sarah Larsen and Danny Stewart, Jr., a stringed-instrument master and a musician first-class in the U.S. Navy’s Country Current band. The family-friendly event welcomes all ages and musical skills and attracts bluegrass enthusiasts from the entire mid-Atlantic region.

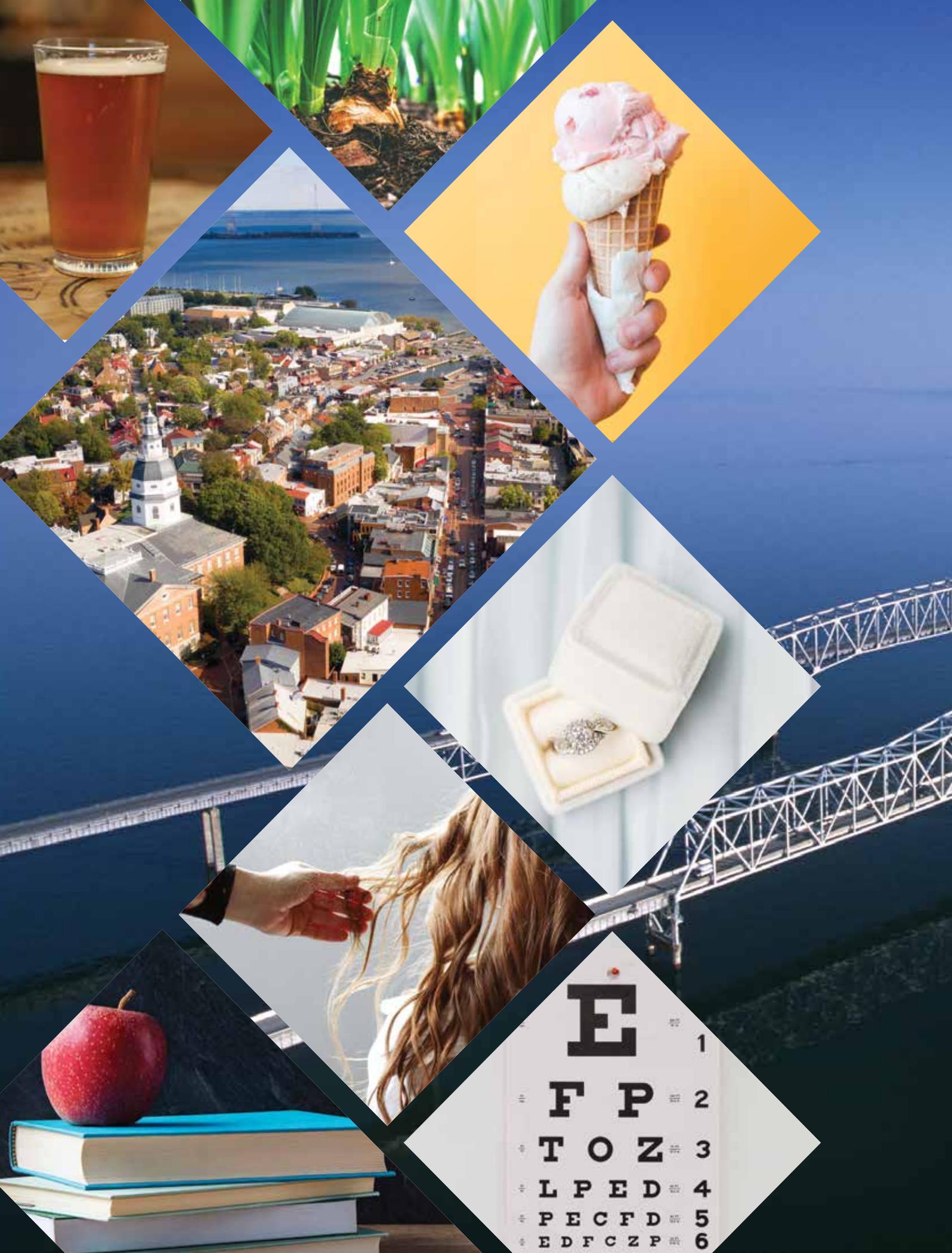
The monthly Bluegrass Jam at the Sandy Spring Museum on Route 108 in Sandy Spring, Maryland, is now in its third year. Held the last Sunday of the month (with the occasional exception), it draws pickers from Montgomery County and beyond, from players with considerable experience to beginners hoping to pick up pointers. The jam is led by Sandy Spring Museum board member Bruce Evans (who plays in the Brookeville-based band, The Fire Hazards) and Mary Burdette (assistant director of the Grey Fox Bluegrass Festival in Oak Hill, New York). To help pay museum staff and utilities, participants and listeners alike are encouraged to donate \$5 each time they attend.

Maryland Band Sampler

- Bluetrain Bluegrass—Baltimore
- Lonesome Fiddle Ramblers—Hagerstown
- Flatland Drive Band—Denton
- Free Range Bluegrass—Greensboro
- 15 Strings—Park Hall
- Across the Track—Aberdeen
- Backroad—Tacoma Park
- Smooth Kentucky—Towson
- Grand Old Ditch—Cumberland
- Blue Crab Crossing—Salisbury
- The Knuckle Dusters—Washington, D.C.



↑ **Eastman String Band** performs a signature set at Rams Head On Stage. From left: Fiddling Jon Glick, Tim Finch, Savannah Finch, bassist Danny Stewart from the Navy’s “Country Current” band, and Grammy-nominated up-and-coming guitar “picker,” Chris Luquette. Photo by G. T. Keplinger.



Newbies & Natives Guide

TO THE CHESAPEAKE BAY REGION

Whether you're fresh in town or an old-salt, the Chesapeake Bay region is chock full of amazing individuals and businesses driving its economy and the lifestyle that we love to enjoy. On the following pages, What's Up? Media presents a very resourceful and intuitive guide to the best restaurants, shopping, professional services, schools, home and garden contractors, realtors, lawyers, doctors, and dentists. Whew!

The best part? Altogether, this handy guide is the result of collaboration between our editors, readers, and licensed peers within the industries represented. It's been a community effort. Truly. And you'll read about the production processes for each of the categorical lists herein. It is our hope that it helps you navigate the sometimes tricky choices faced during times of want and need. Have fun perusing this guide and enjoy!





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BEST OF ANNAPOLIS

The summary list of 2020's winners

The Best of Annapolis 2020 winners are here, as voted by our readership. This is an important designation. 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. You chose the winners on the following pages; *no winner paid to be on this list*, however those businesses who have purchased advertising in *What's Up? Annapolis* magazine this year have their full contact information included on their individual listing.

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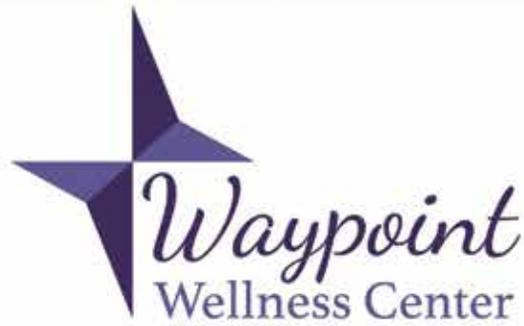
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PSYCHIATRISTS, PSYCHOLOGISTS, SOCIAL WORKERS, AND COUNSELORS



Our Behavioral Health Team
Melissa Hendricks, PhD, Sally Mays, PhD, and Danielle Willis, PhD.

A waypoint is a reference point that helps us know where we are, and where we are going; a destination on a journey. Waypoint Wellness Center is your waypoint to improved health and happiness.

We are licensed mental health professionals in Anne Arundel County providing assessment and treatment to children, adolescents, and adults. We are best known for providing evidence-based psychological and psychiatric treatment for a variety of clinical conditions.

We strongly believe that mental health services should fit into your lifestyle in the easiest way possible! That's why Waypoint will continue to offer accessible Telehealth services as we adjust to this evolving new "normal" together. Virtual sessions from the comfort of your own home can be particularly helpful for individuals and families who are at higher risk due to age or existing health conditions-- and Waypoint's Health Division is growing to meet the needs of our community!



ABOUT OUR DOCTORS

Our clinicians are highly trained and skilled at using evidence-based treatment that is proven effective through science. Visit our website to learn more about the practice and the individual specialties and backgrounds of our excellent clinicians.



WHAT YOU WOULD BE SURPRISED TO LEARN

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WHAT WE LOVE MOST ABOUT HEALTH PSYCHOLOGY

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Hillman, Brown & Darrow, P.A.; 221 Duke of Gloucester Street, Annapolis; 410-263-3131; hbdlaw.com

Harry C. Blumenthal

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

James R. Walsh

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

Philip C. Dales

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

Samuel J. Brown

Hillman, Brown & Darrow, P.A.; 221 Duke of Gloucester Street, Annapolis; 410-263-3131; hbdlaw.com

APPELLATE LAW

Cynthia E. Young

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Matthew J. Chalker

The Law Office of Matthew J. Chalker; 106B Defense Highway, Ste. C, Annapolis; 443-906-3529; chalkerlegal.com

N. Tucker Meneely

Council Baradel; 125 West Street, Fourth Floor, Annapolis; 410-268-6600; councilbaradel.com

Philip C. Dales

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

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Council Baradel; 125 West Street, Fourth Floor, Annapolis; 410-268-6600; councilbaradel.com

F. Joseph Gormley

Gormley Jarashow Bowman LLC; 162 West Street, Annapolis; 410-268-2255; gjblawfirm.com

Jeffrey P. Bowman

Gormley Jarashow Bowman LLC; 162 West Street, Annapolis; 410-268-2255; gjblawfirm.com

James E. Crossan

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

Jonathan W. McGowan

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

Jonathan P. Kagan

Kagan Stern Marinello & Beard LLC; 238 West Street, Annapolis; 410-216-7900; kaganstern.com

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Council Baradel; 125 West Street, Fourth Floor, Annapolis; 410-268-6600; councilbaradel.com

CONSTRUCTION LAW

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Gormley Jarashow Bowman LLC; 162 West Street, Annapolis; 410-268-2255; gjblawfirm.com

James E. Crossan

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

Kevin M. Tracy

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Michael P. Darrow

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Kagan Stern Marinello & Beard LLC; 238 West Street, Annapolis; 410-216-7900; kaganstern.com

Michael J. Marinello

Kagan Stern Marinello & Beard LLC; 238 West Street, Annapolis; 410-216-7900; kaganstern.com

Terrence C. Liff

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Jonathan P. Kagan

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Council Baradel; 125 West Street, Fourth Floor, Annapolis; 410-268-6600; councilbaradel.com

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Marla Zide

Law Office of Marla Zide, LLC; 7310 Ritchie Highway, Ste. 1001, Glen Burnie; 443-557-4153; marlazidelaw.com

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Henley & Henley; 47 West Street, Annapolis; 410-220-6621; henleylaw.net

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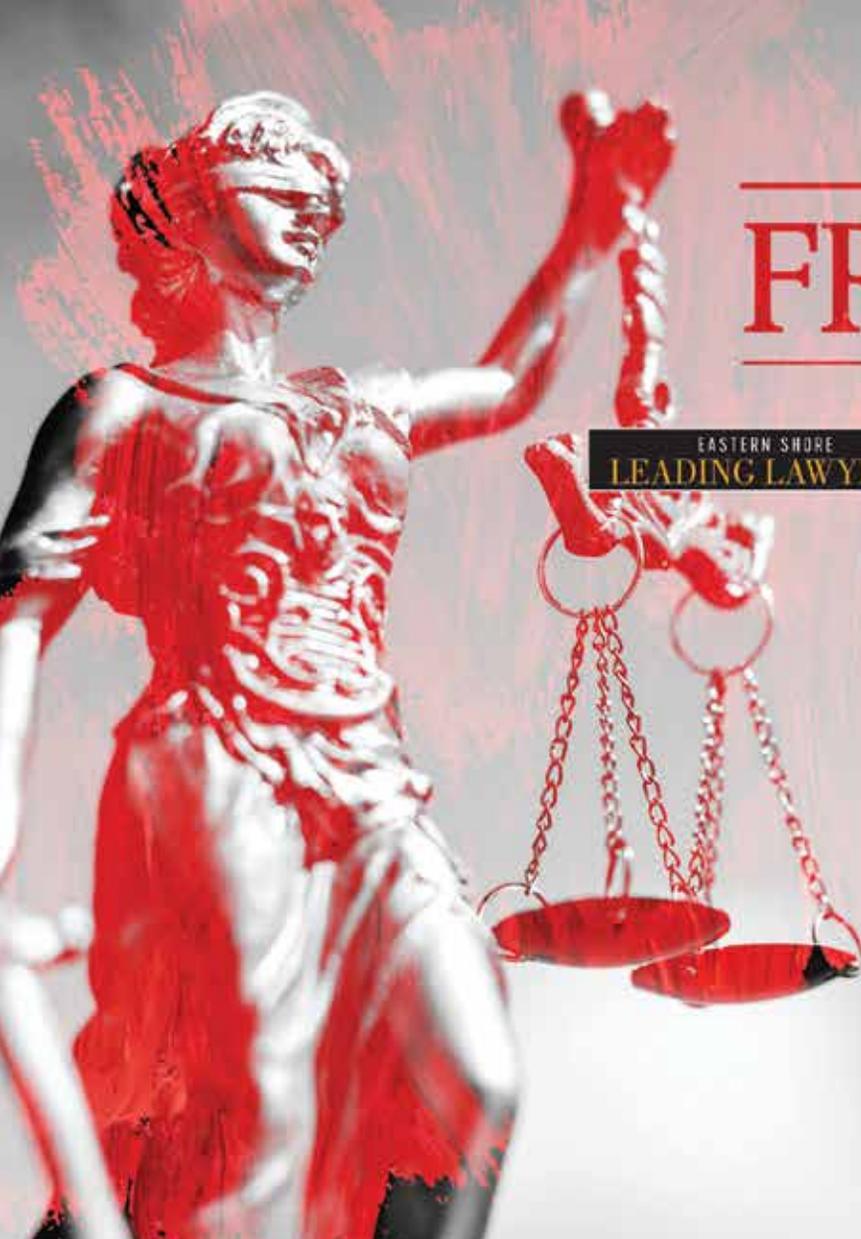
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Crighton A. Chase

Hillman, Brown & Darrow, P.A.; 221 Duke of Gloucester Street, Annapolis; 410-263-3131; hbdlaw.com

LITIGATION

Adam G. Cohen

Cohen & Greene, P.A.

Jeffrey P. Bowman

Gormley Jarashow Bowman LLC; 162 West Street, Annapolis; 410-268-2255; gjblawfirm.com

James E. Crossan

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

John P. Lynch

McNamee Hosea; 888 Bestgate Road, Ste. 402, Annapolis; 410-266-9909; mhlawyers.com

Jonathan W. McGowan

Liff, Walsh & Simmons LLC; 181 Harry S. Truman Parkway, Ste. 200, Annapolis; 410-266-9500; liffwalsh.com

N. Tucker Meneely

Council Baradel; 125 West Street, Fourth Floor, Annapolis; 410-268-6600; councilbaradel.com

MEDIATION

Anita C. Deger

Law Office of Anita C. Deger

Ronald M. Naditch

Ronald M. Naditch, P.A.; 49 Cornhill Street, Annapolis; 443-926-4539; rmnaditch.com

MEDICAL MALPRACTICE

Andrew T. Burnett

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Benjamin H. Meredith

Iliff, Meredith, Wildberger & Brennan, P.C.; 8055 Ritchie Highway, #201-203, Pasadena; 410-685-1166; ilimer.com

Kathleen H. Meredith

Iliff, Meredith, Wildberger & Brennan, P.C.; 8055 Ritchie Highway, #201-203, Pasadena; 410-685-1166; ilimer.com

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MILITARY LAW

Michael J. Marinello

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Kevin M. Elden

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Lee Ann Adams

Council Baradel; 125 West Street, Fourth Floor, Annapolis; 410-268-6600; councilbaradel.com

Michael N. Russo, Jr.

Council Baradel; 125 West Street, Fourth Floor, Annapolis; 410-268-6600; councilbaradel.com

Thomas W. Simmons

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TAX LAW

Esther A. Streete

McNamee Hosea; 888 Bestgate Road, Ste. 402, Annapolis; 410-266-9909; mhlawyers.com

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Jonathan W. McGowan

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Maria W. McKenna

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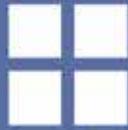
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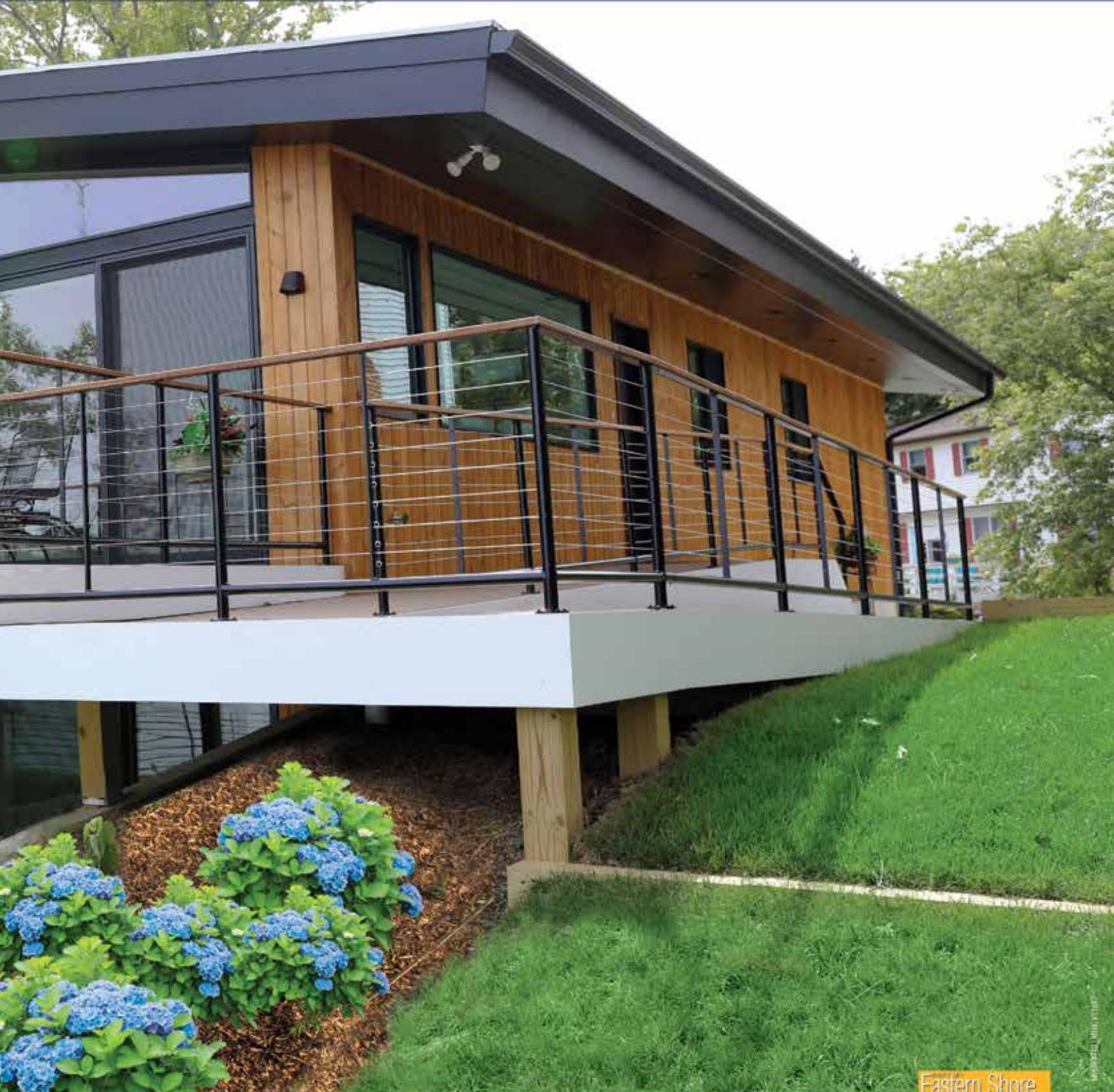
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Melanie Hartwig-Davis

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1 Melvin Avenue, Annapolis; 410-990-1700; purplecherry.com

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American Craft Council

800-836-3470; craftcouncil.org

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annapolispillowco.com

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The value of this project exceeds those of other “Best Of” type projects in that this is truly *professionals nominating professionals*. This is not open to the public at large. *Only licensed nurses and medical professionals may access this [survey](#).* The process

will be anonymous, but do have your state license number handy to access the nomination form. The license number is required to verify and qualify each nomination form. Only one nomination form may be entered by each person. There are 15 categories/specialties on each nomination form. You may nominate up to two nurses per category; one nurse practicing within Anne Arundel and Prince George Counties, and another nurse on the Eastern Shore.

Thank you very much for your time and participation. You are truly benefitting the medical community by acknowledging the contributions of your peers. **Voting will close in August.**

Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in the November issues of *What's Up? Annapolis*, *What's Up? Eastern Shore*, and *What's Up? West County*, in addition to the online platform and social media channels of What's Up? Media.

If you have any questions about the process, please contact our Editorial Director at editor@whatsupmag.com.

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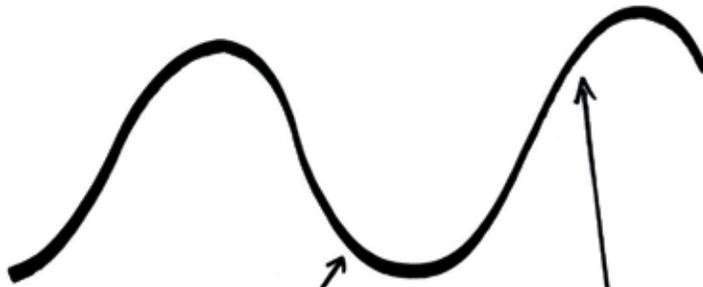


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thewilliamshometeam.com

RETIREMENT COMMUNITIES

Bay Village Assisted Living & Memory Care

979 Bay Village Drive,
Annapolis; 888-687-5440;
integracare.com/bay-village

Baywoods of Annapolis

7101 Bay Front Drive,
Annapolis; 410-268-9222;
baywoodsofannapolis.com

The Gardens of Annapolis

931 Edgewater Road,
Annapolis; 833-261-6184;
gardensofannapolis.com

Londonderry on the Tred Avon

700 Port Street, Ste. 148,
Easton; 410-820-8732;
londonderrytredavon.com

The Village at Providence Point

Sales office: 1997 Annapolis
Exchange Parkway, Ste. 300,
Annapolis; 410-849-6928;
thevillageatprovidencepoint.
org

TOP DOCS

OF ANNE ARUNDEL COUNTY

The biennial peer review survey from 2019–2020

The Top Docs named on these pages represent the individuals who received the highest number of nominations from their peers during our biennial peer review survey, the latest of which was conducted in 2019. Please note that many fine physicians who are either new to the area or affiliated with other medical institutions may not be included. *No doctor paid to be on this list*, however those doctors/hospitals who have purchased advertising in *What's Up? Annapolis* magazine this year have their full contact information included on their individual listing. Knowing who medical professionals consider the best in their respective fields is an invaluable asset.

ALLERGY & IMMUNOLOGY

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

Dr. James Banks

Allergy & Asthma Associates, P.A.

Dr. Duane Gels

Annapolis Allergy & Asthma, L.L.C.

Dr. Jamie Olenec

Annapolis ENT Associates

ANESTHESIOLOGY

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

Dr. Michael Webb

Anesthesia Company, L.L.C.

Dr. David Nieglos

Anesthesia Company, L.L.C.

Dr. Erin Singh

Anesthesia Company, L.L.C.

CARDIOVASCULAR DISEASE

Dealing with the heart, its actions and diseases.

Dr. Baran Kilical

AAMG Cardiology Specialists

Dr. Scott Katzen

MedStar Health Cardiology Associates, L.L.C.

Dr. William Maxted

MedStar Health Cardiology Associates, L.L.C.

COLON & RECTAL SURGERY

Dealing with surgery involving the colon and rectum.

Dr. Mari Madsen

Annapolis Colon and Rectal Surgeons

Dr. Vincent Cifello

Colon & Rectal Surgical Associates

Dr. Steven Proshan

Annapolis Colon and Rectal Surgeons

CRITICAL CARE MEDICINE

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

Dr. Kanak Patel

Annapolis Asthma Pulmonary Sleep Specialists

Dr. Cristina Feather

AAMG Acute Care Surgery

Dr. Ira Weinstein

Annapolis Asthma Pulmonary Sleep Specialists

DERMATOLOGY

Dealing with the skin and its diseases.

Dr. Lisa Renfo

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

Dr. Christine Ambro

Annapolis Dermatology Center

Dr. Gail Goldstein

Annapolis Dermatology Center

Dr. Emma Lanuti

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

Dr. Kelly McGuigan

Anne Arundel Dermatology

Dr. Angela Peterman

Anne Arundel Dermatology

ENDOCRINOLOGY

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

Dr. Barbara Onuman

AAMG Diabetes & Endocrinology

Dr. Kristen Flammer

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

Dr. Michele Smadja-Gordon

Annapolis Internal Medicine, L.L.C.

GASTROENTEROLOGY

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

Dr. Suzanne Sankey

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

Dr. Barry Cukor

Maryland Diagnostic & Therapeutic Endo Center Gastroenterology

Dr. Christopher Olenec

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

Dr. Praveena Velamati

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

GYNECOLOGY

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

Dr. Karen Hardart

Annapolis OB/GYN

Dr. Susan Peeler

Comprehensive Gynecology Center

Dr. Marcus Penn

Chesapeake Womens Care, P.A.; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

Dr. Paula Radon

Comprehensive Gynecology Center; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

HEMATOLOGY & ONCOLOGY

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

Dr. Ravin Garg

Anne Arundel Medical Center Hematology & Oncology

Dr. Peter Graze

Anne Arundel Medical Center Hematology & Oncology

Dr. Yudhishtira Markan

Chesapeake Hematology Oncology Associates

Dr. Jason Taksey

Anne Arundel Medical Center Hematology & Oncology

Dr. Carol Tweed

Anne Arundel Medical Center Hematology & Oncology

Dr. David Weng

Anne Arundel Medical Center Hematology & Oncology

HOSPICE & PALLIATIVE

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

Dr. Elizabeth Grady

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

Dr. Russell DeLuca

Chesapeake Oncology Hematology Associates, P.A.

INTERNAL MEDICINE

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

Dr. Andrew McGlone

Annapolis Primary Care

Dr. Titus Abraham

Annapolis Internal Medicine, L.L.C.

Dr. Ruth Gallatin

Crofton Internal Medicine

Dr. Matthew Malta

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

Dr. Tim Woods

Annapolis Internal Medicine, L.L.C.

NEPHROLOGY

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

Dr. Andrew Briglia

Annapolis Nephrology Associates, L.L.C.

Dr. Adnam Hashmi

Washington Nephrology Associates

NEUROLOGICAL SURGERY

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

Dr. Tim Burke

Maryland Brain and Spine

Dr. Gary Dix

Anne Arundel Medical Center Spine Center

Dr. Danny Liang

UM BWMC Spine & Neuroscience Center; 301 Hospital Drive, Ste. 803, Glen Burnie; 410-233-8160; mybwmc.org

Dr. Clifford Solomon

UM BWMC Spine & Neuroscience Center; 301 Hospital Drive, Ste. 803, Glen Burnie; 410-553-8160; mybwmc.org

Dr. Brian Sullivan

Maryland Brain and Spine

NEUROLOGY

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

Dr. Dan Hexter

Annapolis Neurology Associates

Dr. Molly Price

Annapolis Neurology Associates

Dr. Brian Salter

Annapolis Neurology Associates

OBSTETRICS

Dealing with birth and its antecedents and after effects.

Dr. Marcus Penn

Chesapeake Womens Care, P.A.; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

Dr. Fred Guckes

Annapolis Obstetrics & Gynecology Associates PA

Dr. Jessica Russell

Chesapeake Womens Care, P.A.; Chesapeake Womens Care, P.A.; 2000 Medical Parkway, Ste. 306, Annapolis; 410-571-9700; chesapeakewomenscare.com

OPHTHAMOLOGY

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

Dr. Maria Scott

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

Dr. Heather Nesti

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

Dr. Orin Zwick

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

ORTHOPEDIC SPORTS MEDICINE

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

Dr. Dan Redziniak

AAMG Orthopedic & Sports Medicine

Dr. Paul King

AAMG Orthopedic & Sports Medicine

Dr. Benjamin Petre

AAMG Orthopedic & Sports Medicine

ORTHOPEDIC SURGERY

Dealing with conditions involving musculoskeletal systems.

Dr. Paul King

AAMG Orthopedic & Sports Medicine

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine

Dr. Chad Patton

AAMG Orthopedic & Sports Medicine

Dr. Lou Ruland

Anne Arundel Orthopedic Surgeons, P.A.

ORTHOPEDIC SURGERY (HAND)

Dealing with surgery of the hand.

Dr. Thomas Dennis

Annapolis Hand Center, L.L.C.

Dr. Jeff Gelfand

AAMG Orthopedic & Sports Medicine

Dr. Angela Jones

Angela Jones MD

Dr. Alex Shushan

AAMG Orthopedic & Sports Medicine

Dr. Garth Smith

Anne Arundel Orthopedic Surgeons, P.A.

ORTHOPEDIC SURGERY (HIP)

Dealing with surgery of the hip.

Dr. Paul King

AAMG Orthopedic & Sports Medicine

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine

ORTHOPEDIC SURGERY (KNEE)

Dealing with surgery of the knee.

Dr. Paul King

AAMG Orthopedic & Sports Medicine

Dr. James MacDonald

AAMG Orthopedic & Sports Medicine

OTOLARYNGOLOGY

Dealing with the ear, nose, and throat.

Dr. Michael Pardo

Annapolis ENT Associates

Dr. Mathew Hilburn

Annapolis ENT Associates

Dr. Robert Meek

Anne Arundel ENT

Dr. Joydeep Som

Annapolis ENT Associates

PEDIATRICS

The medical sciences dealing with children.

Dr. Faith Hackett

Severna Park Doctors Pediatricians and Internal Medicine

Dr. Andrew Gvozden

Gvozden Pediatrics

Dr. James Rice

Annapolis Pediatrics

Dr. Rebecca Vickers

Arundel Pediatrics

PHYSICAL MEDICINE & REHABILITATION

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

Dr. Brian Kahan

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

Dr. Zed Zamfirov

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

PHYSICAL MEDICINE (PAIN MANAGEMENT)

Dealing with the diagnosis and treatment of chronic pain.

Dr. Brian Kahan

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



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Stevensville, MD 21666**

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PLASTIC SURGERY (ENHANCEMENT)

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

Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 410-775-8331; annapolisplasticsurgery.com

Dr. Tripp Holton

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

Dr. Chris Spittler

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

PLASTIC SURGERY (FACIAL)

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

Dr. Bryan Ambro

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 410-775-8331; annapolisplasticsurgery.com

Dr. Henry Sandel

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

Dr. Devinder Singh

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

Dr. Kelly Sullivan

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

PLASTIC SURGERY (RECONSTRUCTIVE)

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

Dr. Tripp Holton

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

Dr. Devinder Singh

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

Dr. James Chappell

Annapolis Plastic Surgery; 2002 Medical Parkway, Ste. 215, Annapolis; 410-775-8331; annapolisplasticsurgery.com

PODIATRY

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

Dr. Lyle Modlin

Annapolis Foot & Ankle

Dr. Ross Cohen

The Foot and Ankle Center of Maryland

Dr. Diane Lebedeff

Joppa Foot Care

Dr. Lauren Newnam

University Of Maryland Baltimore Washington Medical Center; 301 Hospital Drive, Ste. 802, Glen Burnie; 410-553-8170; mybwmc.org

PRIMARY CARE MEDICINE

Provides first-contact care for persons with any undiagnosed sign, symptom, or health concern and comprehensive care for the person which is not organ- or problem-specific.

Dr. Andrew McGlone

Annapolis Primary Care

Dr. Patrick Canon

Annapolis Primary Care

PSYCHIATRY

Dealing with the science and practice of treating mental, emotional, or behavioral disorders.

Dr. Milena Smith

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

Dr. Melissa Wellner

AAMG Mental Health Specialists

Dr. Nancy Wheeler

Nancy C. Wheeler, M.D., P.A.

PULMONOLOGY

Dealing with the function and diseases of the lungs.

Dr. Ira Weinstein

Annapolis Asthma Pulmonary Sleep Specialists

Dr. Aimee Yu

Annapolis Asthma Pulmonary Sleep Specialists

RADIATION ONCOLOGY

Dealing with the use of radiant energy in the treatment of disease.

Dr. Angel Torano

Annapolis Radiology Associates

Dr. Lugman Dad

Annapolis Radiology Associates

Dr. Min Oh

Chesapeake Hematology Oncology Associates

Dr. Mary Young

Annapolis Radiology Associates

RADIOLOGY

Dealing with the science of X-rays and other high energy radiation, especially in the use of such radiation for the treatment and diagnosis of disease.

Dr. David Todd

Annapolis Radiology Associates

RHEUMATOLOGY

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

Dr. Ashu Mehta

Anne Arundel Rheumatology

Dr. Ashok Jacob

Annapolis Rheumatology

GENERAL SURGERY

Dealing with diseases and conditions requiring or amenable to operative or manual procedures.

Dr. Gina Massogila

Chesapeake Surgical Associates

Dr. Vincent Sayan

Arundel Ambulatory Surgery Center

THORACIC SURGERY

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

Dr. Stephen Cattaneo

AAMC Thoracic Surgery

Dr. Avedis Meneshian

AAMC Thoracic Surgery

Dr. Galen Ohnmacht

University Of Maryland Baltimore Washington Medical Center; 305 Hospital Drive, Ste. 304, Glen Burnie; 410-553-8146; mybwmc.org

UROLOGY

Dealing with the urinary or urogenital organs.

Dr. Robert Hanley

Anne Arundel Urology

Dr. David McDermott Jr.

Anne Arundel Urology

Dr. David McDermott Sr.

Anne Arundel Urology

Dr. Steven Rock

Anne Arundel Urology

VASCULAR SURGERY

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

Dr. Mark Peeler

MedStar Health Cardiology Associates, L.L.C.

Dr. Marshall Benjamin

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

BACK PAIN

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

Dr. Timothy Burke

Anne Arundel Medical Center Spine Center

Dr. Chad Patton

Chad Patton MD MS—Spine Surgeon

BREAST CANCER

A cancer that forms in the cells of the breasts.

Dr. Lorraine Tafra

AAMC Breast Center

Dr. Robert Buras

AAMC Breast Center

Dr. Cynthia Drogula

University of Maryland Community Medical Group—Aiello Breast Center; 203 Hospital Drive, Ste. 100B, Glen Burnie; 410-553-8351; mybwmc.org

IRRITABLE BOWEL SYNDROME

An intestinal disorder causing pain in the belly, gas, diarrhea, and constipation.

Dr. Suzanne Sankey

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Ste. 2A, Annapolis; 410-224-2116; aagastro.com

Dr. Mark Flasar

Anne Arundel Gastroenterology Associates, P.A.; 820 Bestgate Road, Ste. 2A, Annapolis; 410-224-2116; aagastro.com

LYME DISEASE

A tick-borne illness caused by the bacterium *Borrelia burgdorferi*.

Dr. William Vickers

Mid-Atlantic Health Institute

Dr. David Barnes

Annapolis Infectious Disease

MACULAR DEGENERATION

An eye disease that causes vision loss.

Dr. Tamara Fackler

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

Dr. Deborah Reid

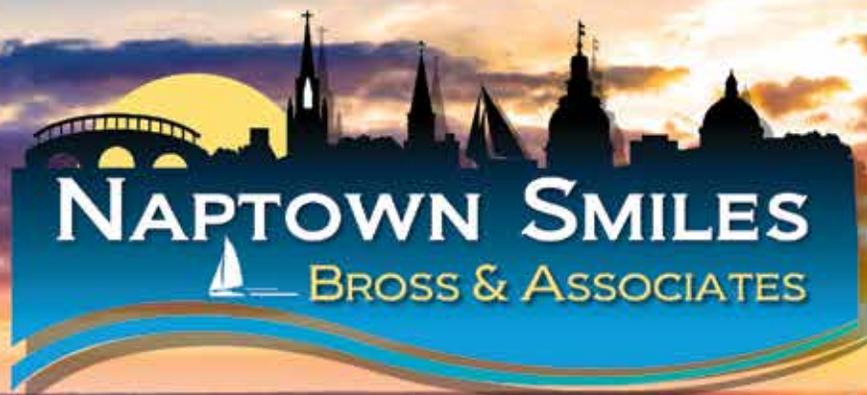
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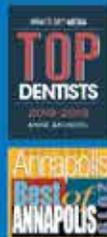
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DR. SAGAR PATEL, DDS
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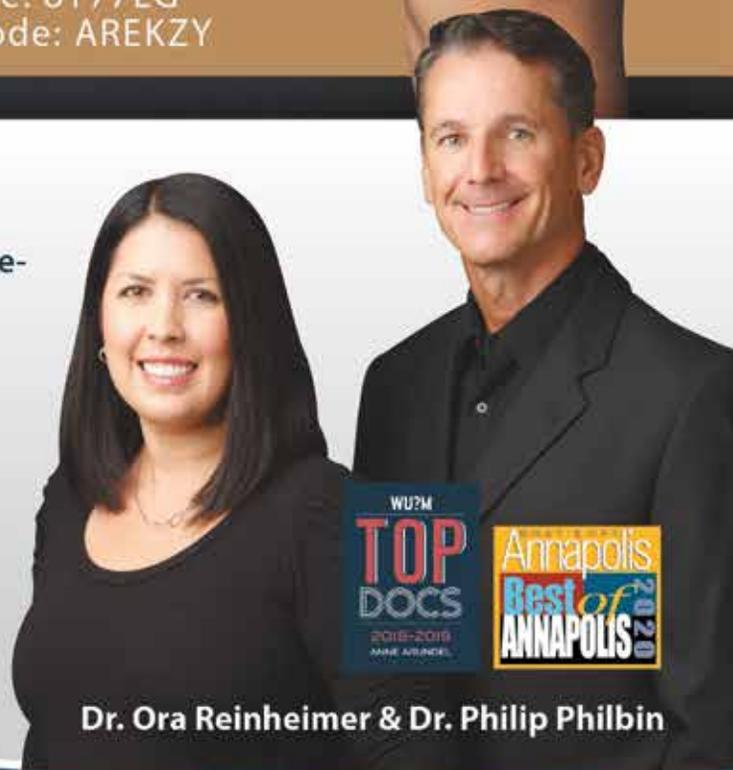
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TOP DENTISTS

OF ANNE ARUNDEL COUNTY

The biennial peer review survey from 2018–2019

The Top Dentists named on these pages represent the individuals who received the highest number of nominations from their peers during our biennial peer review survey, the latest of which was conducted in 2018. Please note that many fine dentists who are either new to the area or affiliated with other practices may not be included. *No dentist paid to be on this list, however those dentists/practices who have purchased advertising in What's Up? Annapolis magazine this year have their full contact information included on their individual listing.* Knowing who dental professionals consider the best in their respective fields is an invaluable asset. **Editor's Note:** *The 2020–2021 Top Dentists will be fully revealed and celebrated in the upcoming October issue*

ENDODONTICS

Dental specialty dealing with diseases of the tooth root, dental pulp, and surrounding tissues. Root canal procedures are commonly performed by endodontists in order to alleviate pain and to save the tooth.

Dr. Louis H. Berman
Annapolis Endodontics

Dr. Charles P. Herbert
Endodontics, P.A.

Dr. Quinton W. Miner, Jr.
Annapolis Endodontics

GENERAL DENTISTRY

A general dentist caters to a wide variety of dental health concerns for patients of all ages by preventing and/or treating both straight-forward and complex conditions.

Dr. Dennis M. Cherry
Cherry Family Dental; 900 Ritchie Highway, Ste. 204, Severna Park; 410-793-5802; cherryfamilydental.com

Dr. Meredith Esposito
Chesapeake Dental Arts

Dr. Scott Finlay
Scott Finlay DDS & Associates; 1460 Ritchie Highway, Ste. 203, Arnold; 410-989-7132; annapolisdentistdds.com

Dr. Todd E. Patton
Patton Smiles

Dr. Oneal F. Russell
Oneal F. Russell, DDS

Dr. Edward Vesely
Lee, Bonfiglio, Vesely & Associates

GENERAL DENTISTRY (COSMETIC)

This specialty concentrates on improving the appearance of a person's teeth, mouth, and smile. This may involve restorative work, treatment of the gums, realignment of the bite, and creation of prostheses.

Dr. Scott Finlay
Scott Finlay DDS & Associates; 1460 Ritchie Highway, Ste. 203, Arnold; 410-989-7132; annapolisdentistdds.com

Dr. Oneal F. Russell
Oneal F. Russell, DDS

Dr. Edward Vesely
Lee, Bonfiglio, Vesely & Associates

ORAL & MAXILLOFACIAL PATHOLOGY

This specialty is concerned with diagnosis and study of the causes and effects of diseases of the mouth, jaws, and related structures, such as salivary glands, temporomandibular joints facial muscles, and perioral skin (the skin around the mouth).

Dr. Clifford S. Walzer
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis; 410-897-0111; mosa4os.com

Dr. Borek L. Hlousek
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Edward Zebovitz
Edward Zebovitz, D.D.S.

ORAL & MAXILLOFACIAL RADIOLOGY

This specialty is concerned with performance and interpretation of diagnostic imaging used for examining the craniofacial, dental, and adjacent structures.

Dr. Cornelius J. Sullivan
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis; 410-897-0111; mosa4os.com

ORAL & MAXILLOFACIAL SURGERY

This specialty deals with the diagnosis and surgical treatment of diseases, injuries, and defects of the teeth, mouth, and face. Procedures range from removal of wisdom teeth to surgical treatment of facial trauma.

Dr. Ziad E. Batrouni
Maryland Oral Surgery Associates; 128 Lubrano Drive, Ste. 300, Annapolis; 410-897-0111; mosa4os.com

Dr. Borek L. Hlousek
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Cornelius J. Sullivan
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Clifford S. Walzer
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

ORTHODONTICS

This specialty deals with the diagnosis, prevention, and correction of improperly aligned teeth and abnormal jaw structures. Treatment can be for functional and/or aesthetic reasons.

Dr. Ora Reinheimer
Philbin & Reinheimer Orthodontics; 802 Bestgate Road, Ste. B, Annapolis; 410-934-0520; marylandbraces.com

Dr. John A. Benkovich, III
Benkovich Orthodontics

Dr. Stephen Labbe
Labbe Family Orthodontics

Dr. Mairead M. O'Reilly
Dr. Mairead M. O'Reilly & Associates; 888 Bestgate Road, Ste. 301, Annapolis; 410-266-0025; annapolisortho.com

Dr. Philip Philbin
Philbin & Reinheimer Orthodontics; 802 Bestgate Road, Ste. B, Annapolis; 410-934-0520; marylandbraces.com

PEDIATRIC DENTISTRY

This is an age-defined specialty that provides primary and comprehensive preventive and therapeutic oral health care for infants and children through adolescence.

Dr. Michelle M. Decere
Pediatric Dentistry & Orthodontics

Dr. Gregg T. Behling
Pediatric Dentistry & Orthodontics

Dr. Tyson Bross
Naptown Smiles, Bross & Associates; 129 Lubrano Drive, Ste. 300, Annapolis; 410-224-0018; naptownsmiles.com

Dr. Beverly A. Jimenez
Chambers Family Dentistry

Dr. CJ Tull, III
Pediatric Dentistry & Orthodontics

Dr. Maya A. Vernon
Vernon Pediatric Dentistry

PERIODONTICS

This specialty deals with the tissue that supports and surrounds the teeth—including gums, jaw and roots. This effort often includes salvaging the teeth and jawbone from gum disease.

Dr. Angela Miele
Annapolis Periodontics

Dr. David A. Mugford
The Mugford Center

Dr. Deborah Odell
Annapolis Periodontics

PROSTHODONTICS

This specialty centers on the function, comfort, and health of patients with missing or deficient teeth caused by congenital disorders and those caused by trauma or decay. Treatment may involve the creation of dentures, crowns, and/or dental implants.

Dr. John Davliakos
Annapolis Prosthodontic Associates

Dr. Arezoo A. Bahar
Annapolis Prosthodontic Associates

Dr. Robert Cook
Annapolis Prosthodontic Associates

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PRIVATE SCHOOL

GREATER ANNAPOLIS

	DESCRIPTION	YEAR FOUNDED	RELIGIOUS AFFILIATION	PRINCIPAL/HEAD OF SCHOOL	GRADE LEVELS	ENROLLMENT	AVG. CLASS SIZE
ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER <i>(Severn) 61 Gambrills Road, Severn (Annapolis) 710 Ridgely Avenue, Annapolis 410-519-5300; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Karl Graustein (S); Elizabeth Williams (A)	K–5	242	15-17
ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE <i>716 Bestgate Road, Annapolis 410-846-3505; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Benjamin Peddicord	6–8	262	16-22
ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER <i>109 Burns Crossing Road, Severn 410-846-3507; aacsonline.org</i>	Annapolis Area Christian School is a private, co-ed school with four campuses: two in Severn and two in Annapolis.	1971	Christian	Dr. Robert McCollum	9–12	431	20-23
BOOK OF LIFE ACADEMY <i>913 Cedar Park Road, Annapolis 410-263-2600; bookoflifeacademy.com</i>	Located in Annapolis, Book of Life offers a Christian education through various daily enrichment programs.	1982	Christian	Ashley Mackell	K2–5	115	12
CALVARY CENTER SCHOOL <i>301 Rowe Boulevard, Annapolis 410-268-3812; calumc.org/calvary-center-school</i>	Cavary Center School is a preschool for children ages 3 and 4, and also offers extended care options.	1986	Methodist	Johnna Parker	PreK	75	12-15
CHESAPEAKE MONTESSORI SCHOOL <i>30 Old Mill Bottom Road North, Annapolis 410-757-4740; chesapeake-montessori.com</i>	Chesapeake Montessori is recognized by the Association Montessori Internationale, and focuses on indoor and outdoor learning environments on their 7-acre campus.	1977	Non-Sec-tarian	Robb Wirts	18 months–8	150	24
THE HARBOUR SCHOOL AT ANNAPOLIS <i>1277 Green Holly Drive, Annapolis 410-974-4248; harbourschool.org</i>	The Harbour School, located in Cape St. Claire, has an individualized way of teaching, and adapts to the students' way of learning.	1982	Non-Sec-tarian	Linda J. Jacobs	1–12	189	8–10
INDIAN CREEK SCHOOL—LOWER <i>680 Evergreen Road, Crownsville 410-923-3660; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sec-tarian	Jennifer Malachowski	PreK 3–6	200	16
INDIAN CREEK SCHOOL—UPPER <i>1130 Anne Chambers Way, Crownsville 410-849-5151; indiancreekschool.org</i>	Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (17.1 acres) and Upper (114 acres).	1973	Non-Sec-tarian	Matthew McCormick	7–12	350	15
THE KEY SCHOOL <i>534 Hillsmere Drive, Annapolis 410-263-9231; keyschool.org</i>	Key School was founded by professors from St. John's College, and is a progressive, college-prep school located within Hillsmere Shores on a 15-acre campus.	1958	Non-Sec-tarian	Matthew Nespole	Key-Wee (2.5 yrs.) –12	645	16–18
MONTESSORI INTERNATIONAL CHILDREN'S HOUSE <i>1641 North Winchester Road, Annapolis 410-757-7789; montessorinternational.org</i>	Recognized by the Association Montessori Internationale, Montessori International Children's House caters to students ages 18 months to 12 years on their 4.5-acre campus.	1985	Non-Sec-tarian	Elizabeth Whitaker	18 months–6	150	12–25
NAVAL ACADEMY PRIMARY SCHOOL <i>74 Greenbury Point Road, Annapolis 410-757-3090; napschool.org</i>	Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy.	1949	Non-Sec-tarian	Robyn M. Green	PreK–5	242	15
ROCKBRIDGE ACADEMY <i>680 Evergreen Road, Crownsville (K–6) 911 Generals Highway, Millersville (7–12) 410-923-1171; rockbridge.org</i>	Rockbridge Academy focuses on a classical Christian education. The school moved its K–6 students to the new Evergreen Campus, with the goal of unifying both upper and lower schools in a few years.	1995	Christian	Roy Griffith	K-12	335	13
ST. ANNE'S SCHOOL OF ANNAPOLIS <i>3112 Arundel on the Bay Road, Annapolis 410-263-8650; stannesschool.org</i>	St. Anne's School is a candidate school for the International Baccalaureate (IB) Primary and Middle Years Programme, and offers several different approaches to the learning environment.	1992	Episcopal	Lisa Nagel	Twos–8	235	13
ST. MARGARET'S DAY SCHOOL <i>1605 Pleasant Plains Road, Annapolis 410-757-2333; stmargaretsdayschool.org</i>	St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children	1995	Episcopal	Tricia McVeigh	2 year–K	127	12-20
SAINT MARTIN'S LUTHERAN SCHOOL OF ANNAPOLIS <i>1120 Spa Road, Annapolis 410-269-1955; stmartinsonline.org</i>	Saint Martin's Lutheran School was founded by Saint Martin's Lutheran Church as a mission to its members and the community, and is part of the Evangelical Lutheran Education Association.	1963	Lutheran	James D. Moorhead	PreK 3–8	100	10
ST. MARY'S ELEMENTARY SCHOOL <i>111 Duke of Gloucester Street, Annapolis 410-263-2869; stmarysannapolis.org</i>	Located in downtown Annapolis, St. Mary's Elementary offers a broad educational curriculum with Christian values to its students.	1862	Catholic	Rebecca Zimmerman	PreK–8	800	28
ST. MARY'S HIGH SCHOOL <i>113 Duke of Gloucester Street, Annapolis 410-263-3294; stmarysadmissions.org</i>	Located next to the elementary school, St. Mary's High is a college-preparatory day school that focuses on the traditions of the School Sisters of Notre Dame.	1946	Catholic	Mindi Imes	9–12	507	20

RATIO	TUITION PER YEAR	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
11:1	\$11,800–13,150	Coed	Yes	✓	35%	✓	0	0	Spanish	4	2	0	N/A
11:1	\$15,600	Coed	Yes	✓	35%	✓	0	0	Spanish, ASL	6	4	5	N/A
11:1	\$19,850	Coed	Yes	✓	40%	✓	11	0	Chinese, French, German, Latin, Spanish, ASL, ESL	21	20	15	8 hours/year (encouraged, not required)
6:1	\$4,500–6,000	Coed	No	✓	N/A	✓	0	0	Spanish	Music and Fine Arts	Multiple	0	N/A
6:1	\$180–1,025	Coed	No	✗	N/A	✗	0	0	N/A	Music	N/A	0	N/A
Varies	\$11,000–16,500	Coed	No	✗	N/A	✓	0	0	French	Art and music	Multiple	0	72 hours/year (7–8)
2:1	\$40,112	Coed	No	✓	27%	✗	0	0	N/A	Studio art and performing arts	5	4	75 hours for seniors
7:1	\$8,910–21,660	Coed	Yes	✓	23%	✓	0	0	Spanish	8	12	8	N/A
7:1	\$26,990	Coed	Yes	✓	23%	✓	22	0	Spanish, French, Latin	30	43	25	75 hours (9–12)
6:1	\$8,545–29,200	Coed	Yes (ISEE or SSAT)	✗	35%	✓	6 AP; 13 Advanced	0	Arabic, French, Latin, Spanish	24	45	40	N/A
Varies 4:1 to 15:1	\$9,700–11,950	Coed	No	✗	25%	✓	0	0	Spanish	N/A	Varies by year; 8	0	N/A
9:1 (PreK); 16:1 (K–5)	\$5,000–9,400	Coed	Yes	✓	12%	✓	0	0	French	Art night; 7 musical performances	16	0	N/A
6:1	\$7,000–15,080	Coed	Yes	✓	29%	✓	Honors level (Upper)	0	Latin, Spanish	25	23	6	Daily service duties
9:1	\$3,575–19,995	Coed	Yes	✓	33%	✓	0	0	Spanish	7	7	6	10 hours (grade 8)
5:1	\$2,300–8,000	Coed	No	Opt.	5%	✓	0	0	Spanish	Music Together, ballet	3-4	0	N/A
10:1	\$3,900–12,900	Coed	No	✓	18%	✓	0	0	Spanish	14	5	4	15 hours (middle school)
6:1 (PreK–K); 12:1 (1–3); 15:1 (4–5)	\$8,537 (Catholic); \$9,812 (Non-Catholic)	Coed	K and middle math	✓	N/A	✓	0	0	Spanish	5	Multiple	4 (middle school)	Weekly service projects, community outreach, Saints in action
14:1	\$14,577 (Catholic); \$16,320 (non-Catholic)	Coed	Yes	✓	15%	✓	16	0	Spanish, French, Latin	15	30	19	75 hours



CONGRATULATIONS Class of 2020!



archbishopspalding.org

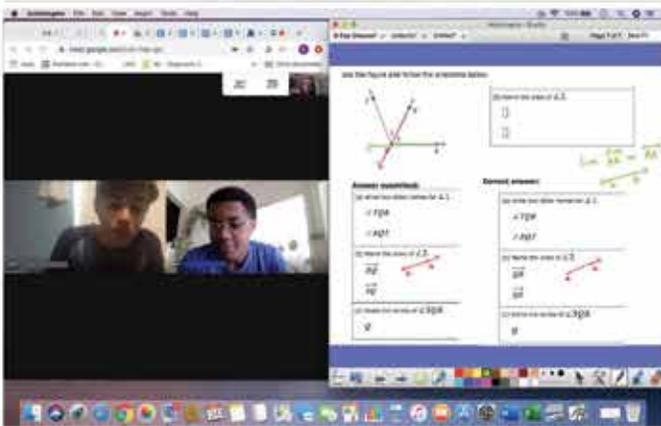
What should I consider when seeking educational options for my child in the Fall?



During this unpredictable time, we have all learned to adapt as well as to prepare for the future of education.

We have learned that there is the possibility of continued building closures or intermittent closures during the 2020-21 school year. Families throughout Maryland have seen a wide range of approaches and schedules for remote learning this past spring. Remote learning can vary by the school or the district, and understanding the type and schedule of instruction is crucial to finding the right fit for your student.

Your child may be a strong fit when they are highly motivated to complete assigned work, at their own pace and schedule. This is called asynchronous instruction. Another advantage can be that there is more opportunity for independent work. Teachers are on hand to provide instruction by e-mail or Zoom for guidance and support, and attendance may be recorded on a daily basis.



Students with learning differences tend to benefit from a schedule that includes more "real-time" or synchronous learning by the guidance of the instructor. We knew that students would benefit from this unique learning experience which is why Wye River Upper School (WRUS) opted to provide a synchronous class schedule which included teachers from 9:30 - 3 p.m. with breaks in between each class.

Weeks into the remote learning at WRUS, parents were overwhelmingly positive about the value of accountability and routine in their

students' days. The relationships that teachers and staff had developed through the year were critical to maintain. A routine, relatively typical schedule demonstrated to our students that teachers and staff were still present and prepared in their lives.

As you consider the best fit for your student, consider a one-of-a-kind educational experience that offers hands on learning, and even real world problem solving within their home classrooms. Allowing them to explore curiosity, ask questions when needed, and rely on classmates and teachers to provide support helps to boost normalcy and relationships while in their online classrooms.

We have seen that our students thrive in supportive and nurturing environments. Even while in a virtual setting it is crucial that there is an established emotional support system that is accessible for each student. WRUS has demonstrated this model by offering daily social gatherings with our staff and frequent check-ins with both students and parents to gauge social and emotional stamina. Our families have expressed their appreciation.

We know that our students often place their friendships and relationships first on their list of priorities. WRUS has been purposeful in weaving opportunities to keep connections amongst our student body. Out of respect and recognition that our Class of 2020 deserved to be celebrated and honored, we held a Commencement Caravan on a beautiful day as we delivered each of our graduates with diplomas, banners, and personal family celebrations. (photo)

We know very well how challenging these parenting decisions can and will be. We are here to help you and we welcome your phone calls if you have any further questions. Ask for Matt Cowan, Asst. Head of School or Dave Mullen, Interim Head of School at 410-758-2922.



Wye River
UPPER SCHOOL

...because not all great minds think alike.

PRIVATE SCHOOL

DESCRIPTION

YEAR FOUNDED

RELIGIOUS AFFILIATION

PRINCIPAL/HEAD OF SCHOOL

GRADE LEVELS

ENROLLMENT

AVG. CLASS SIZE

SEVERNA PARK

SEVERN SCHOOL—CHESAPEAKE CAMPUS (LOWER)
1185 Baltimore Annapolis Boulevard, Arnold
410-647-7700; severnschool.com

Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion.

1914

Non-Sec-
tarian

Douglas
Lagarde

Pre-
school–5

227

15

SEVERN SCHOOL—TEEL CAMPUS (UPPER)
201 Water Street, Severna Park
410-647-7700; severnschool.org

Severn School's upper campus is situated on 19 acres, and offers the Stine Environmental Center, which is located along the Severn River.

1914

Non-Sec-
tarian

Douglas
Lagarde

6–12

627

13

ST. JOHN THE EVANGELIST SCHOOL
669 Ritchie Highway, Severna Park
410-647-2283; stjohnspschool.org

St. John the Evangelist School is under the jurisdiction of the Archdiocese of Baltimore, and its school population includes students from Anne Arundel County, Baltimore City, and the Eastern Shore.

1959

Catholic

Casey
Buckstaff

PreK–8

484

25

ST. MARTIN'S IN-THE-FIELD EPISCOPAL SCHOOL
375-A Benfield Road, Severna Park
410-647-7055; stmartinsmd.org

St. Martin's is an independent school and offers three high school-level courses and over 20 extracurricular activities.

1957

Episcopal

Jamey
Hein

PreK 3s–8

170

12-18

EDGEWATER

SAINTE ANDREW'S DAY SCHOOL
4B Wallace Manor Road, Edgewater
410-266-0952; standrewsum.org

Saint Andrew's is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs.

1985

United
Methodist

Mark
Wagner

PreK–8

251

14

THE SUMMIT SCHOOL
664 East Central Avenue, Edgewater
410-798-0005; thesummitschool.org

The Summit School serves students with dyslexia and other learning differences by employing a multi-sensory teaching approach.

1989

Non-Sec-
tarian

Dr. Joan
Mele-Mc-
Carthy

1–8

105

Varies

GAMBRILL/ODENTON

ODENTON CHRISTIAN SCHOOL
8410 Piney Orchard Parkway, Odenton
410-305-2380; ocs.odentonbaptist.org

Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives.

1977

Baptist

Scott Milner
(principal);
John
Lacombe
(director)

K3–12

181

14

SCHOOL OF THE INCARNATION
2601 Symphony Lane, Gambrills
410-519-2285; schooloftheincarnation.org

Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore.

2000

Catholic

Nancy
Baker

PreK–8

750

25

MILLERSVILLE

ELVATON CHRISTIAN ACADEMY*
8422 Elvaton Road, Millersville
410-647-3224; elvatonacademy.com

Elvaton Christian Academy is a coeducational school located in Millersville.

1995

Christian

Pastor
Dallas
Bumgarner

PreK2–8

60

8

SEVERN/GLEN BURNIE

ARCHBISHOP SPALDING HIGH SCHOOL
8080 New Cut Road, Severn
410-969-9105; archbishopspalding.org

Spalding High School was founded by the Archdiocese of Baltimore. It is a college preparatory school that serves students in the greater Annapolis and Baltimore areas.

1966

Catholic

Kathleen
K. Mahar

9–12

1,250

25

GRANITE BAPTIST SCHOOL
7823 Oakwood Road, Glen Burnie
410-761-1118; granitebaptistschool.org

Granite Baptist School was founded as a ministry of Granite Baptist Church, and is located near Route 100 and Route 2.

1975

Baptist

Lou Rossi,
Jr.

K3–12

273

Varies

MONSIGNOR SLADE CATHOLIC SCHOOL
120 Dorsey Road, Glen Burnie
410-766-7130; msladeschool.com

Monsignor Slade is part of the Archdiocese of Baltimore, and is located in northern Anne Arundel County on a 10.5-acre campus.

1954

Catholic

Alexa L.
Cox

PreK2–8

475

25

ST. PAUL'S LUTHERAN SCHOOL
308 Oak Manor Drive, Glen Burnie
410-766-5790; stpaulsgb.org

Located near Route 100, St. Paul's Lutheran School focuses on a Christian-based curriculum.

1950

Lutheran

John
Maxwell

P2–8

230

18

—AND BEYOND

TALBOT COUNTY

THE BOYS' LATIN SCHOOL OF MARYLAND
822 West Lake Avenue, Baltimore
410-377-5192; boyslatinmd.com

Boys' Latin is Maryland's oldest, independent, non-secular college-preparatory school. It is divided into Lower, Middle, and Upper Schools, and offers cocurricular programs.

1844

Non-Sec-
tarian

Christo-
pher J.
Post

K–12

625

13

KENT COUNTY

THE GUNSTON SCHOOL
911 Gunston Road, Centreville
410-758-0620; gunston.org

Founded over 100 years ago, The Gunston School is an independent college preparatory school that offers individualized learning plans.

1911

Non-Sec-
tarian

John A.
Lewis, IV

9–12

210

10-12

RADCLIFFE CREEK SCHOOL
201 Talbot Boulevard, Chestertown
410-778-8150; radcliffecreepschool.org

Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne's, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties.

1996

Non-Sec-
tarian

Meg
Bamford

K–8

73

5

QUEEN ANNE'S COUNTY

WYE RIVER UPPER SCHOOL
316 South Commerce Street, Centreville
410-758-2922; wyeriverupperschool.org

Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus.

2002

Non-Sec-
tarian

Chrissy
Aull

9–12

58

7-8

	RATIO	TUITION PER YEAR	EDUCATIONAL ENVIRONMENT	ENTRANCE EXAMS	UNIFORMS	% MINORITY	FINANCIAL ASSISTANCE	AP COURSES	IB COURSES	LANGUAGES TAUGHT	PERFORMANCE/ CREATIVE ARTS OFFERINGS	EXTRACURRICULAR CLUBS	INTERSCHOLASTIC SPORTS	SERVICE/VOLUNTEER REQUIREMENT
	13:1	\$21,540; PS-K varies	Coed	Yes	✓	20%	✓	0	0	Spanish	Multiple	Multiple	0	N/A
	12:1	\$27,780	Coed	Yes	✓	17%	✓	20	0	French, Spanish, Latin	35+	45+	15-48 teams	10 hour/year (9-12)
	14:1	\$4,845 (half-day); \$8,075 (full-day)	Coed	No	✓	11%	✓	0	0	Spanish	10	21	6	N/A
	7:1	\$3,200-12,700	Coed	No	✓	17%	✓	0	0	Spanish	6	20+	4	Yearly class service
	9:1	\$8,940-\$13,015	Coed	No	✓	N/A	✓	0	0	Spanish	Music and Art	Multiple (After School Enrichment Program)	4	N/A
	4:1	\$31,621	Coed	No	✓	22%	✓	0	0	N/A	4	8	6	Yes
	9:1	\$6,300	Coed	Yes	✓	N/A	✗	0	0	Spanish	Multiple	Multiple	3	N/A
	14:1	\$7,400 (Catholic); \$8,150 (other faiths)	Coed	Yes	✓	24%	✓	0	0	Spanish	Music	30+	9	20 hours (grade 8)
	12:1	\$1,400-5,500	Coed	Yes	✓	30%	Limited	0	0	Spanish	Multiple	Multiple	0	N/A
	14:1	\$17,250	Coed	Yes	✓	N/A	✓	26	Yes	Spanish, French, Latin	Music, Theatre, Visual Arts	30+	30+	60 hours of community service
	Varies	Starts at \$4,410	Coed	Yes	✓	N/A	✗	0	0	N/A	Multiple	N/A	12; Little Braves (K5-6)	N/A
	Varies	Starts at \$3,071	Coed	Yes	✓	37%	✓	0	0	Spanish (grade 4-8)	10	14	5	12 hours
	20:1	\$1,845-7,315	Coed	Yes	✓	25%	✓	0	0	N/A	4	5	3	N/A
	7:1	\$21,220-30,530	Boys	Yes	✓	33%	✓	15	0	Latin, Spanish, French, Mandarin	15	20+	14	40 hours
	9:1	\$25,600	Coed	Yes	✗	18%	✓	19	0	Spanish, Latin	16	18	13	45 hours
	Ranges from 1:1 to 7:1; (typically 4:1)	\$28,700	Coed	No	✓	N/A	✓	0	0	N/A	8 (changes yearly)	6	2	N/A
	5:1	\$29,100	Coed	No	✓	21%	✓	0	0	Spanish	9	7	5	90 hours

Located on the Corsica River in Centreville, MD, The Gunston School provides a rigorous and highly personalized college preparatory educational experience that values a healthy balance between mind and body, a strong sense of community, the creative process, and a connection to the Chesapeake Bay.

- 17 sports teams including sailing, crew, cross country, golf and triathlon.
- 20+ Advanced Placement classes available.
- \$1.5M in financial aid awarded with flexible payment plans.
- Our school day ends at 4:30 p.m. which includes athletics—no late bus needed!

TRANSPORTATION AVAILABLE: (MD) Annapolis, Severna Park, Chestertown, Church Hill, Easton, Galena, Grasonville & Kent Island. (DE) Dover & Middletown.



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

Contact Lynne Fish at LFish@stjohnsp.org for more information

FAITH • FAMILY • ACADEMICS






Saint Andrew's
 PreK 3s-8th Grade
 school.standrewsum.org
 410-266-0952

Discover our innovative approach to education, challenging academics, and small class sizes.




RADCLIFFE CREEK SCHOOL



DISCOVER.



CREATE.



THRIVE.

Within our walls or through Distance Learning, our students continue to DISCOVER, CREATE, and THRIVE!
www.radcliffecreekschool.org
 410-778-8150




Severn School
 MSDE #161229

2020-2021 PRESCHOOL & PREKINDERGARTEN

Email us today to schedule your virtual visit of our Chesapeake Campus.
 Sue Richburg • s.richburg@severnschool.com
www.severnschool.com



**HELLO
HOME**
OF COMPASS



8 King Charles
Annapolis | \$730,000



437 Fair Lane Ct. - Waterfront
Severna Park, MD | \$1,975,000



153 Boone Trail - Waterfront
Severna Park | \$1,299,000



209 Mt Oak Place
Annapolis | \$895,000



Diaper Drive

Thank you! We collected over 10,000 diapers in honor of Mother's Day for the Diapers for Baby Program. This program is through the Walk the Walk Foundation serving Emergency Baby Pantries in Anne Arundel County.



We are committed to giving back to our community. Every sale results in a donation to a local charity.

BETTY BATTY | Hello Home

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24 Annapolis St, Annapolis, MD 21401
www.hellohomeofcompass.com



Home & Garden

104 DARE TO GO DARK? | 108 TECHNO-PLUMBING SOLUTIONS | 114 REAL ESTATE



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 West Ocean City, MD 21842
 Or call us today at 443.837.7455



ARNOLD
WATERFRONT
 \$2,800,000
 1128 ASQUITH DRIVE



OCEAN CITY
WATERFRONT
 \$2,050,000
 4301 ATLANTIC AVENUE



NORTH BETHANY
WATERFRONT
 \$1,595,000
 39355 NATURES WAY



CROWNSVILLE
WATERFRONT
 \$1,500,000
 803 HOMESTEAD LANE



ANNAPOLIS
WATER COMMUNITY
 \$1,200,000
 390 RIDGELY AVENUE



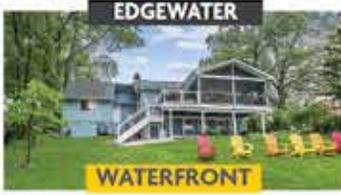
HARWOOD
WATERFRONT
 \$950,000
 220 HARWOOD ROAD



DAGSBORO
WATERFRONT
 \$950,000
 122 RIVERVIEW DRIVE



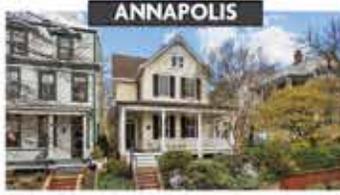
CROWNSVILLE
WATERFRONT
 \$900,000
 560 MAYNADIER LANE



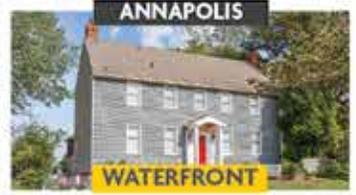
EDGEWATER
WATERFRONT
 \$900,000
 3935 WHITEMARSH LANE



EDGEWATER
WATERFRONT
 \$869,900
 611 HAVENHILL ROAD



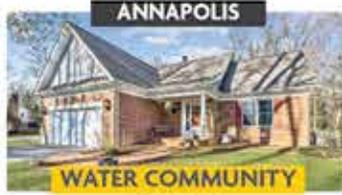
ANNAPOLIS
WATERFRONT
 \$850,000
 93 MARKET STREET



ANNAPOLIS
WATERFRONT
 \$825,000
 1409 BAY HEAD ROAD



GRASONVILLE
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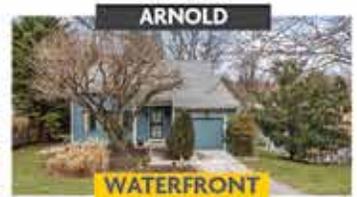
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\$685,000
724-A S SURF ROAD #1



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3505 RUSSELL THOMAS LANE



DAGSBORO

\$550,000
29366 TURNBERRY DRIVE



OCEAN CITY

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37 SEASIDE DRIVE #37LK



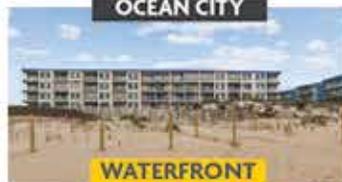
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771 FENWOOD CIRCLE



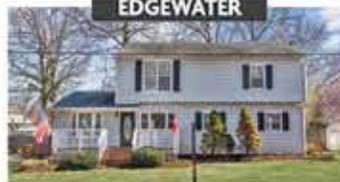
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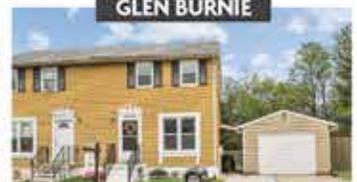
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Dare to Go Dark?

TRENDING DEEP HUES FOR YOUR HOME'S EXTERIOR

By Lisa J. Gotto



They're popping up everywhere—those vibrant, eye-popping homes that take curb appeal to the next level. Daring and creative homeowners are drenching their residences in rich hues; for some it may be as an accent color on part of the home, but for the truly bold the entire home is making a lively style statement.

With these rich hues being applied to various exterior materials including brick and even stone, it's a good idea to ask the right questions of

your paint retailer before you make your bold move. These questions will vary depending on the type of home you're painting (older homes like Victorians have a palette all their own and if you wish to honor it historically, certain rules for application should be recognized). When you choose a color you will also need to decide on a finish. Experts generally recommend a flat finish offering a softer look that hides subtle imperfections or a satin finish that offers a slight gloss for bolder hues.

You will also need to address the level of on-going maintenance associated with a richly-painted exterior, especially in our region where you'll need to account for our Bay climate. Sun will be your main concern. Darker colors absorb the sunlight faster than others. Inside, this could result in higher cooling bills in the summer. Outside, the side of your home that receives the most sun can start to fade as soon as three years.

That said, the quality of exterior paint continues to improve. Though you will

pay more for the top-of-line options from the most respected manufacturers like Sherwin-Williams and Benjamin Moore, you will save precious time and some money down the road when it comes to touching up and re-painting. Some of these paints also contain built-in primer for the most practical and fastest application.

Convinced yet? If you're still debating whether or not to plunge head-first into color, keep in mind you can consider some bold moves with your door color,

trim, and shutter color. But with so many attractive options and the availability of the most durable exterior paints ever, the question may not be if you dare to go dark, but when.

Photo Credits: 1. Two-Tone: For those who wish to just dabble in color. Photo courtesy of hgtv.com 2. The traditionalist's top choice. Photo courtesy of bobvila.com 3. Sleek and sophisticated. Photo courtesy of oldhouseguy.com 4. The most widely trending color. Photo courtesy of benjaminmoore.com 5. The nautical classic. Photo courtesy of bobvila.com 6. Farmhouse fabulous. Photo courtesy of bobvila.com

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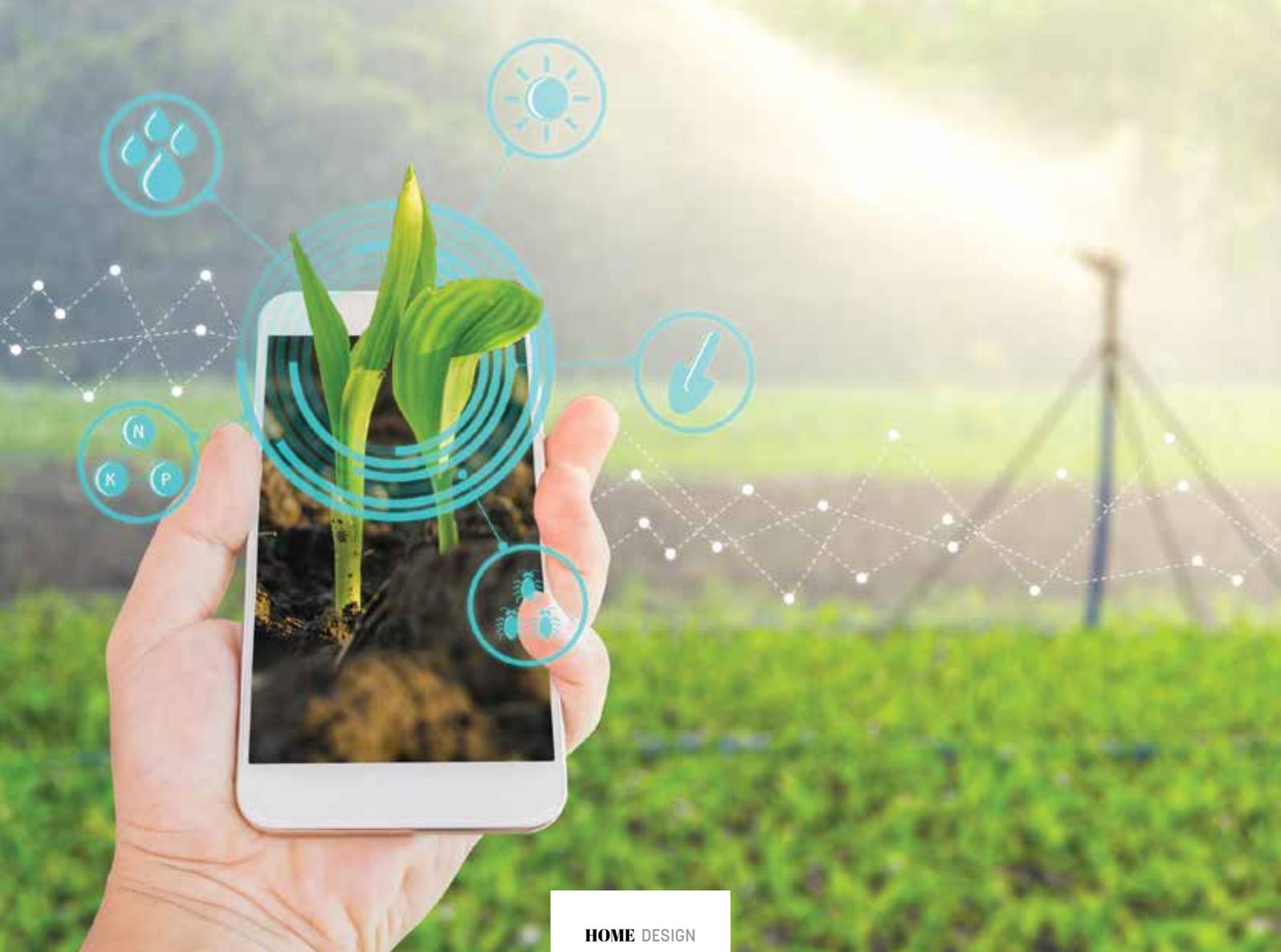
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HOME DESIGN

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By Janice F. Booth

Infrared sensors, play-lists, chromotherapy, auto-flow, and auto-temperature...these features and so much more are available to you. And no, I'm not describing your next spa experience; I'm talking about your very own home, your bathrooms, and kitchen. They have joined the march to high-tech, eco-friendly functionality. Let me help you brush up on your 21st century plumbing options. This will be fun.

BATHROOM WIZARDRY

Let's start with the bathroom. We'll focus on your sinks, faucets, showers, tubs, and what's being called "Tush Technology."

Sinks & Faucets: We're all familiar with some of the innovations in sink and faucet designs, but let's review, in case you haven't been keeping up or need a refresher. There are three components to one's bathroom sink; the bowl or basin, the

faucet(s), and the vanity or furniture upon which the sink rests. The movement in design has been toward the natural—bowls and faucets that echo the experience of a tiny rivulet or waterfall into a small pool. Basins are made of stone, such as marble, granite, and cement. Faucets echo the appearance of bamboo or reeds. And both basin and faucets are placed on slabs or vanities of slate, oak, or bamboo.

The underlying contradiction in this unaffected style is the technology that can be harnessed to this elegant simplicity. Your faucets can be hands-free, with sensors that detect movement allowing water to flow as needed and turn off when you step away. This feature saves water and energy, and helps cut-down on germ transmission. Some faucets offer an ozone-activated, antibacterial feature; the device injects a stream of ozone into the water, killing any bacteria.

Another logical partner for the auto-flow and anti-bacterial features is the preset temperature control. An LED on the fixture reads out the water temperature, and a touch can choose another temperature. Expanding on the eco-friendly water usage, a device can be added to your faucet, which has preset timing for various common tasks—washing hands, filling a cup for drinking, and even brushing your teeth. This is a particular favorite of this writer. You program your faucet so enough water flows to wet your toothbrush, and then shuts off. The timer continues for the appropriate two-minutes, and then the water flows again for rinsing the toothbrush. This timer feature helps everyone keep to the necessary brushing regimen and saves on unnecessary water usage.

Showers & Tubs: Now that we have the sink properly programed, let's turn to the shower and tub. Here again, technology is your friend and eco-friendly too. Like the sink, shower and tub designs have gone simply natural. Showers are no longer sequestered behind modesty glass or hidden in corners. The shower fixtures are behind clear glass walls and sometimes glass doors.



The “dam” or slight frame around the shower that kept water from puddling on the floor outside is no longer necessary. Instead of a frame or dam, the shower floor slants slightly to the wall side where a long-drain allows the water to flow away. The tub's drain can be sensor controlled; when the tub is being filled, the drain closes. When the sensor detects someone leaving the tub, it automatically drains. Like your sink's faucet, the showerhead can perform all sorts of marvelous services. It can be programmed for temperatures and set for hands-free use along with ozone-injected bacteria fighting. Your shower or tub can be programmed with Alexa or Google-Assist, your very own bathroom butler.

And from the practical to the sensual, things are changing in your shower and tub. There are a variety of water pattern and pressure options for the showerhead or tub faucet. And to be environmentally responsible, the water flowing from the faucet or showerhead can be aerated so that what seems like a tumbling rush of water under strong pressure is actually accomplished using less water—guilt free. Your shower experience can be lit in LED color patterns and synchronized with your personalized play list—a blue-green helix of hot water accompanied by Handel's *Water Music* might be your fantasy, or Mick Jagger belting out “Jumpin’ Jack Flash” while the hard-pounding water wakes you up in the morning. The possibilities are endless.

mon dual-flush toilet that allows you to choose the correct amount of water for the flushing task—solid or liquid. That's great, but why stop there? Now, your toilet bowl can be set up to auto-flush, recognizing when the toilet has been used and when it's appropriate to flush. (I know—we've all experienced the over-zealous auto-flush at some restaurant or airport, but usually the technology works just fine.) So, moving on, you need no longer chastise son or husband for failing to close the toilet seat. Toilet seats are available with the capacity to sense someone's approach and lift the seat cover. A wave of the hand then lifts the toilet seat itself. The seat and cover quietly close when the commode is unoccupied. (Ah, now that's the solution many women have been hoping for, for generations. And did you know that the most common accident in the bathroom is falling into the toilet when the seat has not been in place? Believe it!)

Toilets & Bidets: Let us not forget the lowly commode, toilet, or john. That too is being transformed by technology. We're probably all familiar with the now-com-





You needn't worry any longer about dangling your feet on a too-tall toilet or squatting on a toilet that's too short. There are toilets that allow you to adjust the height to your needs. And while we're on these modern delights for our commodes, how about this? Your toilet can be fitted with an automatic deodorizer. Yes, no more embarrassing odors lingering when you leave. But wait, that's not all; you can select white noise or some sounds or music satisfactory to you which will play while you're using the commode.

Let's not forget the somewhat mysterious and exotic bidet. We're more likely to associate them with European hotels, but they're gaining popularity in the States. They're available as free-standing or attachments for the toilet. In

addition to the traditional spout of refreshing water for cleansing, bidets can allow the user to control water temperature and activate a gentle drying feature. Very civilized and sanitary.

CLEVER KITCHEN

Kitchen plumbing is focused on the sink with its garbage disposal and the refrigerator. We're all fairly familiar with the refrigerator's occasionally rogue ice maker and water faucet. (As you're settling down for a chat with a glass of wine and a charming companion, the frig spits out a few ice cubes or dribbles just enough water to require you stop everything and mop up the mess.) The plumbing for the refrigerator is pretty much controlled by the manufacturer. So, there's little to fuss over.

The kitchen sink, however, offers loads of opportunities for improvements and special features. So, let's return to the conversation about the sink's basin or bowl. In the bathroom, style over function seems to prevail. We want an elegant bathroom sink. In the kitchen, practicality wins, hands down! We want the kitchen sink to be dependable, versatile, and easy to maintain.

Maintenance: Keeping the sink area clean and the garbage disposal sanitary is a constant battle. Choosing the right sink basin may be the single most helpful decision. There are four types of kitchen basins, and they each approach differently the problem of the seal between sink and countertop, the place where bacteria can lurk.

Self-rimming: This is the basin that slips into a hole in the counter-top. It is suspended by its own rim or lip. A seal is added between the countertop and the rim or lip to avoid water leaking under the sink's edge and into the cupboard below.

Bottom-mounted: This basin is clamped or suspended beneath the countertop. When installed, the counter's edge must be made to seal down onto the basin's edge. That's a bit tricky, and requires a skilled installer to insure a full seal and attractive mounting. **Solid-surface:** This is a one-piece basin-countertop. It is secured underneath to the cupboard and plumbing. It is seamless and probably easiest to keep sanitary. **Stand-alone:** The free-standing sink on its own pedestal or leg is uncommon except in some antique-style kitchens. In the 19th and early 20th century, porcelain units—a sink on four legs—were common in kitchen and laundry rooms.

Once you've settled on the basin, you'll have a variety of faucet-styles to choose from. Do you want two handles or one? That choice determines how you'll regulate hot and cold water as well as the intensity of the flow. Do you want an integral, flexible hose for spraying vegetables, and yourself, occasionally? How about a soap dispenser? If you want to go a bit high-tech, you'll want to choose a faucet system that allows for those features available in the bathroom faucets—auto-flow, temperature control, volume and intensity control, and ozone-injection for bacteria removal. Garbage disposals, it seems, have not gone hi-tech. They're pretty much doing the task they've been designed to do with more-or-less efficiency. Alexa probably can't help you there, unfortunately.

MISCELLANY

Finally, let me review a few interesting technological advances in home plumbing.

Water heaters: You may already be using a solar water heater, linked to your rooftop solar panels. An unfortunate drawback, extended cloudy days mean no hot water for the days' showers. The on-demand water heater may be married with the solar system. When hot water is required, electricity heats as much water as is required almost instantaneously. Unfortunately, the cost of electricity probably eliminates the savings you were counting on with the solar heating.

Pipes and fittings: Worried about those pin-hole leaks that may have begun in your

old, copper pipes? Well, when you replace those pipes you can get a Smart-Pipe System. These “brainy” pipes detect leaks early, sensing a change in pressure and volume. They can be programmed to alert the home owner and/or the plumber as to the problem and the location of the leak, saving time and money as well as the new flooring in your basement playroom.

Greywater Recycling: This allows for the collection and reuse of water from the showers, sinks, dishwasher, and clothes washer. The water can be redirected to water lawns and gardens, or even reused in the clothes washer. (I’m not too sure about that last option.)

Smart Irrigation System: And finally, for all the gardeners out there: Your watering system can be synched with regional weather reports. The system will skip timed watering when rains are expected and extend watering times during droughts. (A good system to link with your greywater recycling so as not to waste fresh water on the garden.) The system can also be programmed for your specific soil type, plant varieties, and even the micro-climate of your neighborhood. The system works on a Cloud-based connection and can be adjusted and controlled by you, wherever you happen to be. Smart Irrigation sounds like every gardener’s dream solution!

Essayist and literary critic, Edmund Wilson summed it up nicely in 1956, “I have derived a good deal more benefit of the civilizing as well as of the inspirational kind [of tradition] from the admirable American bathroom than I have from the cathedrals of Europe...I have had a good many more uplifting thoughts, creative and expansive visions—while soaking in comfortable baths or drying myself after bracing showers—in well-equipped American bathrooms than I have ever had in any cathedral.”



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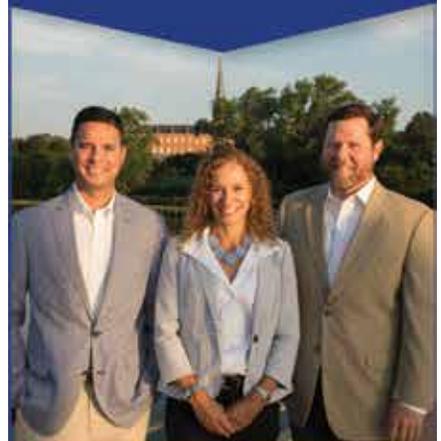
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Easy Does It in Eastport

By Lisa J. Gotto

This move-in-ready, two-story Colonial offers the new homeowners the beauty and convenience of numerous, highly desirable upgrades. The first floor open plan flows effortlessly along rich, dark, wide-plank hardwoods that contrast brilliantly with creamy taupe walls throughout the space. High-end finishes such as wainscoting, chair rail, and gorgeous coffered ceiling treatments lend depth to the design.



Primary Structure Built: 1900
Sold For: \$915,000
Original List Price: \$1,050,000
Bedrooms: 4
Baths: 3 full, 1 half
Living Space: 2,336 sq. ft.
Lot Size: 0.12 acres

The kitchen is a fantasy of utility and style with an abundance of quiet-close custom cabinetry in white and a large contrasting island with sink, upgraded countertops, and sleek, metal barstools. A gas cooktop, wine fridge, pantry, and separate office/workspace area makes this the command central of the home.

This area blends well into an airy dining and living space that features a light and bright Bay window at the front of the home. Natural light also streams into the space from glass panels and sidelights that frame the oversized front door. Two



generous conveniently-located bedrooms are available for guests on this level, as is an additional sitting room and laundry room. A beautifully executed 34- by 14-foot family room is at the ready for movie nights and video gaming on the home's lower level.

The upstairs offers an additional guest bedroom and a marvelous master suite complete with a soothing spa-like bath complete with a dual vanity, modern soaking tub, and a stand-up shower. Like all of the closet spaces in the home, the master closet is outfitted with a custom organizer unit for easy, at-a-glance storage.

The outside of the home is not only trimmed with a spacious HardiPlank deck, but a quintessential white picket fence surrounds the large lush yard, just perfect for keeping an eye on kids and fur babies.

Listing Agent: Kristi Neidhardt; Northrup Realty, A Long & Foster Company; 900 Bestgate Road, Annapolis; o. 410-295-6597; m. 410-599-1370; kristi@kn-team.com; kn-team.com

Buyer's Agent: Anne Harrington; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; o. 410-263-8686; m. 410-310-9961; anne.harrington@cbmove.com; coldwellbankerhomes.com

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

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

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

TRAVIS GRAY
AnnapolisWaterfrontGuide.com | c. 301.641.0809
o: 410.763.8486
e: TGray@cbmove.com
a: 4 Church Circle, Annapolis





Primary Structure Built: 1997
Sold For: \$1,200,000
Original List Price: \$1,290,000
Bedrooms: 5
Baths: 4 full
Living Space: 3,824 sq. ft.
Lot Size: 1.74 acres

HOME REAL ESTATE

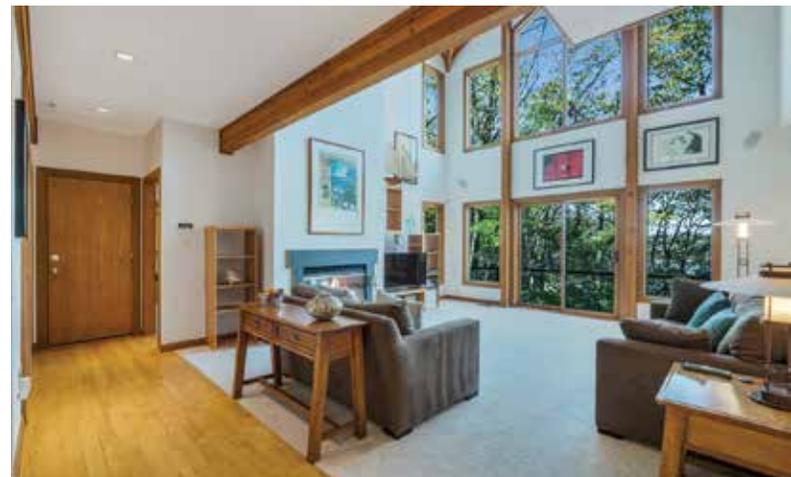
Stunning Creek Views

By Lisa J. Gotto

This incredibly well-maintained contemporary-styled home has it all for the homeowner who lives—and loves—to entertain! Designed to take advantage of its prime location overlooking Beard's Creek, there is a remarkable view from nearly every vantage point on the property. Being indoors is a feast for the eyes with numerous floor-to-ceiling windows on the home's main level.

The 3,000-square-foot floorplan of this post-and-beam home conveys a welcoming warmth despite its size, with a wealth of cozy hardwood floors on its main level, as well as a gorgeous wood-burning fireplace and exposed wood. An open-plan gourmet kitchen with its large center island and breakfast bar flow to an ultimate entertainment area big enough to accommodate a pool table. An adjacent dining space offers stunning views and access to a large cedar deck perfect for an after-dinner sunset coffee or cordial. A convenient bedroom with a full bath, also with those amazing views, is located on this level.

The home's upper level offers creek views from its landing/loft space and this area leads to a generous master bedroom and bath with a jetted Jacuzzi tub, separate tile shower, and two-sink vanity. This floor also offers an additional bedroom and bath.





On the home's lower level the new owners will enjoy walk-out access to a waterside bluestone paver patio, as well as new carpeting, a game room with gas fireplace, a fourth bedroom and bath, and the potential for a fifth bedroom. Generous storage space is also located on this level.

Outside, all the advantages of living creek-side are there for the taking. There's quick access to the South River and the Chesapeake Bay from the property's private pier that features an 8,000 lb. boat lift.

"The sellers did a lot of solid preparation before putting the house on the market and it was reflected in the 96 percent ratio of sales price to list price," says listing agent Reid Buckley of the Mr. Waterfront Team. "This is a very private and natural setting—the perfect escape for the Washington, D.C. buyers."

Listing Agents: Charlie & Reid Buckley; Mr. Waterfront Team of Long and Foster; 320 Sixth Street, Annapolis; o. 410-266-6880; m. 410-279-1843; reid@waterfronthomes.org; waterfronthomes.org

Buyer's Agent: Joe Bray; Mr. Waterfront Team of Long and Foster; 320 Sixth Street, Annapolis; o. 410-266-6880; m. 410-703-3403; joe@waterfronthomes.org; waterfronthomes.org

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HEALTH & BEAUTY BEAUTY

Emtone

A NEW OPTION FOR
TREATING CELLULITE

By Dylan Roche

Although it doesn't pose any physiological harm, cellulite can be a big hindrance to a woman's confidence. "Cellulite is one of those things—most women, we have it, and it holds us back with certain things," says Katina Byrd Miles, MD, FAAD, of Skin Oasis Dermatology. "You want to put on shorts or short sleeves, but you just don't feel comfortable because your legs aren't as smooth as you want them to be."

But now there's a new treatment option for cellulite that emerged just last year. Known as Emtone, it's a device that combines radiofrequency and mild pressure to treat the causes of cellulite and give skin a smoother appearance.

The Mayo Clinic explains that cellulite appears when fat cells grow under the skin and the fibrous connective tethers that bind skin to the muscles are pulled rigid, creating an uneven, dimpled surface on the skin, commonly on a woman's legs, arms, or stomach.

the device over their afflicted area. As Dr. Miles describes it, being treated with Emtone feels like a massage. But while the patient is being pampered, Emtone's gentle pressure and radiofrequency break up the adhesions under the skin that cause dimpling.

"With Emtone, the nice thing about it is there's no downtime. [After the procedure], you get up off the table and go about your activities as you normally would."

Before the advent of Emtone, the most common procedure to reduce the appearance of cellulite was surgery. "With that, you do have some healing time," Dr. Miles, one of the greater Annapolis area's very first physicians to offer Emtone, explains. "With Emtone, the nice thing about it is there's no downtime. [After the procedure], you get up off the table and go about your activities as you normally would."

When a person is treated with Emtone, they lie down while the operator runs

Dr. Miles encourages anyone who is self-conscious because of cellulite to consider the treatment, though there's a small group of people who are ineligible. Those who have had a knee replacement and still have metal in their leg cannot be treated, nor can those who have a defibrillator or a pacemaker. Otherwise, the ideal candidate is anyone who has cellulite.

"It's a great treatment," Dr. Miles says. "If you're exercising and the cellulite won't go away, this is an aid to having your skin be nice and smooth."

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HEALTH & BEAUTY HEALTH

Fresh Take

CORN ON THE COB

By Dylan Roche

Have you ever heard someone claim that corn isn't a real vegetable? What they probably mean is that corn—like potatoes and peas—have more starch than vegetables like broccoli or spinach. But that doesn't mean corn isn't packed with vitamins, minerals, and antioxidants that have major benefits for your body. And hey, who can resist this summertime staple, especially when it's grown right here in Maryland?

While corn does have more calories and carbohydrates than other vegetables—per the U.S. Department of Agriculture, it has about 125 calories and 27 grams of carbohydrates per cup, compared with, for example, the 31 calories and 6 grams of carbohydrates in a cup of broccoli—it also has fiber and protein to keep you feeling satisfied and energized. It's a good source of thiamine for energy metabolism, vitamin C for fighting oxidation, magnesium for healthy muscle and nerve function, zinc for boosting the immune system, folate for making DNA, and lutein for healthy eyes.

If you're eating corn straight off the cob, you can enjoy it plenty of ways, whether you choose to roast it, steam it, boil it, or grill it. You can eat it plain or dress it up with oil, herbs, and spices.

However you prefer your corn on the cob, you want to make sure you start by getting the best ears available. If you're picking the ears yourself, the National Gardening Association recommends looking for ears that are rounder rather than pointed. Your husks should be green, not wilted or dried out, and the silk should be dark brown.

When you peel back the husk, you should see kernels that are plump and have not yet started to shrivel. If you press on the kernel to pop it, the juice that comes out should be milky rather than watery.

Ideally, you should cook and eat corn on the cob as soon as possible after it is picked. Once the ear leaves its stalk, some of the corn's sugar will start to convert to starch, so it will be less and less sweet—even a few hours can make all the difference.

If you can't eat the corn right away, you can keep it for up to three days in your fridge, where the colder temperatures will slow the conversion. Leave the husks on, and resist the inclination to wrap the ears in plastic wrap or put them in a zip-close bag.

HOW TO PREPARE CORN ON THE COB

Ready to enjoy those ears you brought home? Start by shucking the husks off the corn right before cooking. If the ear still has some of its stem left on it, snap the stem off at the base. Be sure to get all the silk off the corn as well. Rinse the shucked ear off under cold running water to remove any dirt or contaminants.

To boil corn on the cob, bring a large pot of water to a full rolling boil. Don't salt the water, as this will only toughen the corn; however, a pinch of sugar will help bring out the corn's natural sweetness. Submerge the corn in the boiling water for five minutes, then drain and rinse.

To grill corn on the cob, brush the ear with olive oil and wrap it in aluminum foil. Set the foil-wrapped ears on a hot grill and allow them to cook for 10 minutes. When you unwrap the foil off the ear, the corn should be a nice shade of golden brown.

Gua-corn-mole

Add a little bit of corn to your next batch of guacamole to give it a boost of sweetness and a crunchy texture.

INGREDIENTS:

- 4 ripe avocados
- 1 cup (about two ears) roasted corn
- 1 tomato, diced
- 1 red onion, diced
- 2 tablespoons of lime juice
- 1/3 cup cilantro
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon minced garlic

DIRECTIONS:

Mash the avocado and slowly add the lime juice, cilantro, cayenne pepper and garlic. Stir until the guacamole has reached your desired texture and consistency, then add the corn, tomato, and onion. Serve with tortilla chips.



Once you've cooked the corn, you have two options: You can enjoy it straight off the cob, or you can remove the kernels to use them in a few recipes. When eating the corn straight off the cob, be creative in the way you dress it up—salt and pepper work well, but you could also go with lime juice and chili powder for a Mexican flair or garlic powder and parmesan for an Italian taste.

To cut the kernels off the cob, start by standing the cob up on a cutting board on its base where the stem used to be. Hold the corn by its tip, and use a sharp kitchen knife to cut from the top down to the bottom, removing the kernels as you go. Be careful not to cut into the cob. One ear will give you approximately a half-cup of corn, which you can try using in the following recipes.

Corn and Roasted Red Pepper Salad

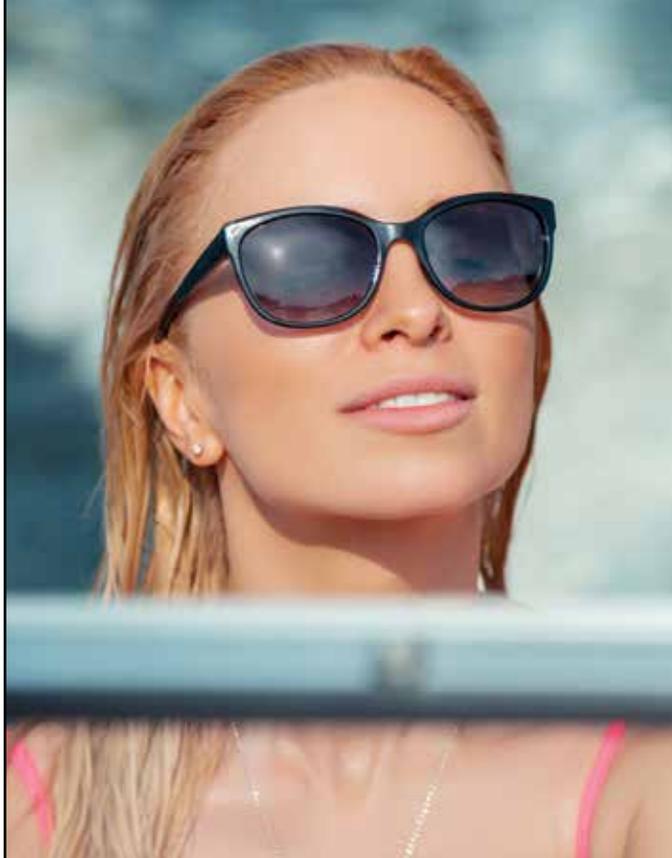
This flavorful salad is simple to throw together and will liven up the spread at any summer get-together.

INGREDIENTS:

2 cups corn (approximately four ears)
10 cups arugula
2 red bell peppers
1/4 cup extra virgin olive oil
1/4 cup lemon juice
1/4 cup parmesan cheese
1/4 cup feta cheese
1 teaspoon salt
1 teaspoon pepper
1 teaspoon garlic
1 teaspoon fresh basil, minced
1 teaspoon oregano
1 teaspoon rosemary

DIRECTIONS:

Core and deseed the red bell peppers and roast them on a hot grill or in the broiler until they are soft (about 20 minutes). Allow them to cool, then peel and slice into thin strips (about 1/8 of an inch). Combine the red peppers, arugula, and corn in a large bowl, then toss with parmesan and feta cheese. In a separate bowl, whisk the olive oil and lemon juice with salt, pepper, garlic, basil, oregano, and rosemary. Drizzle over the salad and serve immediately.



HEALTH & BEAUTY HEALTH

Slip on a Pair of Shades to Protect Your Eyes

By Dylan Roche

Sunny days are great, but ultraviolet rays? Not so much. And while so many of us know we need to be diligent about protecting our skin when we head outside on a bright day, not quite so many are conscious of the toll that too much UV light can have on their eyes.

It's one of the reasons that a high-quality pair of sunglasses makes all the difference. Sure, wearing shades makes you a lot more comfortable and makes it easier for you to see. But they're also protecting your eyes from ultraviolet damage that can cause both short-term and long-term problems.

If you're investing in a pair of sunglasses, make sure you look for a pair that block out 99 to 100 percent of UV-A and UV-B radiation, both of which can cause damage that leads to

macular degeneration and cataracts. You can also suffer sunburn of your corneas, also known as photokeratitis, a condition characterized by pain and temporary vision loss. The American Optometric Association notes that there is no definitive amount of exposure to solar radiation that is known to cause damage, so you should be careful any time you are outside.

Ideally, your sunglasses should be large enough to provide coverage of your entire eye. Wraparound styles are even better, as they will stop the sun's rays from getting in around the side of the lens. It's important to note that dark lenses don't block out more sunlight, nor do polarized lenses.

And don't think that you have to sink a lot of money into expensive sunglasses. A cheap pair can provide UV protection just as well as a designer pair. You just need to make sure you're checking the glasses for a tag or sticker saying they block out both UV-A and UV-B rays—something the American Academy of Ophthalmology notes only half of people shopping for sunglasses do before making a purchase.

And although summer is the time of year when you're more likely to spend time out in the sun, those UV rays can cause just as much damage during the winter months, and people with light-colored eyes tends to be more sensitive. For maximum safety, avoid being outside too much when the sun is at its strongest, between the hours of 10 a.m. and 2 p.m., try to stay in the shade, and always wear a brimmed hat or visor.



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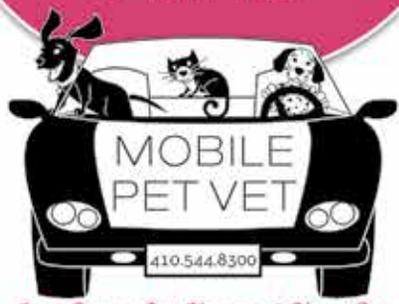


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Seersucker

A VERSATILE ANSWER TO SUMMER'S SCORCHING TEMPS

By Dylan Roche

Looking your best shouldn't have to mean being decked out in heavy formalwear. Let's face it—being a sweaty mess is never a great look.

This is part of the enduring appeal of seersucker, the lightweight puckered fabric made so easily recognizable by its thin pinstripes. If you've worn seersucker before, you know these stripes of alternating smooth and course texture are great for offering a little bit of ventilation and breeze, keeping you cool even on hot days.

Seersucker looks sharp, but it can easily be dressed down for casual occasions. And although men have been the ones who have worn seersucker throughout centuries past, it's becoming increasingly popular with women in recent years.

Seersucker started out as the formal attire in cultures where it was known to get very hot, such as British India and the Southern United States. Today, it's better suited for smart-casual dress codes or festive-formal occasions, such as a beach wedding. The puckered fabric, in addition to providing ventilation, is more forgiving of wrinkles, so you never look sloppy even if your attire gets a little ruffled in the heat and humidity (which is more than can be said about linen).



HERE ARE A FEW RECOMMENDATIONS ON HOW TO WEAR SEERSUCKER THIS SUMMER:

Men shouldn't be afraid to incorporate seersucker suit separates into a more casual outfit. What's most important is that the pieces fit well, as the puckered texture can make seersucker slightly bulkier. If possible, opt for slim-fit pieces or get them tailored.

Pair the seersucker jacket with a white Oxford shirt and either dark-wash jeans or chinos. Wear the seersucker pants with a crisp white T-shirt or a pale-colored polo shirt, and be sure to cuff the pants twice to expose some ankle.

In a casual setting, seersucker can be paired with boat shoes or loafers; in smart-casual settings, go for a classic look with white bucks.

It's best to always wear seersucker with light colors (white, ivory, or pastels) and fabrics associated with summer, even when you're dressing it up—go for a linen shirt and a knitted silk tie.

Seersucker had its moment with women last summer after designer Cecilie Bahnsen released dresses and separates that took Instagram by storm (@ceciliebahnsen). But even before then, savvy ladies knew how to incorporate what was traditionally a menswear fabric into their outfits.

One of the easiest ways for women to make use of seersucker is with a blazer or suit coat—either find one that is made for a woman's body or get a man's coat tailored. It's easily paired with a T-shirt and shorts or capri pants.

If you're feeling creative, keep your clothing in light colors (think pastels) and make the outfit pop with bold-colored jewelry and accessories (Kelly green, lemon yellow, or royal blue).

But that seersucker jacket can work for women on dressier occasions too. If you're going out for a summer evening and worried the weather might get a little chilly, instead of grabbing a cardigan, grab that seersucker blazer to toss on over your sundress.

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Pecan Pie at
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Founders, a Taste of Home and History

By Rita Calvert
Photography by Stephen Buchanan

Amidst the sprawl of a busy Pasadena patch along Route 2, there is a surprising gem, which has the allure of a tavern one would find in a colonial city like Williamsburg or, even, Philadelphia. Founders Tavern & Grille was born from a love of history, which owners Steve and Janet Sumner envisioned as an eatery representing the founding fathers of 1776.

As you enter the spacious bar area, the suspended wooden American flag representing the 13 original colonies draws the eye and amplifies the patriotic feel. The decor is casual with lots of reclaimed wood and a wall created from pallets by local firefighters who became the restaurant's building partners. Even the Mason jar water glasses are a throwback to times past, when the atmosphere was and is Americana-friendly, rather than hokey.

Steve brings his diverse career backgrounds, first in sales for IBM software and then commercial Italian baking, together for friendly front-of-the house hosting and made-from-scratch rolls and pizza crust. Meanwhile, Janet excels in the interior design and marketing of the business.



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Our delightful waitperson, Kristen, greeted us with the proclamation that Founders is, indeed, a made-from-scratch restaurant with everything possible sourced locally and GMO-free. With fresh, home-made sauces, dressings, and desserts, nothing is frozen. In fact, there isn't even a freezer on the premises.

Artisan whiskey barrels line one of the walls of Founders Tavern & Grille. The bar prides itself in offering a large assortment of whiskeys; several flights are featured monthly, including a whiskey distilled specifically for Founders. There is even a separate menu for whiskey flights. They are equally renowned for outstanding martinis and handcrafted drinks, using fresh herbs and just-squeezed juices. Founders' Rhubarb and Rosemary is a favorite libation, so my friend decided to have a go at it. What an outstanding infusion of distinct,

clean tastes! Tanqueray gin, fresh squeezed grapefruit and lime, rhubarb bitters, rosemary simple syrup, and an aromatic fresh rosemary sprig. A perfect cocktail of healthy deliciousness!

To start, we agreed to share the Pear and Walnut Salad, which the chef obligingly split for us in the kitchen. The spinach and romaine greens were a perky, complement to the fresh pear, candied walnuts, and feta crumbles. The balsamic vinaigrette is very tangy and served on the side so you can add to your liking.

Founders emphasizes farm-to-table freshness, local growers, natural ingredients, and house-made dough for breads and pizza. Homemade dough! How could we not sample a small bread loaf with honey butter? So scrumptious! Lured by the excellent bread, we wasted no time ordering a pizza as an appetizer. The menu lists eight specialty

pizzas; we chose the Young Gardner. The spinach, mushrooms, onion, and red and green peppers were fresh and the pie was tasty with red sauce, mozzarella, and a nice sprinkling of Parmesan shavings. The pie was reasonable at \$14 for a 12-incher. We took home most and it was great as a reheated.

Known for its homey food, Founders' creativity shines with some very clever names: Presidential Plunge, The Bunker Hill, Salem Fish Fry, and Louisville's Famous "Hot Brown." Now this Hot Brown is truly a dish to reckon with and apparently many folks have: roasted turkey breast, sliced tomatoes, Mornay sauce, and topped with sharp cheddar, Parmesan, Founders' slow-cured bacon crumble, and parsley. Served over country white toast and

baked in a cast iron skillet—whew. We didn't think we could manage it tonight. I had heard raves about the Yankee Pot Roast, which has become a standard on the dinner menu and my friend had to give it a go. Beef roast is tenderized by slow roasting, with root vegetables, onions, and thick natural jus gravy, served over red skin mashed potatoes. The portion of meat was oh-so-tender, and carrots adorned the dish. The mashed potatoes were very good, with or without the gravy...old fashioned delicious.

Though Kristen raved about the fried chicken (which is hard to find an excellent version these days) named The Third Maryland Regiment fried chicken, after some of Anne Arundel County's Revolutionary War soldiers, we decided to save it for our



next visit when we bring the grown young men in our families. We opted for the slow roasted entrees. Nothing reminds me more of my grandmother's kitchen than a one-pot meal on a winter day, other than some good old-fashioned barley. The Hunter Stew was a satisfying dish of comfy wholesomeness. Boneless chicken thighs and pearly barley risotto were perfectly roasted in a red wine tomato sauce, further enriched by ample mushrooms, red and green peppers, and onions. Topping the entree were crisp thick bits of bacon, fresh chopped herbs, and shaved Parmesan, which added a gentle boost of deliciousness. This one-pot was right-on for an evening and good conversation.

And extra kudos to Founders for their Potomac Catfish dish—the delicious, but invasive, blue catfish, which has found its way to our waters.

Restaurants are helping to control this fish when they add it to their menu. Here, it has a southern Creole treatment over wild rice.

A kids' menu draws families here, along with the offerings of pizza and sandwiches on the dinner menu, which keeps the casual tavern character well balanced.

We were happy to share the classic Tiramisu for dessert, a recipe passed down from Steve's mother. The sumptuous moist classic arrived in a small mason jar with the indulgence of rich mascarpone, ladyfingers dipped in a mixture of espresso and liqueur, and topped with cocoa powder. Translated as "pick me up" or "cheer me up"...it certainly did!

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.

All Good in the Eastport Neighborhood

By Tom Worgo

Photography by Stephen Buchanan

Dick Franyo spent 30 years as an investment banker for Alex Brown, among other firms, putting his Harvard MBA to good use. But he reached a point where he needed a change. “I can’t be a one-trick pony my whole life,” Franyo says.

A long-time Eastport resident and avid boater, Franyo has always had a love for the Chesapeake Bay. So, he opened his Boatyard Bar & Grill nearly two decades ago. “We wanted to do a maritime-oriented place in Eastport,” he says. “That’s where the boatyards are and we wanted to be very much a bay-, sailing-, and fishing-themed place.”

Boatyard has been a big hit over the years. It’s become one of the most popular restaurants in Annapolis because of the great food and the bay-friendly atmosphere. Its crab cakes have been named Best of Annapolis by readers of this publication multiple years. The restaurant ships them all over the country, including to Hawaii.

Delicious homemade soups, the Franyo Fish Sandwich, and Black ’N Blue Tuna are also customer favorites. The Boatyard is about more than just food. It has also become a significant charity platform. Franyo created and helps put on four annual fundraising events: Bands in the Sand,



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the Boatyard Beach Bash, Boatyard Opening Day Rockfish Tournament, and CRAB Regatta. “We use the business as a springboard for charitable things,” says Franyo, a board member of the Chesapeake Bay Foundation and Annapolis Maritime Museum.

Recently, we sat down with the 75-year-old Franyo to talk about his life, restaurant, and love for the water. Executive Chef George Betz filled us in about the top-selling food items.

How would you describe the atmosphere of the restaurant and what sets it apart from others?

It’s lively. I have a really great architect. We spent a lot of time making a place that was fitting of being a maritime, Chesapeake Bay-oriented place. One of the reasons so many families love it is that they can come here and their kids can enjoy themselves and not be worried about telling them to be quiet. We have reasonable prices so that families can enjoy it. We sold

88,000 crab cakes last year so we are dominant in that area.

Talk about how the restaurant has expanded in the years since you opened.

It has grown every year. We are about the biggest, or probably the biggest, around in terms of size. We are lucky. We added a whole back area in 2007. We tripled the kitchen size. We added a bar, a raw bar, and a dining room with more seating. It’s our fishing and sailing area. It has fish hanging up.

Are you different than other places in so far that you have so many long-time employees?

We run our business in a very serious way. Employees who are really good want to work for a business like ours. Our people don’t leave here. We treat our customers, employees, and service providers well. We bend over backwards to treat our employees with respect. We do well, so our employees do well. We have a good number of people who have worked here 10, 15 years.



Dick Franyo and Chef George Betz



Antoine's Oysters Rockefeller a la Boatyard

Makes 2-3 dozen oysters

Ingredients

2-3 Dozen Fresh Oysters
 1/4 lb. Butter (melted)
 1/4 Cup Peeled Shallot
 (rough chopped)
 1 Cup Chopped celery
 2 Whole Carrots (shredded)
 1/2 Cup Fresh Parsley (chopped)
 1/2 Cup Fresh Basil (chopped)
 1 Tbsp. Fresh Garlic (chopped)
 2 1/2 lbs. Fresh Spinach (cleaned)
 4 oz. Pernod (more or less to taste, I like more! Can substitute Anisette, Ouzo, or other anise-flavored liquor if need be)
 1/2 Cup Panko bread crumbs
 1 Cup Parmesan-Reggiano cheese & mozzarella mix (shredded)

Directions

1. All ingredients, except oysters, can be quickly rough chopped as we will puree mixture when cooking is complete.
2. In a large heavy sauté or braising pan, add butter and heat until it bubbles, add shallot, celery, carrots and sauté until soft.
3. Add spinach, basil, parsley, and garlic and sauté until spinach is wilted.
4. Carefully, as it is flammable, add liquor and reduce until almost dry.
5. Pour all ingredients into a mixing bowl and add bread crumbs to absorb excess moisture.
6. Stir in cheese and salt and pepper to taste.
7. When contents of bowl are reasonably cool, add small batches to food processor and pulse until ingredients are of a rough/smooth consistency. Not too smooth. Let cool. Add cheese.
8. Shuck desired number of oysters and stuff each oyster with cooled spinach stuffing; enough to almost cover the oyster. Don't pack down.
9. Place your oysters on a sheet pan, top with shredded mozzarella, provolone, gruyere, Swiss, or the cheese of your choice. You can also forgo the cheese and use a Hollandaise or Béarnaise sauce.
10. Place in 400 degree oven or under broiler until oysters are cooked and cheese and or spinach mix are just brown. Voila! Serve oysters over rock/Kosher salt with fresh lemon and your desired wine or Champagne.

How have you kept the customers coming back year after year?

I think our food is very good. It's consistent. Keeping our staff around is a key. Our food is priced well. Our place is very clean and we operate it very well. We like to run scared. We work very hard. We don't take anything for granted. We take a lot of time training our people and put them through a power point presentation.

You are on the board of the Annapolis Maritime Museum and Chesapeake Bay Foundation. How and why did you become so involved with them?

I am an environmentalist. I wanted to help save the bay. I grew up around the bay and I saw that it wasn't doing as well as it should. So, I got involved with both organizations early on. They are both connected to the bay and teaching about the bay. I really like that.

Why do you put on the big four fundraising events?

We wanted to raise a lot of money to support the environment and the bay. The bay is not in good shape. We really wanted our place to be a platform to do events. The events are really big. Since we have been doing these, we have raised, probably, over five million dollars. The events are all outdoors, and about sailing, fishing, and environment.

Tell me about your love of boating.

At first, I had power boats and then I had sailing boats. Now, I have both. I started in the 1980s. I have had big boats and small boats. Now, I have a 29-foot sail boat and the 25-foot bill boat with a center console that films the regattas and the Wednesday night races. I also have a smaller 17-foot boat we use to go down to the City Dock. I have owned 50-foot sail and power boats.

Chef George, tell me about the crab cakes that attract people to the Boatyard.

Hands down, the crab cakes are the best seller. We absolutely get the best crab meat available. It's all 100 percent jumbo lump. We don't cheat. There are no fillers. We handle them like a baby bird. It's amazing how many crab cakes we put out.

What makes the soups special?

We make amazing soups from scratch. You name it, we make it. We feature Cuban black bean, lobster chowder, scallop chowder, and Mulligan.

What is a good under-the-radar dish?

Oysters Rockefeller. I recently went to New Orleans and Antoine's. They have been there forever and invented it. I tried it and it was amazing. It's so rich with five or six vegetables. We name it Antoine's Oysters.

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196 Main Street, Annapolis; 443-482-3895; annapolisicecream.com \$ 🍷 🐾

Armadillo's Bar & Grill

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

Bean Rush Café

112 Annapolis Street, Annapolis; 410-263-2592; Beanrushcafe.com; Coffee, baked goods, sandwiches; breakfast, lunch \$

The Big Cheese & Sammy's Deli

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

Buddy's Crabs & Ribs

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

Café Normandie

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

Castlebay Irish Pub 1

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

Chick & Ruth's Delly

165 Main Street, Annapolis; 410-269-6737; Chickandruths.com; American diner; breakfast, lunch, dinner, late-night \$ 🍷 🍷

City Dock Café

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

Dock Street Bar & Grill

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

Dry 85

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

Federal House Bar & Grille

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

Flamant

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

Fox's Den

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

Galway Bay Irish Restaurant & Pub

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

Harry Browne's

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

Harvest Wood Grill & Tap Room

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

Iron Rooster

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

Joss Café & Sushi

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

Latitude 38

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

Mason's Famous Lobster Rolls

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

McGarvey's Saloon & Oyster Bar

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

Middleton Tavern

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

Mission BBQ

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

O'Brien's Oyster Bar & Restaurant

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

OB's Prime

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

Osteria 177

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

Preserve

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

Pusser's Caribbean Grille

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

Red Red Wine Bar

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

Reynolds Tavern

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

Sakura Café

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

Sofi's Crepes

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

Vida Taco Bar

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

Upper Annapolis

49 West, Coffeebar, Winebar & Gallery

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

Azure

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

Carpaccio Tuscan Kitchen & Wine Bar

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

Chesapeake Brewing Co.

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

El Toro Bravo

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

Fado Irish Pub

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

Lemongrass

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

Level Small Plates Lounge

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

Light House Bistro

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

Luna Blu

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

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; Lebanesetaverna.com; Middle Eastern; lunch, dinner \$ 🍷 🍷 🍷 🍷 🍷

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

Prime Steaks



Located on Restaurant Row in Annapolis' Historic Eastport 4th & Severn Avenue.

Buttery crisp outside, juicy tender inside. With over 90 years Annapolis restaurant experience, LEWNES' serves only USDA prime aged steaks.

We are thrilled to be back open!

The steakhouse will be allowed to have a limited capacity, and we are committed to providing the same hospitable experience we are known for with an added focus on safety to ensure everyone feels comfortable. Below are some of the sanitation tasks we have completed:

- Sanitized the carpets with a hospital grade disinfectant
 - Sanitized all high-touch areas with an EPA registered, viricidal electrostatic spray
 - Installed air purifiers on all our HVAC systems proven to kill 99% of bacteria, molds, and viruses
 - Sanitized everything in the dining room, and will continue to re-sanitize in between each seating
- Added an additional divider to our already substantial booths to provide even more privacy
- Repainted our interior walls

THANKS TO The Daily Meal



VOTED BEST ROMANTIC RESTAURANT



410-263-1617
FEATURING USDA PRIME STEAKS
WWW.LEWNESSTEAKHOUSE.COM



PETIE GREENS

"Can't leave without trying the half and half soup. Maryland Crab and Cream of Crab sharing a bowl!" –Jamie Hawkins Winner

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 \$ \$ 🍷 🍷 *

Bella Sera

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

Broadneck Grill & Cantina

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

The Bistro at South River

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

Chad's BBQ

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

Edgewater Restaurant

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

Fuji Steakhouse

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

Glory Days Grill

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

The Greene Turtle

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

Happy Harbor

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

Harvest Thyme Modern Kitchen & Tavern

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

Hispa Restaurant

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

Killarney House

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

Ledo Pizza

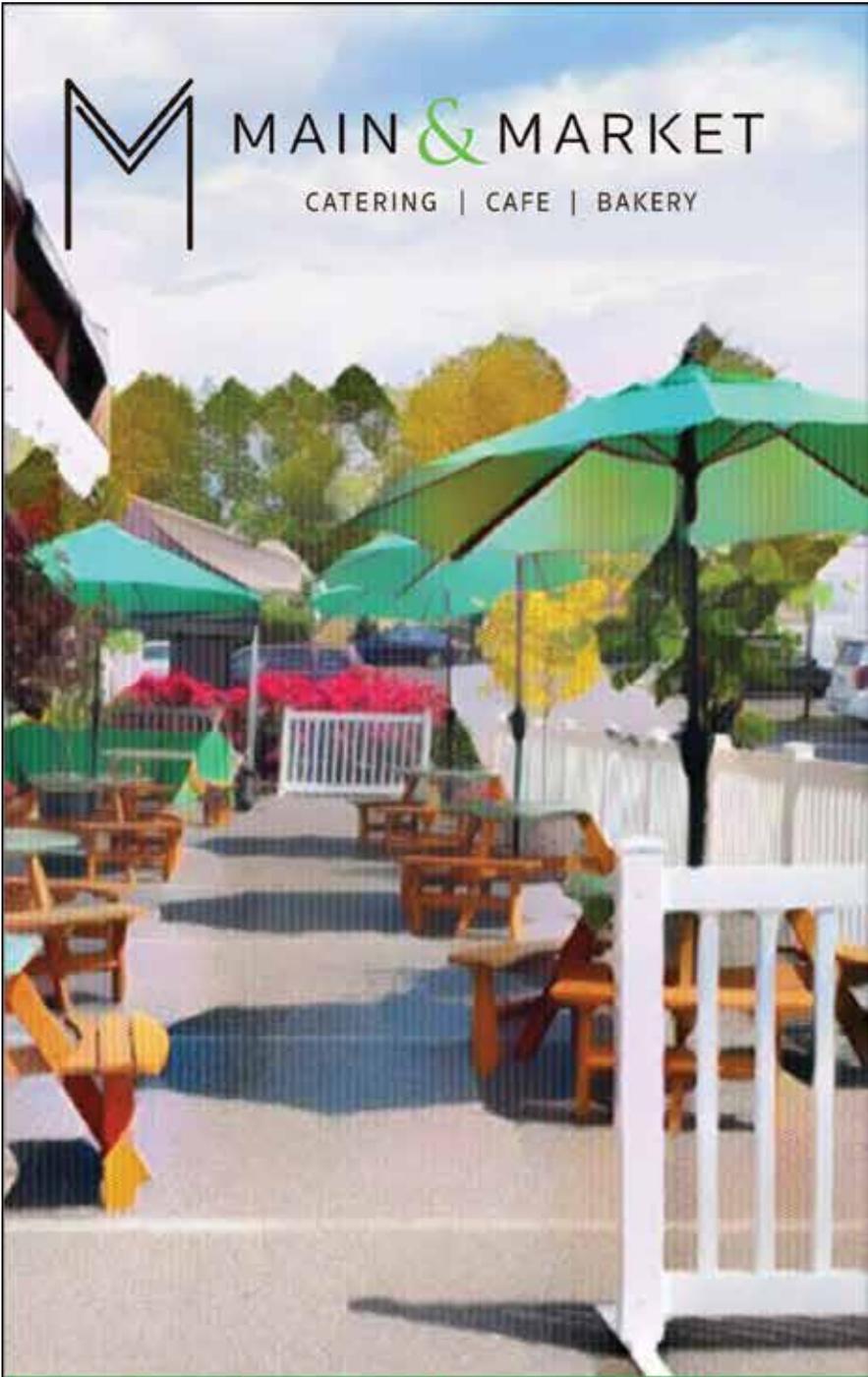
3072 Solomons Island Road, Edgewater; 410-956-6700; Ledopizza.com; Pizza, pasta, sandwiches; lunch, dinner \$ \$ 🍷 🍷

M Thai Restaurant

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

Mike's Bar & Crab House

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



M MAIN & MARKET
CATERING | CAFE | BAKERY

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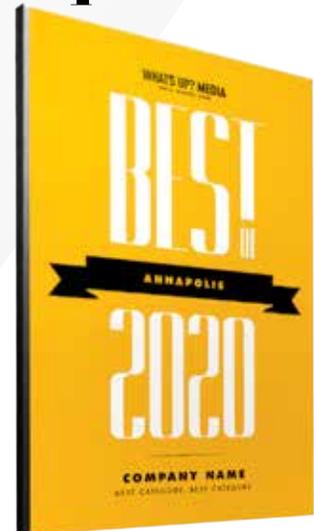
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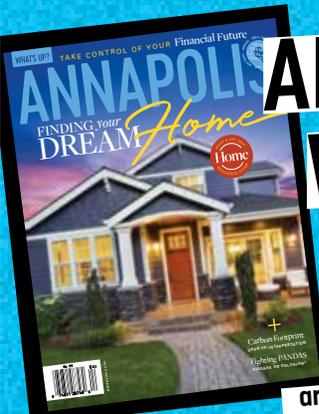




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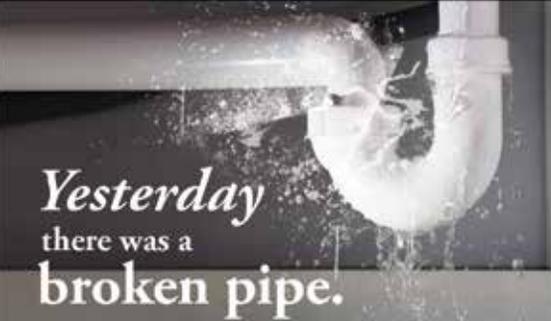
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Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one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

Congratulations to this month's winner: Manfred Wilkes of Arnold 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



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Focused Attention Leads to Sociopolitical Change

By Ellen Moyer

don't know about you, but every day I receive email alerts about an issue under attack, asked to sign a petition, and, oh by the way, send money. A recent one concerned Yellowstone National Park, the nation's first, and the spectacular Grand Canyon regarding land to be possibly given to hunters and oil merchants. Since our national park system is a unique national treasure of special monuments, recognized around the globe, and represents our "cathedrals" that revere Americans' love for nature, open space, and the natural wonders of the world, I pay attention to these seemingly outlandish threats.

After all, in one of his first actions as President, Donald Trump, Jr. attacked monument policy established by another Republican, President Theodore Roosevelt, and reduced the size of our newest monuments in Utah. The Bears Ears and Escalante Grand Staircase was first chronicled in Edward Abbey's book *The Monkey Wrench Gang* in 1975. An area called a "history book written in fossils and artifacts" (*Smithsonian Magazine*, June 2020) is of cultural significance to Native Americans. With geology dating back 250,000,000 years, the area is identified as an extraordinary legacy for protection, for all of us.

In 2017, the President, in the single largest reduction in Federal land protection in U.S. history, eliminated 85 percent of this monument area. Oil and gas companies and uranium mining interests immediately moved to lease the now-open land. Does the President's action in the Bears Ears signal that our national wonders and cultural treasures could also be up for grabs? Interested people stay tuned...the land give away has not galvanized a significant citizen interest.

There are a myriad of issue alerts that bombard us every day. Privatization of prisons and our post offices, *Roe v. Wade*, planned parenthood, immigration, the Wall, children in cages, gun reform, climate change, clean air and water, wild life, forests, pipe lines, civil rights, child care, and many more. And each issue has a following of citizens, both pro and con.

There are just too many splintered groups dividing our attention and energy. Focused attention on any one concern has not been strong enough to make a significant difference for change. Costly law suits have become the remedy.

That is, until May 25th. A police officer's action in Minneapolis—the public service that is suppose to protect us—turned that notion on our head and brought focus to the simmering, "don't-talk-about-it" issues of racism and social justice. Focus on a very public in-your-face black man's murder by a police officer finally galvanized significant attention and action by a confused, frustrated, and divided citizenry.

Generations of protesters—especially Millennials and Gen-Z—marched and demonstrated and, in short order, made their voices heard in the interests of fairness and justice. Many seniors citizens, dismissed under stay-at-home orders (except in Buffalo, where a white senior demonstrator was pushed down by armored police) watched, sometimes applauding and other times sighing "all live matters" too.

The media bombshell showing 8:46 minutes of a human murder by a public servant confronted citizens. How could this happen? Overnight, social justice and Black Lives Matter became the center of interest and activity, engaging millions in protest around the world.

In short order, within two weeks communities passed emergency legislation to reform police departments. Others initiated efforts to create new revenue networks for mental health and recreation, and resources to reduce disparity in education. Books on racism flew off the shelf in libraries and books stores by a concerned citizenry sincerely wanting to learn more about systemic racism. Monuments celebrating the U.S. Civil War came under scrutiny for removal as a step to put exoneration of white Civil War figures that fought to protect slavery to an end.

Some shrug and say the demonstrations for social justice will be forgotten, just as the shootings of students and others by terrorists have been shrugged off. But, not this time.

I wager that this time is different. The young people are our future leaders and they care deeply about inclusion, equality, fairness, and freedom. They want to put the actions of man's inhumanity to man out of business...a tall order. There will be resistance in days to come, with conspiracy stories attempting to confuse a focused citizenry. But, the images of Minneapolis police and George Floyd's last words, "I can't breathe" and "Mama!" are seared in our consciousness. It will not go away.

In the weeks of continuing demonstrations by a young and diversified crowd in jeans and t-shirts—a major contrast to armored, baton and tear gas carrying police—there has already been change within social justice systems at all levels of government, recognizing the humanity of us all. Focused attention is spreading like wildfire and in three short weeks has achieved some institutional change, as well as raising attention to systemic racism. From my aged perspective, I think there is a new dawn arising and we will all be better people as the world moves forward. Energy moves with focused attention, which can dramatically foster change. For social justice and Black Lives Matter, is there a new world coming?

What do you think?

As for those other issues we care about...national parks, culture, the environment, and politics mentioned above...will new interest and attention, a broader more coordinated constituency, and a new focus eventually happen for them too?

What do you think and why?

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



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