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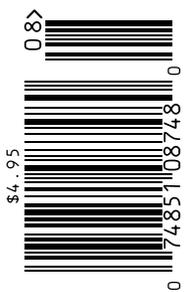
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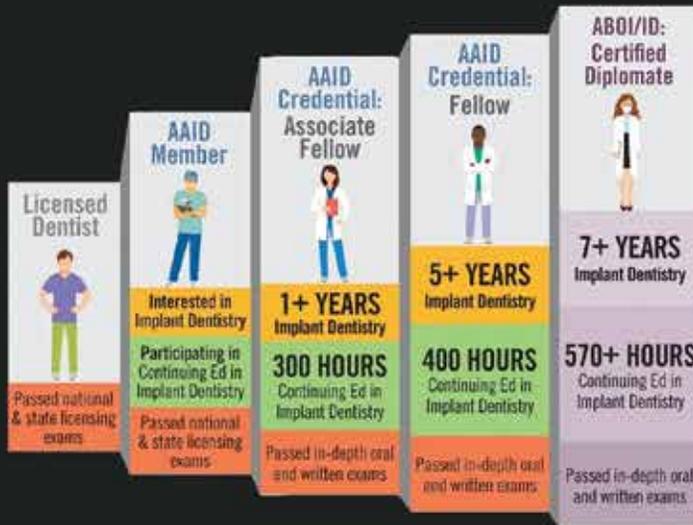
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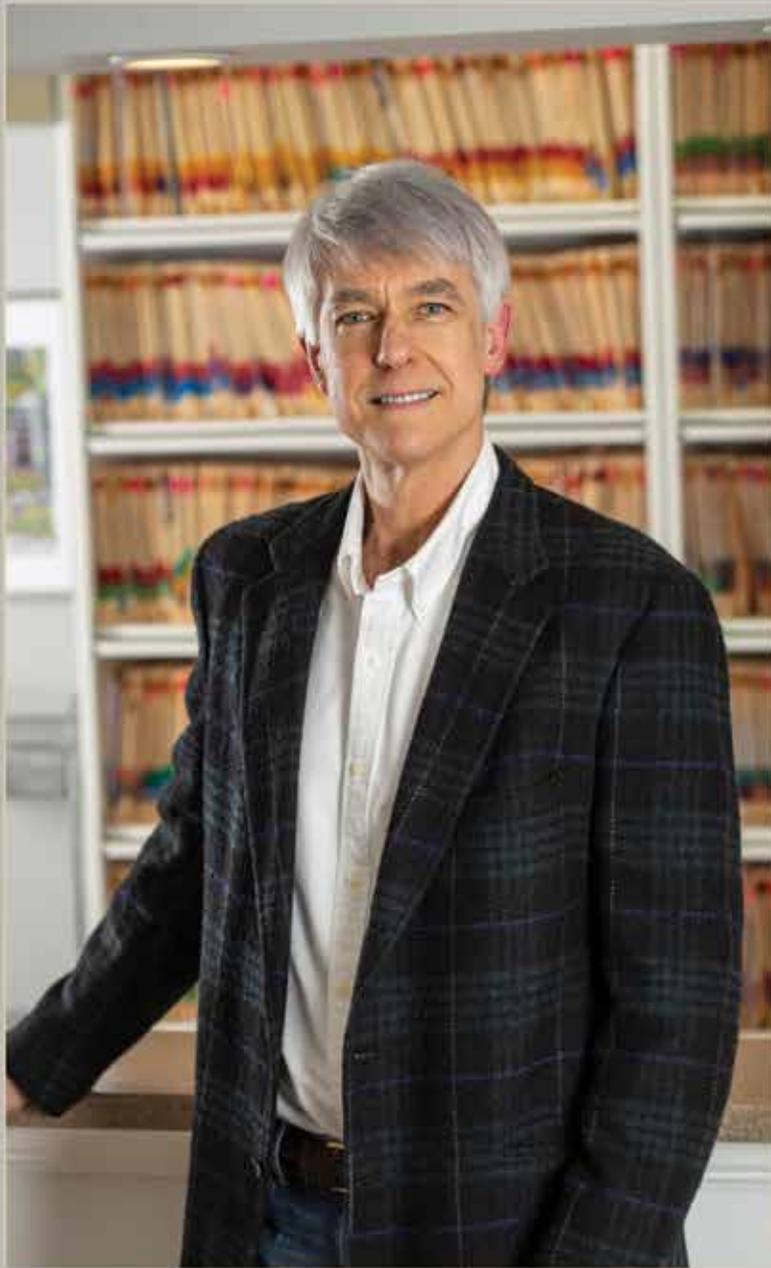


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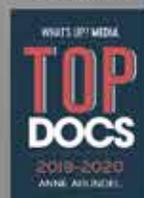
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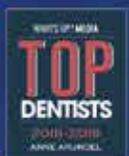
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**On the Cover:** We reflect on the ratification of the 19th Amendment by exploring women's suffrage within Maryland. Design by August Schwartz. Contact *What's Up?* Annapolis online at [whatsupmag.com](http://whatsupmag.com). Please recycle this magazine.

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**Contributing Writers**

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**EDITORIAL CORRECTION:** In our July issue's list of 2019–2020 Top Docs, we incorrectly stated Dr. Susan Peeler's hospital affiliation. She is now employed with Mercy, specifically the Neil B. Rosenshein, M.D., Institute for Gynecologic Care in Annapolis.



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

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# editor *From the*

And so, for me, my rediscovery has been fishing—a passion of mine developed decades ago that took a back seat to parenthood in more recent years. Over the years I've been a lucky dog, having fished several of Minnesota's 10,000 lakes, the cool running rivers that snake through Kodiak Island in Alaska, and, of course the Chesapeake wide over. But my new favorite honey hole?

The end of my street, where the road meets the river.

Having the good fortune of living along the Severn River coupled with working from home lately, has afforded me the opportunity to wet the line early in the morning (I'm talking 5:30 a.m. to rise) and late in the evening, 'til dusk saunters into the night. Some outings have been spectacular; others, duds. But, I've been having consistent luck and keeping some of what I catch. In fact, when the white perch bite has been on (god bless those little suckers for an in-line spinner bait), I come home with enough keepers for dinner. My daughter even caught her very first fish, a keeper at that. So, my family has been eating a lot of fish this summer.

Fish fry, fish tacos, fish filets sautéed with butter and Old Bay seasoning. Dang! I sound an awful lot like Forest Gump's combat buddy Bubba, when he rattled off dozens of shrimp dishes, in the famed 1994 movie. But I digress.

Point is, we're a lucky bunch in many ways, not the least of which is figuring out the many unique ways to enjoy Mother Nature, her bounty, and, along the way, the company of close ones—our family and friends. Speaking for myself (and hopefully others), I've really come to appreciate all that we have...right here...in and around Annapolis, on the Shore (I love fishing Unicorn Lake in Millington for bass), and throughout our counties—each one with its hallmark landscapes, trails, waterways, and such. There's good exploration beyond our front doors. I think many of us have renewed that sense of discovery, and brought along our family members and closest friends. And if you, or they, couldn't make the trip... there's always...vicarious living through Instagram.

To tight lines and rediscovery,

James Houck,  
Editorial Director

How's your summer been?  
Not quite as normal as we all  
hoped by now. Am I right?

**THERE ARE SIGNS OF LIFE THOUGH... OF  
COMING OUT OF THIS... WELL, YOU KNOW.**

**S**o we've reached the hot, humid dog days of what some consider the best season in the Bay region. The season of pool parties, boating, beach trips, and strolls downtown with an ice cream cone in hand, which we're sort of enjoying...carefully...cautiously (at least, I hope you are). Of course, there's usually many more activities filling our calendars—concerts, festivals, and feasts to name a few—that, unfortunately aren't on the bill this summer. As much as that's a shame, I hope you, like me, have plunged into rediscovery. The rediscovery of, perhaps, a long forgotten hobby or interest. The rediscovery of a once-favorite park or hiking trail. The rediscovery of exercise (I know I could do a bit more after quarantining). The world is your oyster, after all. (And that'll be the first and last time I use that idiom, much as it rings true so very often.)

Here, in Chesapeake country, we love our fishing, crabbing, cooking it all up, and all manner of waterfront dining and lifestyle. Thank goodness, we still have that. And we can even dock beside our favorite watering holes that dot the bay and the rivers, for a cold drink and some crab pickin.' That is, if catching 'em ourselves didn't pan out so well.



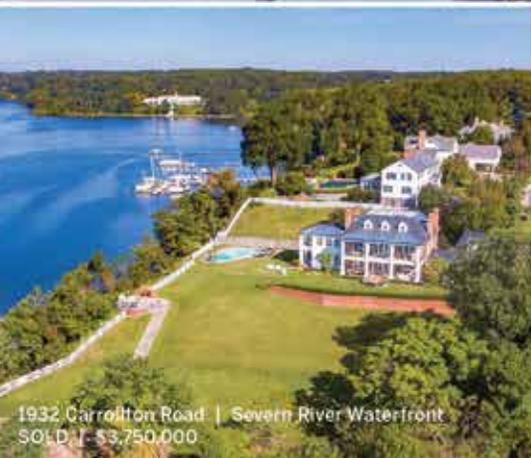
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You don't need special training to have an open, authentic conversation about mental health. Often, just talking about it can be the first important step in staying connected to yourself or someone else and helping get support or treatment if needed. Learn more about how you can have a #RealConvo at [afsp.org/realconvo](https://afsp.org/realconvo).

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# Out on the TownE

23 ADVENTURES | 32 SALUTE | 36 SPOTLIGHT | 40 ATHLETE

## Paddle Perfect!

As the sun shines down on another beautiful day, there is nothing I want more than to get out on the water. I would much rather get my workout in by having fun on a paddleboard or kayak than running on a treadmill. We are lucky that we live in such close proximity to the Chesapeake Bay and its many rivers, but that doesn't mean all of us own kayaks, paddleboards, or canoes. Good news! We know where to get them. Last month we shared great campgrounds and how to reserve them, so why not do the same for water trails and rentals? Here we go. →

## 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)!

Annapolis River Trail, Photo by Eric Gunther



Quiet Waters Park, Photo by Emily Wathen

## Rentals

**BLACKWATER ADVENTURES:** Rents Kayaks, bikes, boats, jet skis, and more in Cambridge. Make your reservation online now at [BlackwaterAdventuresmd.com](http://BlackwaterAdventuresmd.com). They also offer guided fishing, bike, or kayak tours. 410-901-9255.

**CAPITAL SUP:** Available for standup paddleboard lessons, rentals, and tours. Capital SUP is located in Annapolis on Back Creek. They also offer yoga and fitness classes, as well as SUP Race training. [Capitalsup.com](http://Capitalsup.com), 410-919-9402.



South River, Photo by Tony Lewis, Jr.

### **SHORE PEDAL AND PADDLE:**

Available for bike, kayak, and standup paddleboard rentals, sales, and tours. Shore Pedal and Paddle is located on Talbot Street in St. Michaels. [ShorePedalandPaddle.com](http://ShorePedalandPaddle.com), 410-745-2320.

### **STANDUP PADDLE ANNAPOLIS:**

Available for paddleboard rentals and lessons. Standup Paddle Annapolis is located in Crownsville on the Severn River. [SupAnnapolis.com](http://SupAnnapolis.com), 443-620-0060.

### **TWISTED CREEK PADDLE-**

**SPORTS:** Available for kayak and paddleboard tours and instructions on the South River. Located within Quiet Waters Park, just south of Downtown Annapolis. [TwistedCreekPaddleboards.com](http://TwistedCreekPaddleboards.com), 443-212-8978.

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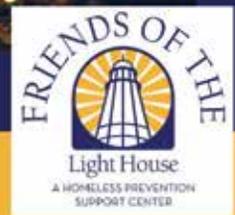
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## Water Trails

**ANACOSTIA WATER TRAIL:** This water trail was mapped in 2014 along the Anacostia River through Bladensburg and into Washington, D.C. This nine-mile stretch has many entrance points. For a full map, visit [AnacostiaWatertrail.org](http://AnacostiaWatertrail.org).

**BLACKWATER WILDLIFE REFUGE:** In Cambridge, Blackwater Wildlife Refuge offers three different canoe trails within the Blackwater River. Blackwater Adventures is also located in the middle of the Refuge to make renting easy and convenient.

**CORSICA RIVER WATER TRAILS:** The Corsica River is located near Centreville. The 8-mile waterway allows paddling adventures and explorations throughout Queen Anne's County and under the Route 304 bridge. Running parallel to the water trail is a land trail that winds through Millstream Park.

**QUIET WATERS PARK:** Quiet Waters in Annapolis has water access into South River for canoe, kayaks, and boat ramps. They do not have a set water trail, but is in the same place as Twisted Creek Paddlesports for convenience.

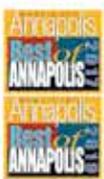
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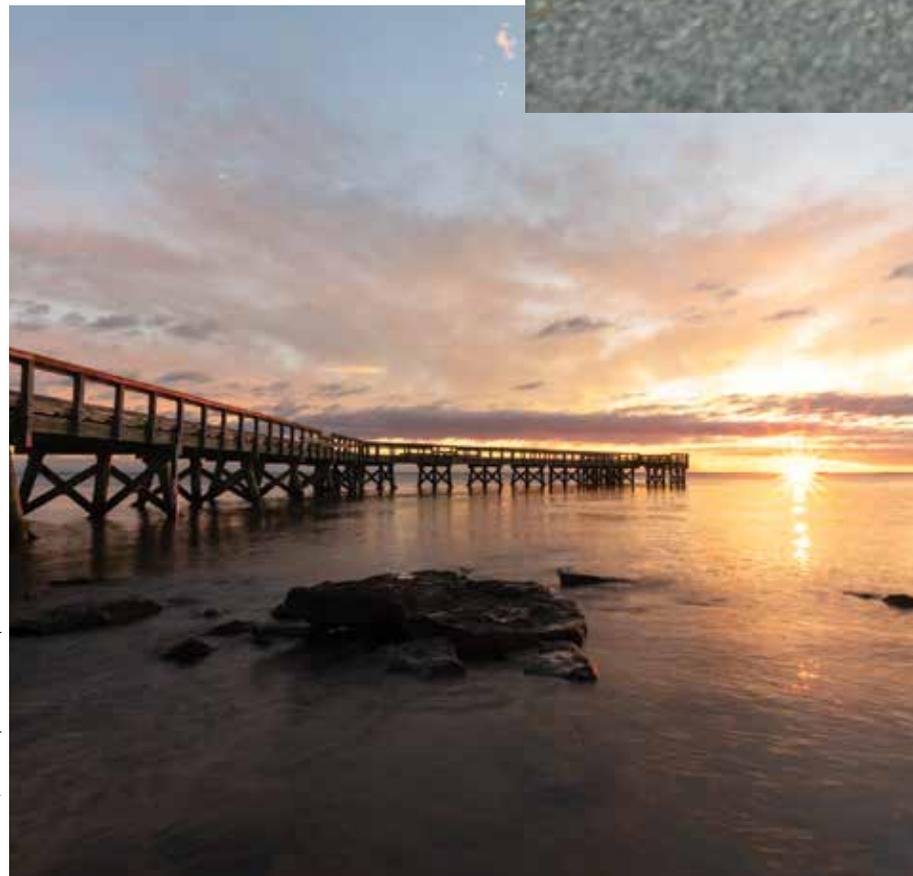
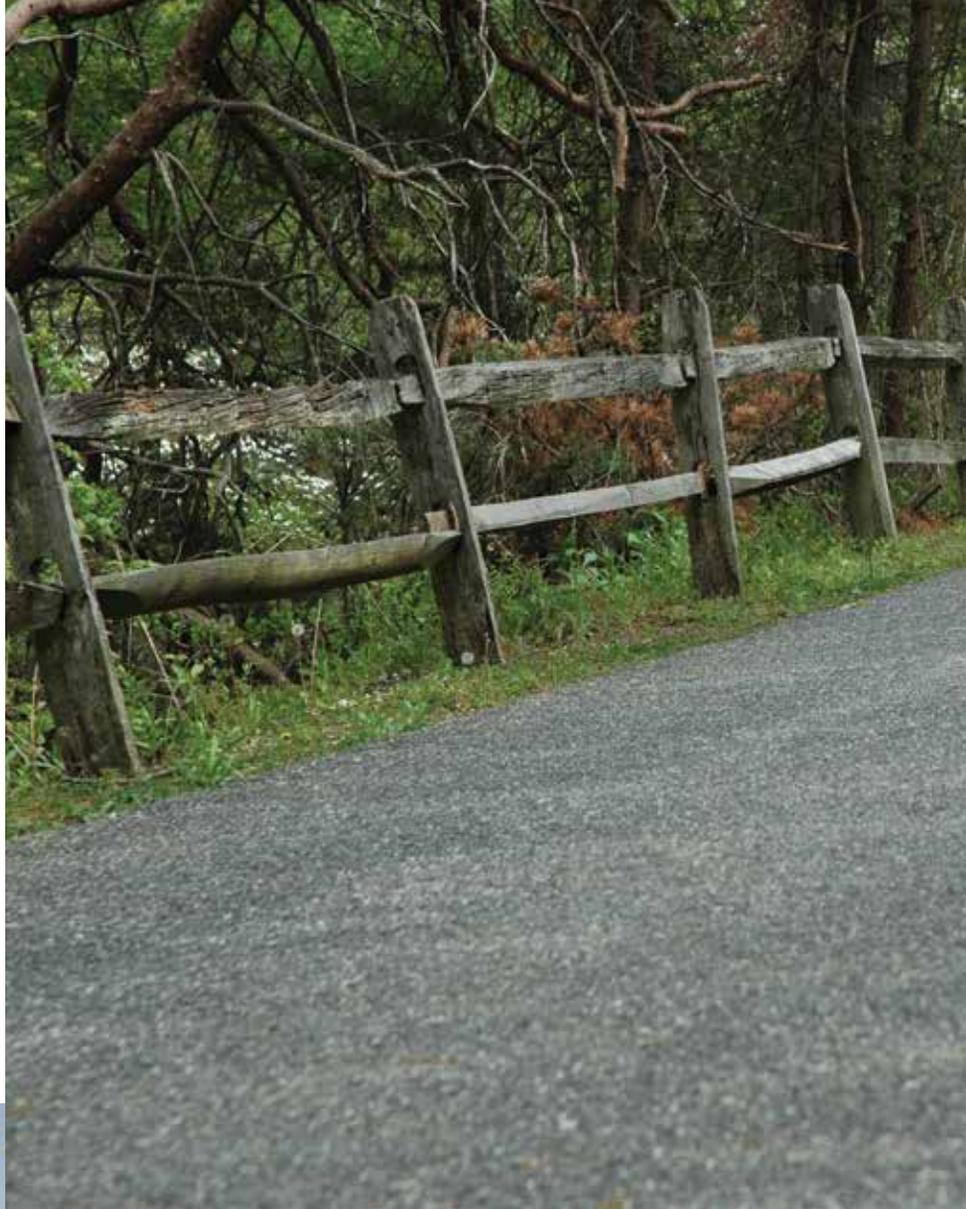

[www.AnnapolisPainting.com](http://www.AnnapolisPainting.com)

# 5 Trails to Find Happiness

Hit the trail and make a discovery this summer! There are many, many walking and hiking trails throughout Anne Arundel County that put you in the middle of nature. It feels great to get outside, and even better to walk on a trail with no one around. This list may help you find a new "go-to" place to explore. Start with number 1, and work your way up to number 5. The trails are in order of distance, but not necessarily difficulty. Grab your water bottle, put on sunscreen, pack a picnic for when you finish, and prepare to have fun. Remember to keep social distancing rules with other hikers, and to keep your dogs on a leash.

## 1. WILDFLOWER TRAIL

Stroll around Kinder Park Farm on the 2.5-mile Wildflower Trail any time of year. This loop is an appropriate difficulty for all skill levels and features the beautiful Maryland Wildflowers. Wildflower Trail is one of a few different trails through and around Kinder Park Farm in Millersville.



Downs Park, Photo by Patrick Gillespie

## 2. DOWNS MEMORIAL PARK TRAIL

Take the dog for a walk on the Downs Memorial Park Trail, a 3.5-mile loop in Pasadena with the chance to see beautiful wildlife. This loop takes you along the beach adjacent to the Chesapeake Bay and is wheelchair and bike accessible. Put your dog on a leash and bring him along to make it a whole family event.

## 3. BROAD CREEK TRAIL

Enjoy the wildlife as you embark the 4.7-mile loop in Annapolis. The loop takes you right alongside Broad Creek, tucked back behind Annapolis High School. This is a great trail to take advantage of staying cool in the shade that the trees provide



#### 4. WB&A TRAIL

Walk, run or ride your bike on the WB&A trail through Odenton to the Patuxent River and connecting to South Shore Trail and trails within Prince George’s County. This trail runs along the former Washington, Baltimore & Annapolis Electric Railway corridor for its entire route. The trail has two disconnected segments, the first running 5.7 miles between downtown Odenton, on Strawberry Lake Way and to the south end of Anne Arundel County, and the second begins on the other side of the Patuxent River and stretches 7.4 miles to Route 450 in Glenn Dale.

#### 5. BALTIMORE AND ANNAPOLIS TRAIL

This 13-mile trail leads you from the heart of Annapolis toward Baltimore, stretching from Jonas Green Park to Dorsey Road in northern Glen Burnie. On the trail, you will be able to see historic neighborhoods of Annapolis as well as a nature view of our beautiful city. Keep an eye out for the historical markers on the trail, labeled from A to Z. Follow along with those markers by picking up a flyer at the Ranger Station before you start.

Have you blazed a new path recently? Share your favorite walking and hiking trails with the What’s Up? Media community online at Facebook, Instagram, and Twitter; just search for “WhatsUpMags” to share your stories and photos with our readers!



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**TOWNE SALUTE**

# Bob & Lynn O'Dell

Arundel Rivers Federation

By Tom Worgo

**B**ob and Lynn O'Dell are the closest thing to the ideal volunteers as you are likely to find. The O'Dells, who are in their 60s, do almost everything for the Edgewater-based Arundel Rivers Federation. And they do it with enthusiasm and energy, like someone half their ages.

**"I think we should aspire to helping out and we feel we are doing something about it. We feel we are making a difference."**

"They never say no to any task," Arundel Rivers Federation Executive Denise Swol says. "I can call them and say, 'We need a volunteer to go do x,' and one of them will show up within an hour. They are the most reliable, dependable, go-to volunteers of any nonprofit organization I have worked at in my 16-year-career." Swol even has trouble keeping track of all the different things the Annapolis residents do.

Bob repaired a gazebo, built a platform for an osprey nest, and a kayak rack, fixed a motor on a boat, while also doing a financial analysis of a stream restoration grants. Lynn has worked on a couple of rather tedious office projects that have taken months to complete.

"It's more like, what they haven't done for us," Arundel Rivers Volunteer and Outreach Program Coordinator Nancy Merrill Sullivan says. "Sometimes, it's all these little tasks that break the camel's back and they just step in and help us with those moments where that last little effort is critical."

What initially spurred the O'Dells to join the organization was their interest in helping replenish the oyster

population on the Bay and its tributaries. They started by growing oysters off the dock of their Hillsmere home on the South River's Duvall Creek. As part of the process, the O'Dells go out once a week and shake the six cages, each of which contains about 100 old oyster shells with baby oysters (spat) attached to them. The shaking wipes all the sediments off them and it takes nine months for the oysters to reach full size.

"Let's face it," says Bob, who is secretary of the organization's board. "The water is filthy. We were interested in growing oysters because we knew oysters were a keystone species. They filter the water."

There's a second part of O'Dells task with the oysters they raise on their pier. The O'Dells transfer the oysters to the Arundel River's reef and on Glebe Bay. "I think everybody wishes for clean rivers that you can swim and be comfortable in," Bob says. "I think we should aspire to helping out and we feel we are doing something about it. We feel we are making a difference."

The O'Dells, who also work at Arundel River's social events, moved to Annapolis in 2009 from Montgomery County, where, for 37 years, they had a business that built and remodeled custom homes. They owned a boat and spent their free time on the Chesapeake Bay for decades.

"Even though I didn't live on the water, I loved the bay," says Bob, noting the couple joined Arundel Rivers in 2012. "I loved to come over here and fish and crab and go boating and swim off the boat."

All the handyman expertise he accumulated over nearly four decades as a home builder comes in handy at the foundation. "I can build and repair the monitoring stations that we put in the creeks to measure the water pollution," Bob says. "They look like little out-houses on stilts with electronic equipment inside." Bob doesn't even mind doing the dirty jobs. "I have a pickup, so you have to be willing to go to the dump," he says. "I do whatever I can to help out."

Arundel Rivers' leadership appreciates Lynn's accounting and administrative background from the family business. Lynn took on the task of scanning about 1,000 legal release forms for the organization's volunteers to participate in events. The bigger job was condensing 14 boxes into a few by keeping important documents and throwing out those no longer needed. Lynn says, "That was a super project as far the time that was involved." Merrill adds, "She got it done so we didn't have to pay for storage."

While the O'Dells involvement is mission driven, the work comes with social benefits. That's very important to Bob and Lynn. "It's a small group and everybody is very tight," Lynn explains. "I enjoy being in there. They are very enthusiastic and we share their passion for cleaning up the river and, ultimately, the bay."

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



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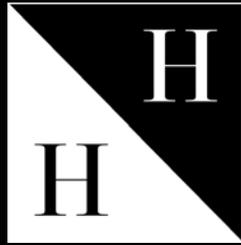


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# THE ARC CENTRAL CHESAPEAKE REGION ANNOUNCES NEWEST BOARD MEMBER →

The Arc, a nonprofit committed to transforming lives for people with intellectual and developmental disabilities, and Laura Austin, Board Chair, are pleased to announce the addition of Gregory Snyder II to the Board of Directors. “We are excited to welcome Gregory to the board,” said Jonathon Rondeau, President & CEO of The Arc. “Gregory has a strong legislative background, and is a voice for advocacy and philanthropy throughout Maryland. We look forward to sharing in Gregory’s passion for grassroots advocacy and change. We have a fantastic Board of Directors here at The Arc, dedicated to changing lives for people with intellectual and developmental disabilities, and Gregory is a terrific addition to our team.”



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WHAT'S UP? MEDIA'S 2020

# EXCELLENCE IN NURSING

Welcome to the inaugural Excellence in Nursing honors! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. This is nurses celebrating nurses!

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. **Voting will close in August.** Those earning Excellence in Nursing honors will be notified in early fall and the results will be published in our November issues.

If you have any questions about the process, please contact our Editorial Director at [editor@whatsupmag.com](mailto:editor@whatsupmag.com).

[WHATSUPMAG.COM/2020NURSES](https://whatsupmag.com/2020nurses)



## ↑ Brand New West Annapolis Retailer Opens

On Friday, June 12th, Revival Home & Gifts cut the ribbon and opened its doors, celebrating its grand opening in West Annapolis. Located at 101 Annapolis Street, Revival is a premier home decor and gifting boutique offering design brands sourced from across the country and internationally. With its initial March opening delayed by COVID-19 restrictions, Revival's ownership was thrilled to finally open its doors and be a flagship retailer in the revitalization efforts of West Annapolis. Left to right in photo: Kathy Shaffer (Revival staff), Kathryn Williams (Revival owner), Annapolis Mayor Gavin Buckley, Annapolis Alderman Fred Paone, and Shelly Aherne (Revival owner).

## PARTNERSHIP RAISES FUNDS WITH AND FOR LOCAL MUSICIANS

The past April and May, The Annapolis Town Center and Symmetry Creative Agency raised a total of \$21,428 for local musicians through their partnership with the Annapolis Musicians Fund for Musicians (AMFM). All donations were collected during a virtual concert series, Tunes From The Town, where 18 local musicians took to Facebook to live stream their performances. Viewers were able to catch the nightly acts, April 15–May 2, on the artists' personal Facebook page and the Town Center's Facebook page. What started as a goal of \$10,000, quickly doubled just days before the conclusion of the series. "We are thrilled by the outpouring of support by the community," said Anthony Henry, General Manager of the Annapolis Town Center. "This result speaks volumes and shows how we can truly come together in a time of need." This virtual concerts campaign was just one of the many ways in which the Annapolis Town Center has looked to assist their community during such difficult times.

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## ↑ Diaper Drive a Huge Success

Betty Batty, Team Lead/Real Estate Adviser, and the Hello Home of Compass team are thrilled to announce they collected more than 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 Pantry's in Anne Arundel County.

## MISSION ESCAPE ROOMS ANNOUNCES PRIVATE BOOKINGS AVAILABLE

Mission Escape Rooms—founded by Jason Cherry and with locations in Annapolis, Waugh Chapel, and Arundel Mills—has reopened with a Safety Plan in place in order to provide a fun, safe, and healthy environment for both customers and staff. Reservations are now for private bookings only, which means no more sharing the room with strangers. Along with private bookings, reservation schedules are also staggered to minimize interaction with other guests that may be in the location during a visit. For more information, visit [Missionescaperooms.com](http://Missionescaperooms.com).

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



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TOWNE ATHLETE

# Megan Bunker

Indian Creek School  
Basketball, Lacrosse

By Tom Worgo

**W**hen it comes to sports, Megan Bunker has boundless energy. Bunker played two sports year-round in middle school and early in high school. She competed in basketball for two years and lacrosse for four.

“It was just continuous,” says Bunker, now a senior at Indian Creek School in Crownsville. “I was going to so many different practices and playing for so many

different teams. I just loved it and I could just never choose one sport. I kept it equal.”

The 5-foot-8-inch senior has dominated in both basketball and lacrosse at Indian Creek and, when it came time, she seriously considered playing two sports in college. Two Division III schools told her she can play both: State University of New York at Canton and Sacred Heart University in Connecticut. Ultimately, Bunker decided to play lacrosse at Winthrop University in North Carolina on a scholarship and is holding off on basketball for the time being.

“I was debating whether I wanted to do both sports in college,” she says. “It was a very hard decision for me. I finally realized it would be too demanding. I decided to focus on one sport and improve my skills. I really wanted to be pushed and challenged by Division I lacrosse.”

Bunker chose Winthrop over William & Mary. Connecting right away with Eagles’ Coach Julika Blankenship made a difference.

She carries a 3.9 grade-point-average and plans to major in education. “Coaching is a big deal for me and it can make or break a program and a team,” Bunker says. “Her (Blankenship’s) whole coaching philosophy and everything she said about the team matched up with my view on sports and lacrosse so well.”

The 17-year-old Bunker has dominated in lacrosse from her midfield position at Indian Creek. After racking

**“She has all qualities a great lacrosse player has. She’s tall, fast, strong, and has that drive to get better all the time. If you need a goal, she is a pretty good anchor to have.”**

up 28 goals and 22 assists as a freshman, she boosted her stats to 58 goals and 23 assists the following season. She also led the team in draws (173) and ground balls (53). One of her biggest accomplishments in 2018 was scoring nine goals against both Key School and Pallotti.

“She has all qualities a great lacrosse player has,” Indian Creek Girls Lacrosse Coach Steve Willett says. “She’s tall, fast, strong, and has that drive to get better all the time. If you need a goal, she is a pretty good anchor to have.”

Willett made her a co-captain as a sophomore. That’s a rare occurrence for teams he’s coached. “She’s the first captain I’ve had as a sophomore and I have been coaching at the high school level since 1990,” the coach says. “She loves her teammates and they love her as well. She is the first one to help a kid out on the field learn a new skill. She pays attention to their psychological and social needs as well.”

On the basketball court, Bunker’s biggest achievement this winter should come early in the season

when she surpasses the 1,000-point mark. Averaging a county-leading 24 points a game as a junior helped set her up for the milestone. She also contributed five steals, four rebounds, and three assists per game.

“No one was able to stop her. Period,” Indian Creek Girls Basketball Coach Ciaran Lesikar says. “Teams would put their best defenders on her and she would always find a way to score. She has a high basketball I.Q, shows intensity from the first minute to the last minute of the game, and she’s the hardest working player on the court.”

Her time at Indian Creek and away from school is more than just about sports. She belongs to the school’s Key Club, which focuses on service projects, the National Honor Society, Arts Honor Society, plays the violin, and paints in her free time.

“My primary focus with art is painting,” Bunker says. “I like to paint landscapes. I like to do a lot of rocks and trees and natural sort of things. I hang them in my room. I haven’t sold any yet. I have had a few people ask to buy them. But I like to keep them for myself.”

She also plays the violin a few times a week. “I have never been musically inclined,” she says. “I just thought it be something cool to pick up and learn. One of my favorite things in life is learning.”

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

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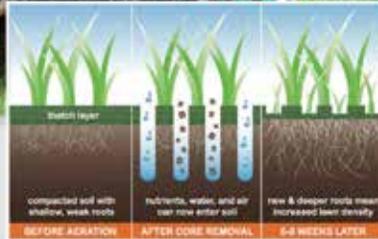
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# Maryland Women's Quest for Vote and Voice

Organizing, lobbying, demonstrations, jail: Maryland suffragists' persistent, long march to 19th Amendment ratification

By Desiree Smith-Daughety

Maryland can trace its women's suffrage history back to the Colonial era. Margaret Brent, a British colonist who resided in St. Mary's City, was the first woman in Maryland to receive a land grant. Governor Leonard Calvert made her executor of his estate, and she served as Lord Baltimore's attorney. In 1648, Brent appeared before the Maryland General Assembly in St. Mary's City, petitioning for the right to vote in its proceedings. The General Assembly recorded that she "requested to have vote in the house for herself and voice also..." Brent based her claim on being a landowner, and as such, she should enjoy the same right as any male landowner who could vote. Though her petition was denied, Brent's bold request gave Maryland credit for the suffrage movement's beginnings in what would become the United States.

## The Years Leading to the 19th Amendment

Brent's opening salvo for suffrage faded into silence for more than two centuries. While women's suffrage activism was not prevalent prior to the Civil War, Maryland was the first state in which a local group, the Maryland Equal Rights Society, was established. Organized by Lavinia Dundore in 1867, the Society pushed to expand an encompassing range of rights, including universal voting rights. The group, comprised of white and black men and women, reached its peak in 1872 when its convention was attended by nationally prominent suffrage activists. The Society disbanded in 1874, possibly disheartened after years of opposition with no traction achieved. Future suffrage groups divided along racial lines but engaged in mostly parallel activism—an ironic contradiction to trailblazing activist Susan B. Anthony's abolitionist and civil rights' beliefs.

Caroline Hallowell Miller of Sandy Spring breathed life back into the state's movement in 1889 by establishing and serving as president for the Maryland Woman Suffrage Association (MWSA). She coordinated efforts with the National American Woman Suffrage Association (NAWSA), sending state delegates to the national association's conventions. The Baltimore Suffrage Club was organized in 1894, and Emma Maddox Funck, elected its president in 1897, was also elected MWSA's president in 1904. Funck served in both roles until the 19<sup>th</sup> Amendment was passed in 1920, after which she helped launch the Maryland Federation of Republican Women in 1921—a group still active today.

The 20<sup>th</sup> century saw an upsurge in suffrage activism with the emergence of new organizations. These groups held meetings and events throughout the state—including entering a suffrage-themed boat in a local regatta near Annapolis—to bring attention to their quest for voting rights. In addition, their members joined and enlarged NAWSA's ranks. In 1906, NAWSA held one of its annual conventions in Baltimore at the Lyric Theater, which was attended by national suffrage icons, including

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VOL. XXII NO. 2

BALTIMORE, SATURDAY, SEPTEMBER 6, 1913.

PRICE THREE CENTS

The *Baltimore Afro-American* newspaper printed news on women's suffrage from the African-American perspective. The newspaper is still in operation today. It is the longest-running African-American family-owned newspaper in the United States, established in 1892 by John H. Murphy, Sr.

Susan B. Anthony, who delivered a speech in one of her last public appearances, Clara Barton, and Julia Ward Howe.

Edith Houghton Hooker, who was one of the first women accepted into the Johns Hopkins University Medical School, organized the Just Government League (JGL) in 1909 in Baltimore. She served as JGL's president and affiliated the group with the NAWSA. In 1912 Hooker launched the *Maryland Suffrage News*, a weekly newspaper for the JGL that promoted suffrage activities in the state that wider-circulation newspapers would likely overlook. Each issue featured this dedication:

To the poor women without homes, to the little toilers who should be in the schools and playgrounds, to the white slaves in their tragic bondage, and to the children who die, these pages are dedicated! May every woman who is not too idle to have a thought, or too vain to have a soul, or too rich in gold to have a heart, join in the great struggle for women's freedom! Purity, Liberty, Justice—these we must work for!

An issue dated December 26, 1914, showcases a front-page cartoon titled, "The Crystal Gazer." A young child with angel wings, seated in a tall-backed chair, peers into a crystal ball on the table before him. A small group, comprised of several women and one man, stand gathered in expectation around the table. The man wears a sash across his body with "Men's League" printed on it, representing the Men's League for Women's Suffrage. The four women display sashes representing various Maryland-based suffrage organizations. The child holds a sign with what the crystal ball has revealed: "I see a long step ahead together toward Votes for Women in 1916." The article featured on the front page is a plea for suffragists to contact their Maryland

Congressional representatives and urge them to cast their votes for the Bristow-Mondell Federal Suffrage Amendment, also known as the Susan B. Anthony Amendment. Passage of this amendment would have given women voting rights via Congressional action rather than wait as the states drag their legislative legs in passing state suffrage laws.

JGL chapters spread throughout Maryland, growing to 17,000 members by 1915. Hooker later became editor of the National Woman's Party's publication, *The Suffragist*, and president of the Maryland Suffrage Party of Baltimore.

Meetings, demonstrations, events, and speeches continued to be the hallmark of suffrage activism across the state, but success remained elusive. In 1910 the Maryland General Assembly defeated a suffrage bill. Suffragists almost tasted victory in 1916 when the Maryland Senate passed another suffrage bill, but defeat was served instead when the bill died in the Maryland House of Delegates. A shift in focus had already begun, with hope and efforts put toward the potential for a constitutional amendment.

Maryland's proximity to the nation's capital provided ample opportunity for local suffragists to meet with those traveling to Washington, D.C. National delegates often made a stop at the JGL's Baltimore office. Maryland suffragists sent a delegation to the 1913 Woman Suffrage Procession—the "Army of the Hudson"—led by "General" Rosalie Jones. The procession, en route from New York City to D.C., hiked through Maryland with stops in Baltimore and Laurel in the wintry cold of February. The purpose of their long winter trek was to deliver a petition to Woodrow Wilson prior to his presidential inauguration.

In July 1913, delegations from multiple states traveled to Washington, D.C. Their mission was to deliver 75,000 signed petitions to U.S. Senators who were considering a constitutional amendment for suffrage. Prior to entering D.C., the suffragists held a rally just across the D.C. line in Hyattsville. From there, a banner-laden parade of over 60 cars traveled along Rhode Island Avenue and into D.C. to accomplish their purpose.

Edna Latimer of the JGL led suffrage hikers on local trips around the state in a bid to gain support and publicity. One hike in 1914 began with a train ride from Baltimore to Cumberland, where the group disembarked and hiked to Frostburg. Their trek spanned Allegany County and west into Garrett County. The novelty of the women's 125-mile hike drew fanfare, as did the twenty-one speeches delivered along the way. The result was 820 new JGL members. Another hike in 1915, the Margaret Brent Pilgrimage, took the JGL suffragists south to St. Mary's City, with more new members added to the JGL's roster.

## During the 19th Amendment's Ratification Period

Maryland suffragists continued to push for voting rights, despite several measures being shot down in the state legislature. Meanwhile, a couple of Maryland towns offered limited suffrage. Annapolis allowed voting in bond elections as early as 1900, starting with a ballot question on infrastructure improvement. In Still Pond, a town in Kent County, women who were taxpayers were permitted to vote in the local election in 1908—12 years before the 19<sup>th</sup> Amendment's ratification. Fourteen women were registered, two of whom were African American, and three of whom cast their ballot. Still Pond later repealed the rule that allowed women voting rights.

By 1917, suffragists all over were frustrated at the lack of progress in moving the rights' needle. A suffrage picket—the “Silent Sentinels”—was organized in front of the White House, which lasted from January 1917 until the passage of the 19<sup>th</sup> Amendment over two years later. With Maryland being just over the D.C. line, many Maryland suffragists took part in the picket demonstrations.

These picket demonstrations didn't draw the type of support the suffragists hoped for, in large part due to the demonstrators tying the fight for democracy in World War I with women in the U.S. not having full access to democratic rights—such as voting. Mobs counter-protested, often destroying pro-suffrage banners. This heightened animosity drew the police, leading to picketers being arrested and jailed. Lucy Branham from Baltimore was frequently arrested for her suffrage demonstration participation and served time in both a jail and in the Occoquan Workhouse in Virginia.

Though unable to use votes as a means for registering their position on matters, suffragists did apply what pressure they could to impact politics. *Maryland Suffrage News* urged state suffragists to press for the defeat of a candidate who had voted against ratification, carrying this headline in the April 17, 1920 issue: “Defeat Mish for Congress. Former legislator from Washington County who repudiated signature to suffrage petition by voting against ratification of the federal suffrage amendment, comes out as a candidate for Congress from the Sixth District.”

After years of suffragists' activism, Congress passed the 19<sup>th</sup> Amendment on June 4, 1920. The amendment required 36 state votes to become law, which was accomplished on August 18, 1920. Maryland did not vote to ratify, so Maryland's suffragists gathered 125,000 signatures and lobbied for Maryland legislators



Emma Maddox Funck was elected president of the Baltimore Suffrage Club in 1897, and elected MW-SA's president in 1904, serving in both roles until the 19th Amendment was passed in 1920.

Theater meeting in Washington, D.C., to demand the Susan B. Anthony amendment for the enfranchisement of women, ca. 1910.



to do so. But on February 20, 1920, they voted against ratification. Maryland's Senate tallied nine votes in favor and 18 against. In Maryland's House of Delegates, the vote was 36 in favor and 64 against. Maryland legislators' stance was that voting fell under states' rights and viewed the amendment as Congressional overreach of federal power. In their Joint Resolution to reject ratification, Maryland legislators stated:

"Be it resolved by the General Assembly of Maryland, that we deny that Congress has any lawful right or power to propose such an amendment to the Constitution of the United States; we deny that the Legislatures of three-fourths of the States have any lawful right or power to adopt such an amendment; and we deny that such an amendment would be validly a part of the Constitution of the United States if thus adopted ... Further, the legislators emphasized it was "the right of a State to determine for itself by the vote of its own people, who shall vote at its own State, county and municipal elections..."

Maryland's suffragists still faced a long game. Legislators' (and others') fears were two-fold. Women's suffrage was viewed as a dual challenge to long-established norms: women entering a nontraditional arena that had long been reserved for men, and the fact that suffrage would allow black women to vote.

The state's legislators were not the only ones who contested a woman's right to vote. A contingent of women was also in opposition. Cornelia Gibbs, in a letter dated July 8, 1919 to Albert Ritchie, Maryland's Attorney General, wrote:

"...We urge that you oppose the ratification of the 19<sup>th</sup> Amendment. The noisy element which is advocating Women Suffrage is in reality a small minority which disregards the great fundamental truth that the family is the real foundation of society and that it is not by duplication of effort but by co-operation that men and women make real progress." Cornelia Gibbs was President of the Maryland Association Opposed to Woman Suffrage.

Arrival in Washington in March 1913 of Rosalie Jones' band of pilgrims on their trip from New York to the National Capitol to ask President Wilson to give his support to the national woman suffrage amendment.





## Maryland After the 19th Amendment's Passage

Maryland's suffragists did not return home after the amendment passed. Efforts moved from obtaining voting rights to preparing for participation in political life. Voter registration and education initiatives were launched. Many women joined the League of Women Voters, formerly the NAWSA, established in October 1920. Lavinia Engle, who took a break from being a traveling organizer for the suffragist movement and went to set up a field hospital in Europe during World War I, later became Executive Director of the Maryland League of Women Voters. She became the Maryland General Assembly's first elected female delegate from Montgomery County.

Baltimore neighbors Augusta Chissell and Margaret Hawkins held meetings in their homes and served in leadership roles for the Progressive Women's Suffrage Club. This organization was founded in 1915 by Estelle Young to promote African American women getting the right to vote. In 1920, Chissell wrote a regular column, "A Primer for Women Voters," for the newspaper *Baltimore Afro-American*. Readers mailed in questions about their new voting rights, which

Chissell answered in the column. The Club also offered weekly citizenship meetings.

Opposition to women's suffrage continued. Lawyer Oscar Leser of Baltimore sued to challenge women's suffrage and the 19<sup>th</sup> Amendment's validity. The case made it to the U.S. Supreme Court but was defeated.

After the 19<sup>th</sup> Amendment's passage, another twenty-one years went by before Maryland suffragists' local efforts were finally and fully rewarded. Through a Joint Resolution of the General Assembly of Maryland, legislators ratified the 19<sup>th</sup> Amendment on March 29, 1941, and the vote was certified on February 25, 1958.

The Department of Planning Maryland Historical Trust has documented over 50 historic sites in the state that are connected to Maryland suffragists' efforts. These sites will be eligible for nomination to the National Register of Historic Places—homage to the determination and fortitude of the state's role in women's suffrage.

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](http://yearofthewoman.net)

"General" Rosalie Jones leads one of her many marches for women's suffrage.

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 P.O. Box 115, Oden-  
 ton; 866-591-1900;  
 fichtnerservices.  
 com

*Hardware Store*  
**Cape Ace Hardware**  
 1320 Cape Saint  
 Claire Road, Annap-  
 olis; 410-757-0797;  
 capeacehardware.  
 com

*Home Appraiser*  
**May Appraisal  
 Services, Inc.**  
 7410 Baltimore An-  
 napolis Boulevard,  
 Glen Burnie; 410-761-  
 9500; mayapprais-  
 alservice.com

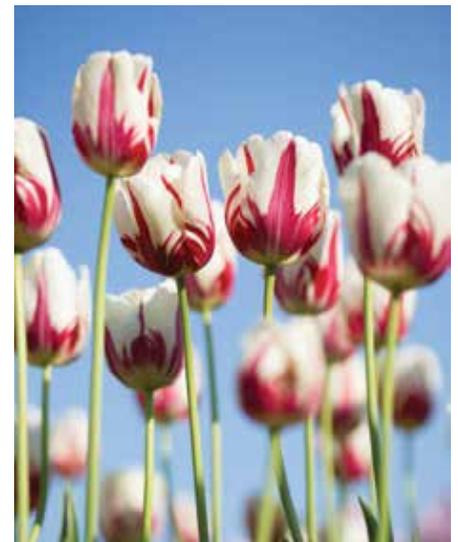
*Home Inspection  
 Services*  
**HomePro  
 Chesapeake**  
 P.O. Box 6043,  
 Annapolis; 410-  
 269-4222; home-  
 prochesapeake.com

*Home Remodeling  
 Apter Remodeling/  
 Craftsman*  
 7 Willow Street,  
 Annapolis; 410-295-  
 9410; apterremodel-  
 ing.com

*HVAC Services*  
**Griffith Energy  
 Services**  
 3173 Solomons Is-  
 land Road, Edgewa-  
 ter; 888-474-3391;  
 griffithenergyser-  
 vices.com

*Indoor Cleaning  
 Service*  
**Molly Maid of  
 Central Anne  
 Arundel County**  
 1517 Ritchie Highway,  
 Ste. 102, Arnold; 410-  
 593-1840; molly-  
 maid.com

*Irrigation Install  
 and Service*  
**Atlantic Lighting &  
 Irrigation**  
 1392 Defense  
 Highway, Gambrills;  
 410-721-4070;atlan-  
 tic-irrigation.com



*Kitchen and Bath  
 Remodeling*  
*Lumber Store*  
**The J.F. Johnson  
 Lumber Company**  
 8200 Veterans  
 Highway, Millersville  
 410-987-5200; 3120  
 Solomons Island  
 Road, Edgewater;  
 410-956-0400;  
 johnsonlumber.biz

*Landscape and  
 Hardscape  
 Design/Build*  
**McHale Landscape  
 and Design**  
 911 West Street,  
 Annapolis; 410-990-  
 0894; mchaleland-  
 scape.com

*Landscape Installer/  
 Maintenance*  
**Harmony Gardens**  
 301-261-8680;  
 harmonygardenin-  
 teriors.com

*Lawn/Garden  
 Equipment Supply*  
**Bowen's Farm  
 Supply**  
 2550 Riva Road,  
 Annapolis; 410-224-  
 3340; bowensfarm-  
 supplyinc.com

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of an outdoor oasis where you can really relax or entertain with style and function?

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*Luxury Home Agent*  
**Scott Schuetter**  
**of Century 21 New Millennium**  
 1730 West Street, Ste. 200, Annapolis; 410-266-9005; scottschuetter.com

*Mortgage Lender*  
**Atlantic Prime Mortgage, LLC**  
 77 West St #310, Annapolis; 800-204-1283; atlanticprimemortgage.com

*Paint Store*  
**Maryland Paint & Decorating**  
 209 Chinquapin Round Road, Annapolis; 410-280-2225; mdpaint.com

*Painting Contractor*  
**Annapolis Painting Services**  
 2561 Housley Road, Annapolis; 410-974-6768; annapolis-painting.com

*Plumbing*  
**David E. White's Plumbing, Heating & Repair Company**  
 P.O. Box 6553, Annapolis; 410-216-7132; davidwhiteplumbing.com

*Pool Design/Build*  
**Sunrise Premiere Pool Builders**  
 1354 Cape Saint Claire Road, Annapolis; 410-349-3852; sunrisepremierpoolbuilders.com

*Pool Maintenance*  
**Goudy Pools, Inc.**  
 Severna Park; 301-580-4614; goudy-pools.com

*Power Washing*  
**Mid-Atlantic Power Washing**  
 26 Lee Street, Annapolis; 410-266-6866; midatlanticpowerwashing.com

*Real Estate Team/ Brokerage*  
**David Orso Team of Compass Real Estate**  
 Offices in Annapolis and Severna Park; 443-372-7171; davidorso.com

*Residential Realtor*  
**Coldwell Banker Church Circle**  
 4 Church Circle, Annapolis; 410-263-8686; coldwellbanker.com

*Retirement Community*  
**Baywoods of Annapolis**  
 7101 Bay Front Drive, Annapolis; 410-268-9222; baywoodsofannapolis.com

*Stone/Tile/Granite for the Kitchen & Bath*  
**Compass Stone & Tile Studio**  
 302 Harry S Truman Parkway, Annapolis; 410-224-0700; cst-studio.com

*Title Company*  
**Eagle Title, LLC**  
 181 Harry S Truman Parkway, Ste. 200, Annapolis; 410-266-3600; eagletitlellc.com

*Tree Service*  
**Bartlett Tree Experts**  
 8274 Lokus Road, Ste. 113, Odenton; 410-305-0353; bartlett.com

*Water Treatment Services*  
**Hague Quality Water of Maryland**  
 814 East College Parkway, Annapolis; 410-757-2992; haguewaterofmd.com

*Waterfront Realtor*  
**Sandra Libby/ Coldwell Banker Residential Brokerage**  
 4 Church Circle, Annapolis; 410-919-1809; sandraklibby.com

*Waterfront Team/ Brokerage*  
**Mr. Waterfront Team of Long & Foster**  
 102 Old Solomons Island Road, Annapolis; 410-266-6880; waterfronthomes.org

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 Facebook.com/AccurateAsphaltMD



MHIC # 05-136088

**LEADING REAL ESTATE  
AND HOME  
PROFESSIONALS 2020**





2020 Best Residential Seller Agent/Realtor

**David Orso**

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

THE DAVID ORSO TEAM

OF COMPASS REAL ESTATE

COMPASS



# DAVID ORSO

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

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

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

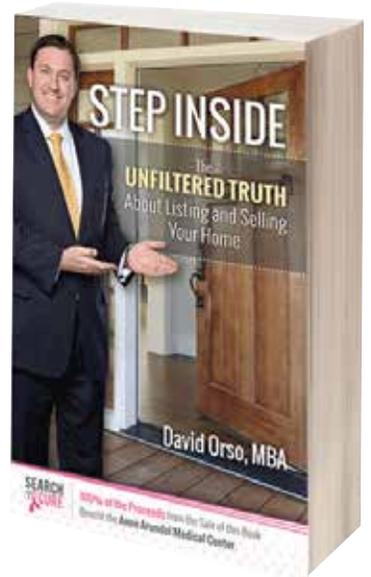
During the past 36 months, David has sold over \$184 million in real estate in Anne Arundel County.

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

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

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

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





### 101 Water Street, Severna Park

Sold in 14 days for \$1,885,000  
Previously listed with another brokerage for  
152 days, but failed to sell.



### 46 Boone Trail, Severna Park

Sold in 1 day for \$975,000,  
above list price



### 180 S Southwood Ave, Annapolis

Sold in 12 days for \$610,000



### 2304 Noblewood Rd, Edgewater

Sold in 11 days for \$479,000

## What clients are saying

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

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

If you are considering selling your home, now is a great time to do so.

Contact the Best Real Estate Team in the area today to schedule your appointment. **Visit [DavidOrso.com](http://DavidOrso.com)**



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**T**hough we are known for our full custom homes, you may be surprised to learn that we do quite a lot of smaller projects as well. Whether you need remodeling or renovation work, custom project services, home additions, or even handyman repair and maintenance solutions, we're the local company you can turn to for help.

Lundberg Builders is proud to bring the same craftsmanship and attention to detail we offer on full custom homes to your small project. We have the management, design and build capabilities, and expert tradespeople you need to handle every aspect of your project from start to finish.

At Lundberg, we make your project personal, and it extends to the relationships and trust that we've built with our customers for nearly 50 years.



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MHBR #748 | MHIC #11697



# SHANE HALL

**S**hane Hall stated his real estate career in October of 2013, while the market was still very much recovering from the Great Recession. Shane evolved from a novice into one of the top producers in real estate through hard work, client advocacy, and innovative thinking. He quickly built a strong reputation in the marketplace as one of the youngest real estate agents in the Annapolis area, heading sales spanning from new builds to luxury estates.

Shane's seasoned experience, sharp instincts and ability to anticipate market trends, enables him to lead and create opportunities for buyers and sellers in changing markets. Living in the area for 20+ years now, Shane is an expert on the Greater Annapolis market. In 2016, he set out to become a more efficient service provider and started The Shane Hall Group - a team of full time professionals dedicated to selling, marketing and consulting on homes for their clients. In 2020, he joined Compass, ranked number as the nation's largest independent brokerage and developing technology and tools entirely in-house designed to help sell homes faster and at a higher price point.

Shane graduated from the University of Maryland in 2011 with a degree in Marketing and Communication. He lettered in Varsity Lacrosse with the Terps winning an ACC Championship and a National Runner-Up during his 4 years. He now lives in Severna Park with his wife Emily, daughter Hunter and two dogs Decker and Reese.

## Shane Hall

shane.hall@compass.com  
410.991.1382  
www.shanehallre.com

COMPASS



**29 HOME PORT DRIVE | EDGE WATER**  
Active | \$4,500,000



**1291 HOLLYWOOD AVE | ANNAPOLIS**  
Active | \$2,750,000



**1106 SPY GLASS DR | ARNOLD**  
\$1,800,000



**357 SHERWOOD TRAIL | ANNAPOLIS**  
\$1,150,000



**550 HEAVITREE LN | SEVERNA PARK**  
\$1,100,000



**328 EPPING WAY | ANNAPOLIS**  
\$825,000



# ERICA BAKER

**Y**our next adventure, inspired by Erica Baker.

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

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

With a burning passion for culture and travel, no one was surprised when she earned her International Property Specialist Designation in 2017. As an active participant of international realtors, Erica is a member of the Global Business Committee with Maryland Association of Realtors, and a D.C. chapter member of the Asian Real Estate Association of America (AREAA). Staying abreast of the global industry truly helps her advise clients on a daily basis. Locally, Erica is an active sponsor with Annapolis Rotaract Club for "Rock the Dock," in which 2019's event was Zero Waste to support the Live Water Foundation.

In addition to being a qualified, knowledgeable, and experienced Realtor, Erica has a drive to help her clients as strong as her passion for life. If you ever find her outside of the office, she is most certainly planning her next adventure, paddle boarding on Spa Creek, or walking her Great Dane, Darwin, around Annapolis. With an impressive sale portfolio and strong business initiative, Erica is constantly working towards a future that will inspire her client's lives and ambitions.

**Erica Baker**  
 TTR | Sotheby's INTERNATIONAL REALTY

**Erica Baker, Realtor®**  
 410-919-7019 | 410-280-5600  
 209 Main Street  
 Annapolis, MD 21401  
 Ericabaker.ttrsir.com



**6 TYDINGS RD**  
**SOLD**  
 Severna Park, MD



**14 PRESIDENT POINT DR #A1**  
**SOLD**  
 Annapolis, MD



**612 KENORA WOODS CT**  
**SOLD**  
 Millersville, MD



**4007 ARCADE CT**  
**SOLD**  
 Chesapeake Beach, MD



# JENNIFER CHANEY

**J**ennifer is in a class all her own. When we decided to put our house on the market, we wanted the absolute BEST realtor and broker available in our area and we KNEW that was HANDS DOWN, Jennifer Chaney. Her reputation for listing, staging and selling homes FAST preceded her. The number of homes she has sold blows away and other realtor in the area. As predicted, she sold our home in under a week! Just 5 days on the market and it was gone. Her expert staging and unsurpassed knowledge of the market is second to none. If you want a realtor who is on your side, guiding you every step of the way to make informed decisions, there is no one else I would call and trust with one of the most important life transitions and sale/purchases one can make in their lifetime. I trust her 100% and you should too!

Review from [www.zillow.com](http://www.zillow.com)

## Jennifer Chaney

CSP, GRI, MBA  
Broker-Owner-Designer

206 Old Love Point Rd.,  
Stevensville, MD 21666  
410-739-0242  
[jchaney@chaneyhomes.com](mailto:jchaney@chaneyhomes.com)  
[www.chaneyhomes.com](http://www.chaneyhomes.com)

Voted 'Best of Eastern  
Shore: 2020 AND 2019  
'Best Waterfront Realtor'  
& 'Best Realtor- Sell'

**Chaney Homes**



- The formidable combination of hustle and smarts, Jennifer Chaney, Broker, Owner & Designer of 'Chaney Homes' sets the bar high.
- Armed with a Master's of Business Administration in Marketing from Loyola University in Maryland, and Bachelor's degree in Finance from Salisbury State University, with a sales record to impress!
- Impeccable Career Average: Median Days on Market 21 Days, at an Average 99.42% of List Price, Throughout an Illustrious 17 year career.
- Image SELLS! With Over 5,000 SF of Warehouse Space LOADED with Endless Supply of Staging Inventory... Enough to FULLY Stage ANY 60+ Chaney Homes Listings, AT ONCE- Chaney Homes Sell Faster & Stronger, than their competition.
- Over \$42 Million SOLD- in 2019 ALONE... Over \$190 MILLION in Career Sales. Experienced, Educated & Equipped like NO Other. Purposefully 'Boutique-Style' Real Estate Brokerage... with a 'differentiating twist'. 'List. Stage. SELL'. With 'Chaney Homes'. Your 'One-Stop-Shop' for Realty. Staging. Design.



**213 Parks Rd Chester**  
\$950K - 'Under Contract'  
8 Days on Market!



**260 Eareckson Ln  
Stevensville**  
\$1.185M Full Price Sale.  
1st Day on Market.



**112 Eareckson Ln  
Stevensville**  
\$1.25M Under Contract



**308 Narrow Point Dr,  
Grasonville**  
\$789K Listed AND Sold by  
Jennifer Chaney



# TRAVIS GRAY

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

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

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

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

## Travis Gray

Associate Broker

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

**COLDWELL BANKER**

**GLOBAL LUXURY**



**921 Dreams Point Rd.**  
 Arnold | Magothy River  
 \$2,495,000



**66 Franklin St #212**  
 Annapolis | Acton's Landing  
 \$975,000



**961 Diggs Road**  
 Crownsville | Severn River  
 \$1,645,000



**117 Monticello Ave**  
 Annapolis | Murray Hill  
 \$1,195,000 | Co-listed with Liz Dooner



**33 East St #2**  
 Annapolis | Historic District  
 \$899,000



**1003 Snapper Cove Lane**  
 The North Shore | Magothy River  
 \$995,000



**900 Crab Creek Lane**  
 Annapolis | Eaton's Landing  
 \$749,000



**Wye Estate**  
 Queenstown | Wye River  
 \$6,000,000



# DIANA L. KLEIN

## LAWYER'S REALTY, LLC

**W**e all know in today's social media world, buyers do not need a realtor to find them a home. Over 79% of buyers use online resources to find a home and 65% of sellers promote their homes online. It takes more than this for a realtor to provide great real estate services to a buyer or seller. A buyer or seller needs someone to negotiate the best contractual terms that protects their interests at the best price in one of the largest transactions of their lifetime. As an attorney, Diana Klein has the expertise and knowledge to offer these services to her real estate clients. Diana also offers additional services at Lawyer's Realty that no other brokerage firm offers. As a client of Lawyer's Realty, you can request attorney review of closing documents, you can get answers to real estate legal questions should they arise during your transaction, and you'll have someone with legal knowledge about the real estate transaction on your side.

Diana has represented homeowners and investors in buying, selling or leasing their residential or commercial properties whether it's a luxury or standard property, an R.E.O, a short sale, or a foreclosure. Diana knows what is important to each unique client, is attentive to their needs, aggressively markets her client's properties, she acts as a problem solver, pays attention to detail and gets the deal to closing.

With more than 20 years of experience, Diana has tenacity, integrity, and a reputation of being honest and professional. She applies these attributes into the operation of her title company, Lawyer's Title & Escrow Services, and her law firm, Klein & Associates. Diana knows the real estate process, has contacts with investors for her sellers, has incite and up-to-date knowledge on the local real estate market. Using Lawyer's Title & Escrow Services to conduct settlement can streamline the buying process for her real estate clients and can always provide estimated closings costs, net proceeds for a seller and they can even conduct a 1031 exchanges for an investor. Their fees are reasonable and they can travel to the client for settlements. Diana practices real estate law, contract negotiations, selling or starting a business, and estate planning & administration at the law offices of Klein & Associates. Call Diana for all your real estate and legal needs.

### Diana L. Klein

Broker

Lawyer's Realty, LLC  
2450 Riva Road  
Annapolis, MD 21401  
443-569-4576  
inquiry@lawyersrealtymd.com



#### Bush Road, Severn

4 large bedrooms w/3.5 baths.  
Fenced in yard, screened in porch,  
2-car garage and fireplace.



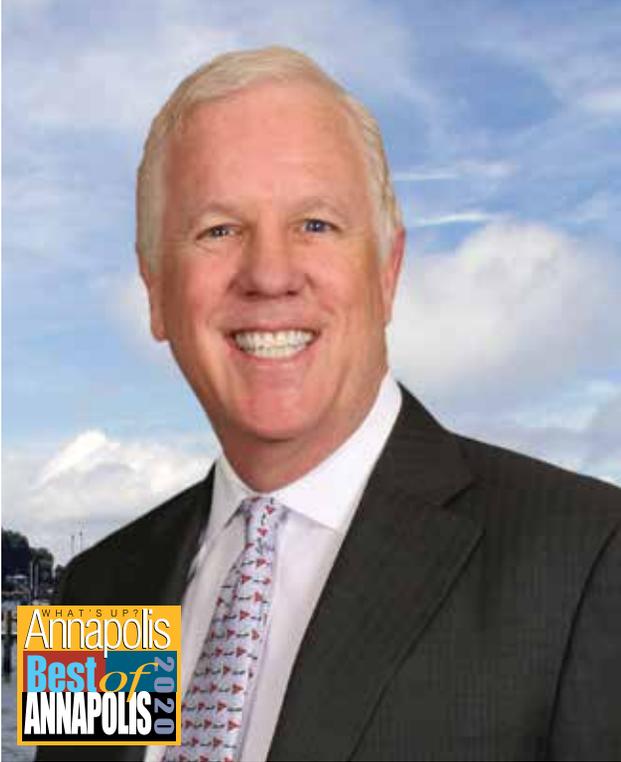
#### Gated Chesapeake Harbor Community

2 bedroom condo on 1st level w/views of marina.  
Community amenities include, pool, tennis  
courts, picnic area & part of marina.



#### Turkey Point Rd, Edgewater

Waterfront/pier & electric boat lift. 5,000 s.f.,  
4 BR 3 full & 2 half baths w/2 fireplaces,  
& 3-car garage.



# CHARLIE BUCKLEY

**MR. WATERFRONT® TEAM OF LONG AND FOSTER REAL ESTATE**



Reid Buckley

Joe Bray

Sarah Seeling

Steven Arcé

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 OF LONG & FOSTER REAL ESTATE

410.266.6880  
[www.WaterfrontHomes.org](http://www.WaterfrontHomes.org)  
[team@WaterfrontHomes.org](mailto:team@WaterfrontHomes.org)

**T**he Mr. Waterfront® Team of Long and Foster/Christie's International offers buyers and sellers expertise in waterfront negotiation and marketing that is unsurpassed. Charlie Buckley and the Team – Reid Buckley, Joe Bray, Sarah Seeling, and Steven Arcé – have worked with 4x more Anne Arundel County waterfront buyers and sellers than any other agent over 25 years. This depth of experience not only saves clients time and money, but it also provides peace of mind in what can be a confusing and challenging endeavor. Recognized as an industry leader for a reason: incredible waterfront knowledge, a dedication to the highest quality marketing, and a commitment to treating all clients with honesty and respect.



**Arnold Waterfront**  
 Private Pier on Magothy River  
 \$659,900



**Annapolis Waterfront**  
 Private Pier on Oyster Creek  
 \$895,000



**Edgewater Waterfront**  
 Huge Chesapeake Bay Views  
 \$990,000



**Edgewater Waterfront**  
 Private Pier on Whitemarsh Crk  
 \$1,040,000



**Annapolis Waterfront**  
 Private Pier on Mill Creek  
 \$1,875,000



**Annapolis Waterfront**  
 Pool & Pier on Severn River  
 \$2,395,000



**Annapolis Waterfront**  
 Private Pier on Severn River  
 \$2,795,000



**Chesapeake Bay Waterfront**  
 Bodkin Pointe Estate  
 \$2,999,995



# LIZ DOONER

Liz loves being at the center of the Annapolis real estate market and has been consistently named a "Top 10 Agent" for Coldwell Banker's Mid-Atlantic region.

Understanding real estate, knowing the market, and anticipating clients' needs is what she does best. She's been a full time Real Estate professional with Coldwell Banker Church Circle office for the last 13 years. In today's environment, however, she believes that it often takes more than expertise. "A Realtor should be enthusiastic, committed and passionate about the business of property, as well as sensitive to the life changes that accompany a purchase or sale. I specialize in seeing a vision for the home, whether buying or selling, and I want to help clients secure the best deal." That is Liz's real measure of success.

As a former stylist for *Better Homes & Gardens* and Director of Marketing for an internationally renowned architecture firm, she has found the perfect outlet to fuse all of her passions, energies, and experiences, and the results speak for themselves.

When Liz is not representing the interests of her clients, you'll find her with her husband, two-step daughters, two young sons, and family dog. She lives in Murray Hill and loves walking to town and everything Annapolis has to offer.

When you work with Liz, you can expect a true professional who will generously share her extensive market knowledge and attentive eye for detail.

## Liz Dooner

410-725-8973 (C)  
410-263-8686 (O)  
4 Church Circle  
Annapolis, MD 21401



**COLDWELL  
BANKER**  
GLOBAL  
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**106 Giddings Ave.**  
West Annapolis | \$955,000  
Sold in 1 day over list price



**28 Decatur Ave.**  
Bay Ridge | \$550,000  
Sold in 3 days over list price



**2606 Le Compte Lane**  
Davidsonville | \$749,000  
Under contract in 2 days

# Q&A WITH THE EXPERTS



**Q:** Should I sell my home before buying another home?

**A:** It all depends on your financial situation! If you are able to purchase another home without first selling your current home, then you are in a strong position relative to other buyers in this seller's market: you are

non-contingent buyer. If your home sale moves quicker than your purchase, you may be able to negotiate a temporary rent back from your buyer to give you more time before you have to move out. To explore your options and understand if you can become a non-contingent buyer, consult with your realtor, lender and financial advisor.

## DIANE MALLARE

Diane & Crew of Taylor Properties



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

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

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

## THE DAVID ORSO TEAM

of Compass Real Estate



**Q:** Why is it important to work with a Real Estate Agent?

**A:** For most people the purchase of a home represents the biggest purchase they will ever make. It's the agents job to get the best possible price for the sale of your home, or see to it that you get

the best possible terms and conditions on the property you want to buy. We provide expert knowledge on the market, provide an objective point of view and adhere to a strict code of ethics as members of the National Association of Realtors.

**GLENN SUTTON**

TTR Sotheby's International Realty



**Q:** What updates should I consider before listing my property?

**A:** Every property is different and something that makes sense for one property might not make sense for your property. Meeting with a real estate advisor before making these

decisions is best. We can evaluate your options, cost, timing, return on investment and work together to create a plan that works well for you and your property.

**BETTY BATTY**

of Compass Real Estate



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

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

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

**THE DAVID ORSO TEAM**

of Compass Real Estate



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

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

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

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

**CHRISTINA JANOSIK PALMER**

Christina Janosik Palmer Group of Keller Williams Flagship of Maryland



**Q:** What are the most popular home improvement projects customers are asking for right now?

**A:** The most popular home renovation and remodeling projects right now reflect that we are spending more time at home. Our customers top

requests either serve a functional need they are missing or increase their enjoyment of living at home. Topping the list are guest room and in-law suite additions, laundry room/mudroom additions, home offices, homeschooling centers, and outdoor living additions such as fences, patios, decks and outdoor showers. Small projects are often the ones that make the biggest impact on the measure of joy we experience living at home. What project are you dreaming about that would make your life at home even better? We'd love to hear from you!

**JESSE GOODROE**

Lundberg Builders, Project Consultant



**Q:** You Own a Local Brokerage Next Step Realty. What made you decide to start your own brokerage?

**A:** I worked for a large brokerage in an office of 100 agents when I started out. I saw that they were willing to hire and bring on anyone. I wanted to raise the bar in the real

estate industry, so I started Next Step Realty and vowed to only hire great agents and good people and then back them up with support and systems to leverage their time so they could sell more while better serving their clients. When Kelly and I met, we realized how aligned we were in business and she came on board to help us grow to the, next level. Since then, we have onboarded multiple teams and individual agents who were ready to take their businesses to the next level and opened up more offices to serve all of Maryland!

**JAMES WEISKERGER**

Co-Owner, Next Step Realty



**Q:** What are easy and affordable updates to increase my home value when selling?

**A:** There is a lot you can do outside of traditional renovations that will give you great returns and make a big impact when selling your home. Some of these easy

updates are fresh paint, quality staging & decor, new light fixtures, and a deep clean. These updates quickly transform your space to help attract potential buyers and usually cost significantly less than their traditional counterparts such as a whole kitchen transformation and bathroom remodels. Consult with a real estate agent for suggested paint colors, fixtures and other easy tips. Some agents are even providing staging as part of their listing services!

## DIANE MALLARE

Diane & Crew of Taylor Properties



**Q:** What led you to open your newest office in Annapolis?

**A:** At Next Step Realty we are focused on finding the best agents to join our brokerage. We are intentionally small and we focus on customer service above all. We only hire top agents and when we saw that many of the top producers in Annapolis were

looking for a new home, we knew there was an opportunity. We dove in and got to know the Annapolis market and the agents who excel in supporting the region. Our goal is to always continue to grow to be able to support more and more clients buying or selling homes in the state of Maryland, and having a presence here allows us to serve yet another area!

## KELLY SCHUIT

Co-Owner, Next Step Realty



**Q:** How's the market right now?

**A:** Frankly, it's a very strong sellers market in our region. There's a combination of historically low inventory and historically low interest rates. Throw in a global pandemic, a socioeconomic tension in our cities, a strange upswing on

Wall Street and a looming presidential election - we have a strange recipe for a booming sellers market in our suburban communities.

## SHANE HALL

of Compass Real Estate



**Q:** What's happening in the waterfront market?

**A:** The waterfront market started off extremely strong in 2020. January and February saw strong sales; however, as the COVID-19 crisis hit Maryland, the market went into hibernation. By the end of April, pent-up demand for waterfront led to strong months in

May & June. Sales across all price points are very robust, including the \$3 million+ market which had been fairly stagnant. Given the worry of reemergence of COVID-19 in the fall, more buyers are in search of waterfront and/or properties with a pool and privacy. This development, along with low inventory and record low interest rates, has led to one of the strongest seller's markets in the last 10 years. Waterfront properties that are priced correctly are selling very quickly with some homes getting multiple bids over the asking price.

## JOE BRAY

Waterfront Specialist  
Mr. Waterfront Team of Long & Foster



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

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

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

## CHRISTINA JANOSIK PALMER

Christina Janosik Palmer Group of Keller Williams Flagship of Maryland



**Q:** What can someone buying waterfront property in Annapolis expect to find?

**A:** Annapolis is a diverse community rich in history and culture and offers a huge selection of waterfront homes. Currently, there are homes ranging from

condos in the \$400s to a prestigious waterfront estate for \$6,950,000. With our direct access to the Chesapeake Bay and some of the best boating, fishing, and crabbing in the world, it's not surprising to see waterfront home sales and values on the rise. Welcome to the Annapolis lifestyle.

## TRAVIS GRAY

Associate Broker  
Coldwell Banker Residential Brokerage



**Q:** Is this a good time to either buy real estate or refinance your home loan?

**A:** A wise man said "these times are the best of times, if you know what to do with them." In the future, you will look back and wish that you had taken advantage of the remarkably low rates that exist today. Interest

rates will not always be this low. As for purchasing a home, if you plan to live in the home for at least five years in our area, while the market value may fluctuate, the long-term trend has always been a rising value for homes. Home ownership has always been a path to economic gain and stability. Homeownership, coupled with today's extremely low interest rates, makes sense.

**JERRY FELDMAN**  
Mid-Maryland Title Company



**Q:** Why should I choose a Waterfront Specialist to sell my home?

**A:** Your waterfront home is one of your largest assets. As you consider whom to trust with your unique property, you should think about their qualifications. Just as you would go to an orthopedic specialist (and

not a general doctor!) about your knee, consider the competence of agents with regard to waterfront. Does the agent have a website dedicated to waterfront and water-oriented properties? When you enter "Annapolis Waterfront Homes" into a search engine, who shows up? Make sure your waterfront property gets the attention it deserves!

**CHARLIE BUCKLEY**  
Waterfront Specialist  
Mr. Waterfront Team of Long & Foster



**Q:** Are people buying homes right now?

**A:** Yes they absolutely are. Real Estate has been deemed essential and with following safety guidelines we are able to list and sell properties still. In Anne Arundel County we have seen record high contract totals

compared to previous years; on a weekly basis. The demand from buyers is extremely high!

**ERICA BAKER**  
TTR Sotheby's International Realty



**Q:** What sets Bay Village Assisted Living & Memory Care apart from other communities?

**A:** Bay Village is designed with Annapolis in mind, providing exceptional care and 24-hour assistance with all activities of daily living. Along with multiple dining venues providing

three meals a day and around-the-clock snacks, vibrant living at Bay Village includes a movie theater, full-size art studio, exercise classes, demonstration kitchen, gardening, transportation wherever you need, and more. There is something for everyone here. Learn more about Bay Village - a "safe place to work, safe place to live" - on our website. Now accepting reservations.

**JOHN DEGEN**  
Executive Operations Officer  
Bay Village Assisted Living & Memory Care



**Q:** What's the Biggest Mistake Home Sellers Make?

**A:** Market preparedness requires guided time and effort to prepare for a smooth, strong sale. When prepared properly, a home's pictures, virtual tour, aerials and interior video will show to

perfection, trumping its competition. Image Sells. Buyers flock to what is attractive, and well maintained. Chaney Homes staging takes brokerage listings to a new level. Taking 'average' to exceptional. Putting yourself in the shoes of 'target buyer', as a seller, proves effective. The less there is for a buyer to 'do', the stronger their offer tends to be. Smart choices reap the strongest of sales.

**JENNIFER CHANEY**  
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# Food Trends

## BEFORE, DURING, AND AFTER

# the Pandemic

*When culinary experts predicted top fads for 2020, they had no idea what kind of shake-up was in store*

BY KELSEY CASSELBURY

The year 2020 is likely to be forever divided into two categories: before and after. That is, of course, before and after the COVID-19 pandemic changed the way people live. Even now, as Maryland and the rest of the country continue to emerge from the isolated lives that social distancing required, nobody can be sure of when—or even *if*—things will return to the way they used to be.

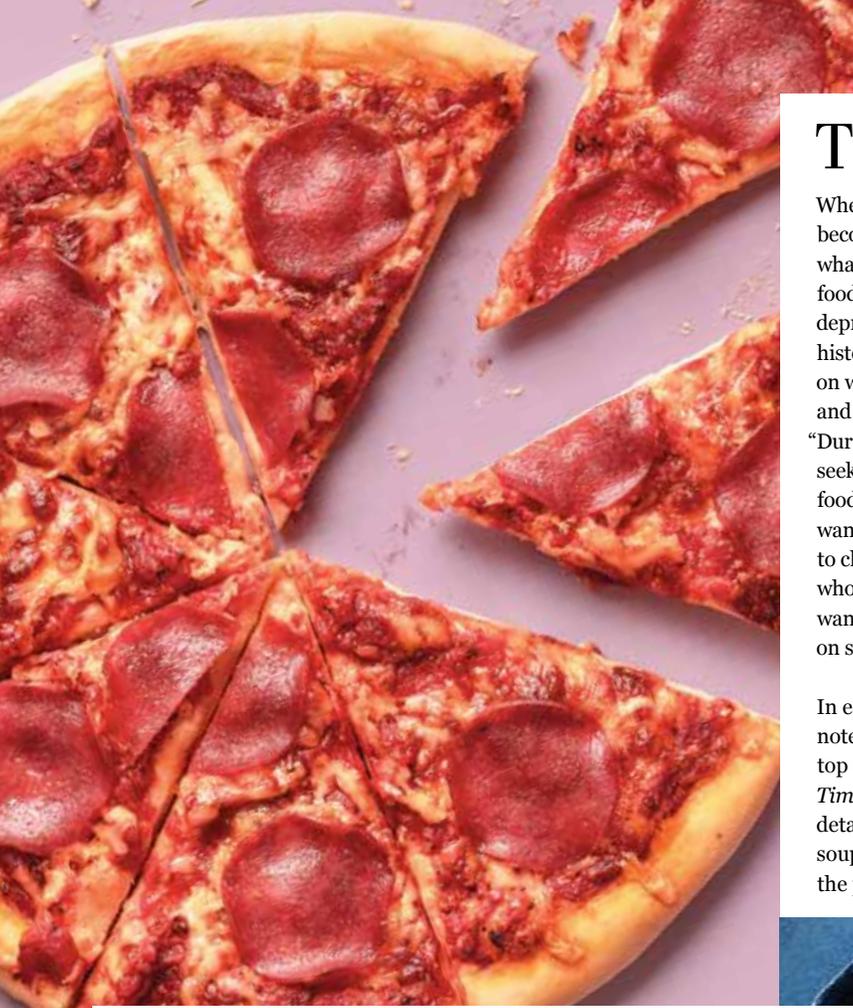
That includes how people eat. Every year, culinary experts predict what will be hot in food, but not a single expert could have predicted what would happen this past spring. While some food trends held strong throughout the pandemic, others didn't quite get the traction that forecasters predicted, though they could come back around as life returns to somewhat normal. Some trends weren't even on the radar, but were born out of necessity as grocery store shelves turned up empty, restaurants closed, and home-cooking once again became priority.

"It will certainly be interesting to see what happens in the year and years ahead," says Mike Kostyo, a trendologist—yes, that's his *real* job title—for food trend-tracking company Datassential. "...But there are few reasons to believe that things will bounce back, and that the trends we were tracking before COVID-19

will still be important. For one, consumers want things to return back to normal, so they have a vested stake in making that happen. According to our research, the number one food or drink experience they want to have when things open back up is dining at a full-service restaurant, and the reason they give for choosing that is that they 'need to feel normal again.'"

However, you can't ignore that delivery and curbside pickup became the name of the game for restaurants in 2020. "Delivery was already growing so quickly before this happened, so now expect it just to become a fact of life, particularly because so many people who had never tried it before are now comfortable with it," Kostyo predicts, though he expects to see a shift in *how* people will order. "Overall, they'll continue to use and rely on delivery and curbside pick-up apps. There is a real love-hate, or even hate-hate, relationship between restaurant operators and delivery apps, though, so there could be some shake-ups in the future."

Beyond restaurant delivery, let's take a look at what food trends persisted through the pandemic, what rose in popularity unexpectedly, and what previously predicted trends might still come back around in the latter half of the year.



## The Year of Comfort Food

When the world around you becomes uncertain, you reach for what's known—and that's comfort food. "A likely recession or even depression is one factor that has historically had a major impact on what consumers are buying and eating," Kostyo comments. "During recessions, we typically seek out affordable comfort foods. When times are tough, you want to be comforted, you want to choose things you know your whole family will like, you don't want to take a monetary chance on something new and unproven."

In early and mid-March, Kostyo notes that pizza was consumer's top food choice. A *New York Times* article from early April detailed that sales of Campbell's soup had soared 59 percent in the past month and Pepperidge

Farm Goldfish crackers sales jumped nearly 23 percent.

During the pandemic, Odenton resident Laura Foster says she was making recipes that take longer, such as homemade stock, chicken and dumplings, and soups and stews from dried beans. "Recipes from my mom and grandmother that combine pantry items with fresh and frozen, so we didn't use up everything fresh and end up with 'sad' meals," she recalls.

Foster says that she's always used cooking to de-stress, but it was especially important during the uncertain times that COVID-19 brought to the world. "There was definitely comfort. It's something I can do. It was a helpless time, but I could feed our family," says the mother of 3-year-old twins.



## Plant-Based Foods Slow but Still Thrive

In the past couple years, consumers have had an increasing amount of meat-free options from which to choose—and they were definitely choosing them. The National Restaurant Association named plant-based proteins as one of the top three trends for 2020 in its annual "What's Hot Culinary Forecast."

"More and more plant-based meat substitutes are coming onto the market, and they taste better than ever before," notes Bret Thorn, editor of *Nation's Restaurant News*. "On top of that, some of the new ones actually do have a better nutritional profile than meat, so that's promising."

However, Thorn believes that the trend—made even more popular by brands such as Impossible Foods, with its Impossible Burger made from soy and potato protein served at multiple restaurants—is transitional and will eventually be replaced by lab-grown meat in the next decade or so.

This year was really going to be a "proving ground" for plant-based foods, Kostyo says, as some consumers started to question their health benefits. The COVID-19 pandemic may have slowed the trend, but he doesn't think it's over.

"We saw pictures of consumers leaving many of these options on the shelf when the pandemic began, but part of that were simply the higher prices and the fact that they are still new for most consumers at a time when they wanted brands that they were familiar with," he says. When things go back to "normal," though, Kostyo believes that the popularity of plant-based foods will grow again. "The reasons that consumers chose them—namely, health and sustainability factors—haven't gone away," he adds, though he thinks price will continue to be an important factor until the economy bounces back.

# Bread-Baking Is Back

Making your own bread takes time, and if there's anything that local residents found themselves with more of on their hands this year, it was certainly more time. During the spring months, the website Pinterest reported that searches for bread recipes—particularly those that didn't require yeast, which became a scarcity during the COVID-19 pandemic—rose by thousands of percentage points. This included yeastless bread recipes (up 4,400 percent), bread in the crockpot (increased by 3,195 percent), and sweet Amish bread (up 1,499 percent).

Annapolis resident Jennifer Martin, mother of three, is just one of those folks who found herself baking more than ever before. "I've always been a baker, but my

schedule after becoming a mother wasn't conducive to baking bread," she said during an interview in April. "More than anything, however, I have time to bake."

During her family's time spent at home, she practiced making breads that they ate when stationed overseas—her husband is in the U.S. Marine Corps. "My favorite bread to make right now is French bread because we lived near the French border for three years," she explained.

"My next baking attempt will be German Sonnenbluem rolls—that is dense, dark bread made with sunflower seeds...those breads remind my family of places we lived overseas, and now I have time to practice making them myself."



# Hard Seltzer Skyrockets

As soda consumption has declined, the seltzer/sparkling water industry has enjoyed growth—so it makes sense that alcohol companies would cash in on that trend. "Hard seltzer came out of nowhere, and it looks like it's here to stay a while," Thorn comments. "I understand its appeal. It's the drink equivalent of music with a good beat that you can dance to."

The industry is lead by White Claw, but big brand names have gotten in on the action with brands such as Bon & Viv and Bud Light Seltzer (both owned by Anheuser-Busch InBev), Corona Seltzer (owned by Constellation brands), and Truly Hard Seltzer (owned by Boston Beer Company).

The industry's sales grew roughly 200 percent over the past year, according to Nielsen data. This might be thanks to Millennials, who prefer lower-calorie alcoholic beverages, notes market research company EFT Trends.

Annapolitan Heather McGrath first tried hard seltzer on vacation in 2019 and fell in love. "Light, refreshing, and easy," she says. "Pop the can, and you have the perfect poolside drink—or to survive the 'Corona-cation.'"

The drinks' lower-calorie, lower-sugar nutritional profile is a benefit to McGrath, too. "I like knowing how many calories I'm drinking versus guessing with cocktails," she adds.



## Fermentation at Home

Fermented foods, such as kimchi and sauerkraut, certainly aren't anything new—the food-processing method has been around for thousands of years—but they've come back in a big way. Food history expert Dr. Julia Skinner, whose company Root offers online courses in the topic, says that sales of those self-paced classes increased 200 percent over the first few weeks of the COVID-19 pandemic.

“Many people are fermenting for the first time (e.g. all of the interest in sourdough starters!) but are also branching out into

new ferments that they haven't tried before. For example, folks who have mostly made lacto-fermented foods like sauerkraut are venturing into the world of koji,” Skinner says.

This trend wasn't totally pandemic-driven; there was interest in the early part of the year, too. However, “I think the pandemic accelerated that interest and will also make our collective interest in ferments more enduring,” she adds. “Instead of being a trend, it will become a practice, as more of us incorporate it into our lives long-term.”



## The Trends Before and—Maybe—After

What about the trends that culinary experts predicted for the year at the end of 2019? Before anyone knew that restaurants would be forced to convert to takeout and delivery for months and consumers would turn to home-cooking more than ever? Here are three more trends that started to take hold and, as life returns to normal, may be back in the spotlight once again:

**Oat milk.** If you've been in a coffee shop over the past year, you may have noticed an addition to the roster of creamers available for your cuppa' joe: oat milk. It's part of the plant-based food trend—more and more people are choosing to skip dairy milk—and an allergen-free option for those who have problems with nuts and soy. Retail sales of oat milk grew to \$29 million in 2019, up from just \$4.4 million in 2017, indicating that this creamy beverage may be here to stay.



**Zero-waste cooking.** Restaurants and consumers alike have gotten more and more eco-conscious over the years, prioritizing sustainability and less packaging. Now it's about making sure food scraps don't go to waste—an important venture, given that restaurants generate approximately 11.4 million tons of food waste each year in the U.S., according to ReFed. Zero-waste cooking focuses on transforming food scraps, damaged, or “ugly,” produce and leftovers into viable ingredients for dishes. You may have heard of “root-to-stem” cooking, which refers to utilizing an entire vegetable rather than throwing part of it away. This might mean using carrot tops to make pesto or repurposing coffee grinds into homemade ice cream flavors.

**Fried chicken sandwiches.** “No one, least of all Popeye’s Louisiana Kitchen, expected the runaway success of their chicken sandwich, which resulted in a spate of other fried chicken sandwiches,” says Thorn of the fast food restaurant’s unanticipated hit of 2019 that spawned a trend that has lasted into 2020. “Obviously, fried chicken sandwiches aren’t new, but they’re proliferating.” Other restaurants got on board, debuting spicy sandwiches like Nashville Hot chicken and other varieties.

What’s on the horizon in culinary trends? Well, given the weirdness of 2020, it’s hard to say what consumers might start craving and chefs might start cooking. There’s one potential trend that Thorn is excited about, though: “vintage beef.”

“Normally, dairy cattle that are too old to produce milk are turned into hamburger, but some chefs and meat producers are, instead, requesting cuts of meat that are made into steak, like the sirloin and rib-eye, aging them, and serving them as they would any steak,” Thorn explains. “They taste different from typical [beef cattle] steak—a bit chewier and more gamey—but it gives people a chance to taste beef in a totally different way.”



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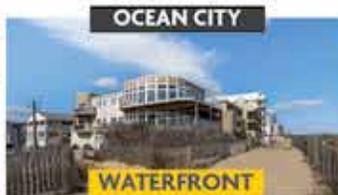


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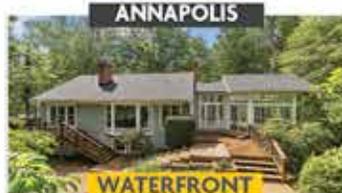


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**WATER COMMUNITY**

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560 MAYNADIER LANE



**HARWOOD**

**\$900,000**

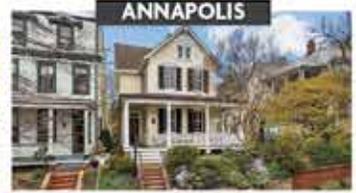
220 HARWOOD ROAD



**EDGEWATER**

**\$869,900**

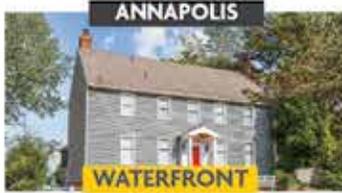
611 HAVENHILL ROAD



**ANNAPOLIS**

**\$850,000**

93 MARKET STREET



**ANNAPOLIS**

**WATERFRONT**

**\$825,000**

1409 BAY HEAD ROAD



**GRASONVILLE**

**WATERFRONT**

**\$819,000**

350 NARROWS POINTE DRIVE

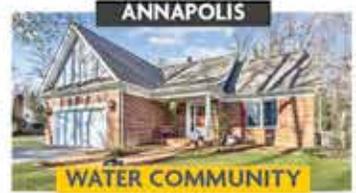


**OCEAN CITY**

**WATERFRONT**

**\$779,000**

2 48TH STREET #905



**ANNAPOLIS**

**WATER COMMUNITY**

**\$777,777**

853 HOLLY DRIVE S.



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**DAVIDSONVILLE**

**\$749,900**

1109 QUINCE APPLE PLACE



**ANNAPOLIS**

**\$710,000**

908 WHITE MARLIN WAY



**TAYLORS ISLAND**

**WATERFRONT**

**\$699,000**

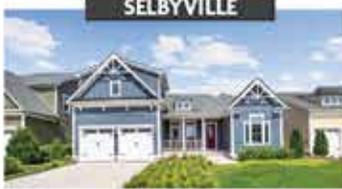
4404 PINE TOP OARD



**SELBYVILLE**

**\$699,000**

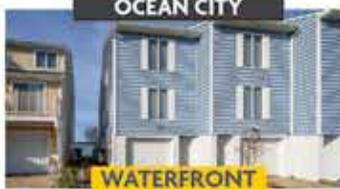
30226 CANDLEBERRY DRIVE



**SELBYVILLE**

**\$699,000**

30214 CANDLEBERRY DRIVE



**OCEAN CITY**

**WATERFRONT**

**\$685,000**

724-A S SURF ROAD #1



**HANOVER**

**\$675,000**

1764 SIMMS LANE



**DAVIDSONVILLE**

**\$650,000**

3505 RUSSELL THOMAS LANE

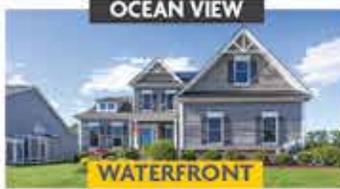


**DAGSBORO**

**WATER COMMUNITY**

**\$600,000**

29256 PARK VIEW DRIVE #5



**OCEAN VIEW**

**WATERFRONT**

**\$590,000**

37428 BELLA VIA WAY



**GLEN BURNIE**

**\$515,000**

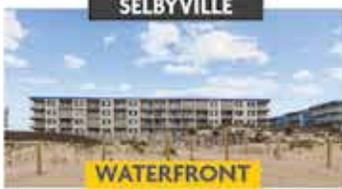
326 WELLHAM DRIVE



**GLEN BURNIE**

**\$435,000**

927 THURSTON LANE

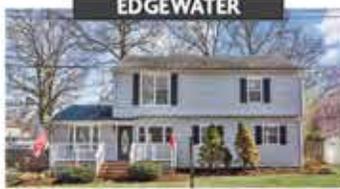


**SELBYVILLE**

**WATERFRONT**

**\$420,000**

3801 ATLANTIC DRIVE #502



**EDGEWATER**

**\$419,000**

915 HILLSIDE AVENUE



**EDEN**

**\$399,900**

3285 BLUE HERON WAY



**HANOVER**

**\$380,000**

7571 TAUNTON COURT



**SEVERN**

**\$350,000**

1315 AVA ROAD



**BERLIN**

**\$350,000**

2102 POINTS REACH



**DAGSBORO**

**\$335,000**

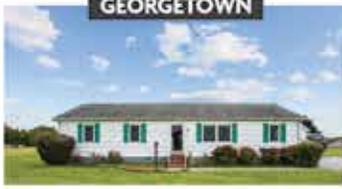
33274 BAYBERRY COURT



**SEVERN**

**\$335,000**

8154 HOLLOW COURT



**GEORGETOWN**

**\$315,000**

24159 WOOD BRANCH ROAD



**BETHANY BEACH**

**\$265,000**

39601 ROUND ROBIN WAY #2304



**OCEAN CITY**

**\$250,000**

201 S HERON DRIVE #6G



**OCEAN VIEW**

**\$244,900**

37474 PETTINARO DRIVE #8005



# Welcome to Candlewood

RE-CREATING A CHERISHED FAMILY VACATION HOME

By Lisa J. Gotto | Photography by Liz Baker



**A**mong Janet Pace's fond memories of growing up is one particular sound—the sound of a creaky screen door slamming. It originated from a special place, the home of her grandparents located near Candlewood Lake in Danbury, Connecticut.

“I just loved hanging there with my boy cousins; I was the only girl in our family. So I would know when they were going outside to play ball...I would hear the screen door slam,” she says.

While this and other memories associated with that home and the time spent there with family have always been precious, it was after her father's passing a few years ago that she started envisioning re-creating such a place, as a vacation home.

Janet and her husband, Andy, an attorney, live in Potomac, but have always loved the quaint Eastern Shore town of St. Michaels. It was here that they decided to put down vacation home roots when they discovered a property along the Miles River that they felt was just perfect for building their homage to her father, and reminiscent of her grandparents' lake house. The family now refers to this home as “Candlewood.”

So, from the start it was understood that this new build would be far from cookie-cutter, creating not only a treasured vacation retreat for the couple and their three grown daughters, but a home for the priceless items that Janet has saved, salvaged, and found over the course of a couple decades.

This was one of the design challenges posed to Brent Paquin, President and Chief Designer of Paquin Design/Build of Grasonville, and his team. “On this project, we were working with a client with a very specific vision and it was our job to pull it together,” Paquin says. “Among other things, we were challenged with integrating her antique and vintage pieces into a ‘new home’ environment and having them appear as if they had been there for years.”

In the beginning, the Paces approached Paquin with an image from the film, *Something's Gotta Give*, starring Diane Keaton, and that's when Brent went to work. As a custom home builder and designer for almost 20 years, Paquin says he thrives on this type of unique opportunity and was able to incorporate all of Janet's ideas into an original design inspired by that one photograph.

“From an architectural standpoint, the layout is great,” Paquin says. “It's open and spacious, with plenty of room for a growing family. For the exterior, we chose James Hardie shingled siding to mimic the cedar shake style of the home she had envisioned. Substantial Georgian columns were added to the front entrance, and at the back of the house lining the covered porch, which overlooks the Miles River.”

Inside, you can see similarities in the overall palette, window styles, ceiling treatments, the layout and décor chosen for the family/great room, and some touches upstairs in the spacious five-bedroom dwelling.

## REPURPOSE APPEAL

What makes this house so much more than a home and ever so unique are the depths of its details. That would not be possible without Janet's exquisite design sensibilities and her determination to make what she has cultivated and collected over the years work. She is quick to point out, however, that it would not have been possible without the hard work and dedication of the interior design team at Paquin.

“Dawn (Crovo), their interior designer, and I went and looked for everything together,” Janet explains. “I had my own ideas and she helped enhance my vision through her creative suggestions.” Crovo knew that her main objective was to make this new home look old, and in the end, was able to help the Paces incorporate many features and finishes that captured that character and charm.

Repurposed, honey chestnut-finished barnwood floors laid the foundation for the rest of the home's details. Starting at the front door, custom-designed oversized balusters were made for the staircase, wooden beams were added to the kitchen, old-fashioned tin and shiplap were applied to ceilings, and hallways were bead boarded ; all of these features working together to make what is new, old.

## A PINCH OF THIS AND A DASH OF THAT

There is no better place to discern the depths to which this home is detailed than in its custom kitchen. Like any great, time-tested family recipe, there's usually a pinch of this and a dash of that that go into making something everyone loves; and that was Janet's goal, to create a space that her family would enjoy gathering in for generations.

To do so, she took stock of how her family lives and stirred in all the things she loves. A key component in the kitchen is the mixture of cabinetry. With her keen eye for salvaged finds, Janet was able to acquire eight matching pieces of custom kitchen cabinetry, some with glass front inlays at Second Chance in Baltimore, a nonprofit organization she is happy to support.

“Everyone they employ has at one time in their life been incarcerated and is trying to turn their lives around, and has been given a second chance,” Janet conveys. “So I got this entire custom kitchen that someone must have ripped out.”

Working with Crovo, the two were able to integrate several of these beautiful buttercream-colored cabinets into her kitchen design. Other pieces of this set were repurposed throughout the house, including the nearby mudroom where they put the largest cabinets to use for storage. Janet chose cabinets of alder wood to balance out her storage opportunities in the kitchen.



“I wasn’t sure about the mirrored inset, but I thought if I’m in the kitchen, then I could see what’s going on everywhere else,” Janet says.

Indeed, from here she can easily keep on an eye on their fur babies in the reading room, a pair of Yorkshire Terriers named Zoey and Stella, who enjoy relaxing in this space dedicated to her favorite books shelved on two Habersham bookcases framing the fireplace—which also received hand-painted touches from Janet’s artistically-gifted friend.

## MAKING IT ALL FIT

The dining area and adjacent great room offered her a place to really work in aspects of her grandparents’ house. Above the sideboard in the dining room that they use as a coffee bar is a vintage chalkboard that reads “Welcome to Candlewood” — a great way to evoke memories for guests and family.

The copper range hood was a must-have for Janet after seeing an example of one in a design publication. Sourcing this piece would not be easy, however, because the chosen manufacturer was located on the West Coast and shipping that exact one would have been a budget buster. Fortunately, an equally beautiful alternative was located.

Just above the range is a backsplash of weathered-looking Tabarka tile that Paquin was able to order from Italy. The tiles provide one of the ever-so-subtle touches of a watercolor blue to the room, a palette she carries throughout the French Provencal living space.

“I fell in love with the imperfections in the tile, as I believe imperfection equals beauty,” Janet says.

Central to the room is the kitchen’s sizeable island with its lustrous slab of creamy quartz and farmhouse sink. This feature is highlighted with a beadboard base that she had an artist friend hand-paint for her—again in a complementary tranquil blue. The island seats five and mixes two types of chairs; one with sea grass rope detailing on the back and the others match the style of three chairs in the adjacent breakfast nook.

Other features in the kitchen that add warmth are accent walls of another style of Tabarka tile placed in a diamond pattern, rustic wood beams, antique oval door knobs, (a detail used throughout the home) and an antiqued pantry door with a mercury mirror inset.



“We love entertaining. We’re the kind of entertainers that want our guests to come and stay, and feel like it’s their home,” Janet says.

But her favorite way to evoke memories remains with the feature Janet asked Paquin to install; a heated four-season room, which looks out to the river. Detailed with taupe brick floors and warm wooden-planked ceilings, the room has been finished with a cozy corner couch and a game table awaiting players up for a challenge.

“I said to Paquin when we were building the home that I would want a wooden screen door in this room because I would need to hear that screen door slam when I have little grandchildren going out there someday,” Janet explains.

With that added to the list, Paquin continued to work on other aspects of the home that would help turn it into the place that would make Janet’s grandparents proud. The rest of the salvaged custom kitchen would become vanity drawers, a long-held jelly cupboard would be recessed into a guest bathroom wall, and an old barrister’s bookcase from her husband’s office would be re-painted and repurposed so it could be used in another bathroom. And, as one final salute, the couple’s office was filled with treasures from Janet’s father, a West Pointer and retired three-star general.

The plan and the dream to re-create the feel of the Candlewood Lake house was well on its way to fruition—nostalgic noises and all.

In fact, this summer we fully expect that somewhere in St. Michaels if you listen closely, you can hear the echo of a screen door slamming across the Miles River.



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## Betsy Albert REALTOR®

o 410 263 3400  
c 443 995 3208  
Betsy.Albert@longandfoster.com

Betsy has 25-plus years experience in corporate sales, marketing, and negotiation. She is a second generation Realtor®. She is committed to providing the highest level of expertise, gracious professionalism and is dedicated to service excellence. Holding true to her ideals, Betsy places a high value on accountability and ethical responsibility to cultivate trust and lasting relationships. Betsy brings high energy and sharp focus to everything she does. Betsy grew up in Chatham, New Jersey and has been a Maryland resident for over 30 years.



## Rachel Frentsos REALTOR®

o 410 263 3400  
c 410 271 6246  
Rachel@Inf.com

Since 2002, I've been helping people find their first, next or forever home in Annapolis and the surrounding areas. In addition to being a Realtor®, I am also an Associate Broker and GRI (Graduate of the Realtor® Institute) and have been consistently recognized as a Top Producer by Long & Foster. I also belong to the Long & Foster Gold Team, Anne Arundel County Master's Club and Distinguished Sales Achievement Club. Please contact me today for a private consultation to determine how I can best help you.



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Brian has been consistently in the top 1% of volume nationally, boasting over \$250M+ in career sales since 2001. He is a lifetime member of the Master's Club (top 150). In 2006, Brian was inducted into the Champion Hall of Fame and 2010 Champion Realty Legend. Brian brings strong negotiating skills, attention to detail, and an extremely even keel to the transaction process. He is extremely well respected by peers and treats all of his happy clients as family as they undergo the exciting and rewarding process of buying or selling their home!



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o 410 263 3400  
c 410 349 7871  
Justin.Disborough@longandfoster.com

Born, raised and residing in Annapolis, this \$15 million annual producer is dedicated to his neighbors and ensures your real estate needs are met. He offers the highest level of service through his *Meet This House* brand, and maintains an unmatched "No Ties 'Til Closing" policy, meaning you have no commitments until a contract is signed. With more than 200+ hours of professional negotiation training and 25 years sales experience, Justin is a true expert when it comes to marketing and selling your current property or finding your next home.



## Mary Clare Holder REALTOR®

o 410 263 3400  
c 410 271 5781  
MaryClare.Holder@Inf.com

Mary Clare Holder has been a Maryland Realtor® for 35 years. She has expertly handled multiple changes in the real estate industry, greatly benefiting her buyers and sellers. She co-owned a commercial insulation business in the Maryland, DC and Virginia areas for 25 years greatly enhancing her negotiating skills. Mary Clare is a past President of the Distinguished Sales Achievement Club of Anne Arundel County. Also, she has served as an officer on several local HOA/Condo Associations.



## Jill Nicholas REALTOR®

o 410 263 3400  
c 443 790 1262  
Jill.Nicholas@longandfoster.com

Organized, tenacious and knowledgeable, only start to describe Jill. She has a strong work ethic. Whether buying or selling, you need her energy and expertise on your side! As a child, Jill lived in LA, TX, GA, CA, went to College at the Claremont Colleges, and then followed her family to CT, then NY, NJ and now MD. Needless to say, she knows how to move! Working hard for you is what Jill does best! Call her today!



## Anne Tkacik REALTOR®

o 410 263 3400  
c 443 758 1104  
Anne.Tkacik@Inf.com

Long time Annapolis resident, Anne Tkacik, combines outstanding customer service, professionalism and a results driven attitude in finding a house you can call home. Prior to joining Long & Foster, Anne worked in the banking industry, with experience in sales, management, private banking, business banking and wealth management. She valued her relationship with the client; priding herself on outstanding service, and establishing long term relationships. Anne brings that same focus to her role as a real estate agent.



HOME REAL ESTATE

# Enviably Eastport Craftsman

By Lisa J. Gotto

**G**racious Eastport living awaits the new owners of this thoughtfully updated Craftsman-style home originally built in 1920. Located on a lovely one-way street affording additional privacy, the home maintains much of its historical detail both inside and out.

The first floor has been remodeled with an advantageous open plan creating a light and bright space upon entering the front door. Floors throughout this level are made of original antique heart-of-pine and red oak and are juxtaposed by high ceilings adding to the airy feeling. Other interior details include blending old and new as the main living area features original bull's eye molding and an enviable all-white kitchen with gourmet range, modern stainless steel appliances, and granite countertops. A center island with sink, an in-kitchen desk, and separate pantry make this a convenient and efficient work and gathering space.

This level offers a formal dining room, as well. The home itself was also architecturally enhanced with a generous extension to provide a spacious great room that features a cozy wood stove and a series of beautiful French doors with inserts and transom window features.





**Primary Structure Built:** 1920  
**Sold For:** \$950,000  
**Original List Price:** \$999,500  
**Bedrooms:** 4  
**Baths:** 3 Full, 1 Half  
**Living Space:** 3,375 sq. ft.  
**Lot Size:** 0.19 acres

Three cheery, bright bedrooms are located on the home's upper level, one with its own private deck and the master features a luxurious ensuite bath with dual vanity and large soaking tub. This room also offers generous walk-in closets.

A glorious private oasis awaits just outside the doors of the great room on the home's generous wrap-around deck where one has front row seat to the property's exquisitely landscaped grounds. Just a few steps from the main house, is an adorable guest cottage with separate sleeping quarters and its own bath and living area, creating everything anyone could want in one exceptional Eastport property.

**Listing Agent:** Georgie Berkinshaw; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; o. 443-994-4456; gberkinshaw@cbmove.com; cbmove.com

**Buyer's Agent:** Matthew Arnold; Keller Williams Select Realtors; m. 443-994-7947; matthewarnold@kw.com; kw.com

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# Sweeping Severn River Views

By Lisa J. Gotto

**E**very aspect of this expansive stately home was designed to take advantage of its keen location along the Severn River. Nestled into this wonderful panorama of a landscape, the surrounding grounds of this home are lush with perennial plantings, large grassy areas for play, and bricked patios for entertaining.

“This home was the perfect luxury blend of waterfront real estate: location, huge views, deep water, and a waterside pool,” says Listing Agent Lori Gough. “Not always easy to find that combination!”

An accommodating oasis for generations of family to gather and make memories, this home offers gracious Annapolis living at its finest. The main level flows from a gorgeous set of front doors through the foyer where you can see the home’s bright and sunny solarium. A spacious, traditional living room with a hand-carved gas fireplace mantle, also features floor-to-ceiling windows with their striking view of the Severn River Bridge. A formal, traditional dining room also offers these views and leads to a fully-equipped chef’s kitchen with beautiful cherry wood cabinetry. The room features a separate eating area for breakfast with the family while overlooking the property’s gorgeous patio deck, inground pool, and those quintessential river views.




---

**Primary Structure Built:** 1940  
**Sold For:** \$2,400,000  
**Original List Price:** \$2,500,000  
**Bedrooms:** 5  
**Baths:** 5 full, 1 half  
**Living Space:** 5,270 sq. ft.  
**Lot Size:** 0.70 acres

---

The main level also offers a carpeted family room with gas fireplace, a full bedroom with en suite bath, and a professional work-from-home office space. Gorgeous, rich hardwoods run throughout the rest of the main level.

Upstairs the master suite features sliding doors to a private balcony where one can sit and sip coffee while watching the morning’s boat traffic. A grand bath offers a dual vanity, deep soaking

tub, separate shower and huge his and hers walk-in closets. Two additional light and bright bedrooms each with its own bath fill up the space on the upper level.

The property is primed for outdoor recreation and makes a perfect site to catch the Blue Angels flying overhead. The private dock provides direct access to the Severn and features a boat lift and eight feet of mean low water.

**Listing Agent:** Lori Gough, Karin Gielen; Long & Foster Real Estate & Christie’s International; o. 410-224-0600; m. 410-320-0851; longandfoster.com; lorigough.com

**Buyer’s Agent:** Anthony Corrao; Long & Foster Real Estate & Christie’s International; 10805 Hickory Ridge Rd, Columbia; o. 410-730-3456; m. 410-336-0877; longandfoster.com



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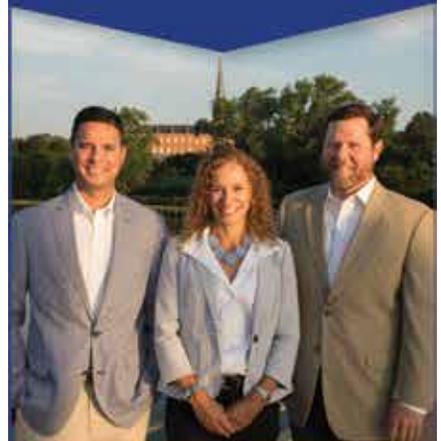
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The COVID-19 pandemic has limited our mobility and significantly altered our way of life. This is especially the case in the independent senior housing arena, where residents who are used to living a social and active lifestyle are restricted in their activities and encouraged to closely follow social distancing guidelines.

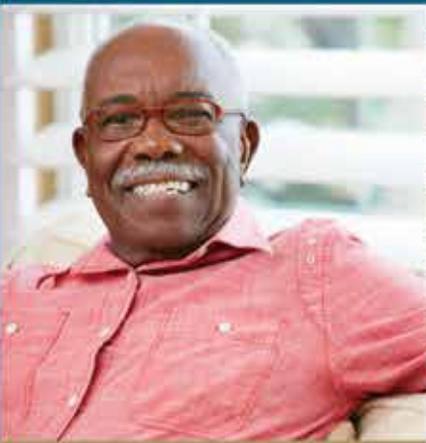
A once lively community can feel dormant when the clubhouse and recreation areas are closed, and in-person events have been postponed or canceled. It might be challenging for residents to stay connected and to maintain a strong sense of community. That's why communities like The Gardens of Annapolis immediately implemented a revised virtual and social distanced lifestyle program when COVID-19 was becoming a serious threat in the United States.

"Our focus during the COVID-19 pandemic has been the health, safety and wellness of our residents," said Stephanie Kolbe, property manager at The Gardens of Annapolis.

*"We think that responsibility includes trying to maintain some normalcy at our community, so we understood the importance of making sure our lifestyle program was still available to our residents."*

The Gardens of Annapolis features the SUN® (Senior Umbrella Network) program, which is an award-winning seven-prong model that provides residents with services and activities





that are designed to foster and support independent living and enhance an active lifestyle.

“The residents at the Gardens of Annapolis love the SUN program. It really brings our community together and helps our residents stay social and active,” said Kolbe. “We owed it to our residents to think creatively and make sure the SUN program could effectively and safely continue during a pandemic.”

The community incorporated events and activities that maintain a responsible social distance and have hosted virtual and online events that help keep residents engaged; including Wine Down Wednesday, a popular weekly social event, which transitioned into a wine delivery

cart. Residents were greeted at their front door by The Gardens of Annapolis employees with wine and hors d'oeuvres.

Online events have ranged from stretching and fitness classes to flower arranging tutorials. They've also hosted balance and exercise classes, where participants can still participate in health and wellness activities at a safe social distance.

When residents prefer some relaxation and quiet time, they can enjoy the comforts of their very own maintenance-free and pet-friendly apartment. Each apartment includes a deluxe, fully-equipped kitchen, a private patio or balcony, a full-size washer and dryer, and central heat and air conditioning.

The Gardens of Annapolis currently has one and two bedroom apartment homes available for rent with no HOA fees. The community is located at 931 Edgewood Road in Annapolis and is welcoming personal one-one one in-person and virtual tours. Their phone number is 833-857-4982, and **if you mention this article during a tour, you'll be eligible for two months of free rent.**



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# Health & Beauty

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HEALTH & BEAUTY HEALTH

# Off to College? Stay Healthy!

By Dylan Roche

Heading off to college means a major lifestyle change. It means independence for many young people. It also means a lot of responsibility. And for those students who find they are now charged with taking care of themselves for the first time in their lives—with no direct authority figure telling them what to do—it could mean developing a lot of unhealthy habits.

But it doesn't have to be that way. If students move onto campus with a commitment to themselves that they're going to take charge of their health, they could find that they fare better than they ever have before.

*Here are the top 10 considerations new college students should make as they adapt:*

- 1. Establish a routine.** This one might sound simple, but it will make all the difference. Find a schedule that works for you, then stick to it. Collegiate life can get stressful. Having a routine will reduce some of the anxiety you feel about not knowing what to expect, and it will help you stick with all the good habits you want to maintain—such as studying, working out, and visiting with friends—because you know when you'll do them each day.
- 2. Establish a supportive social network.** If you're like most students going away to college, you won't know many people on campus when you move into your dorm. That's okay—there will be plenty of opportunities to meet people in the coming weeks. Keep an effort to stay in touch with friends from home, as their long-distance support will be an important part of adapting, but don't be afraid to make new friends where you are. Aim to take advantage of at least two or three social activities outside of class every week.
- 3. Eat like an adult.** This is probably the first time you've had total control over your meals, but that doesn't mean you should be living off junk food. Sure, it's tempting—but you'll feel terrible. Have a serving of fruits or vegetables at every meal, limit yourself to greasy or fried food only once or twice a week, and opt for minimally processed whole foods whenever possible.
- 4. Prioritize sleep.** Aim to get at least eight hours of sleep a night, even if it means you have to forgo certain social activities. Sufficient sleep will help you manage stress better, perform better in class, ward off sickness, maintain a healthy weight, and keep a positive attitude. Although you should try to keep late nights to a minimum, there will inevitably be times when you aren't able to get a full night's sleep. In those cases, aim to take a half-hour nap after class before you start on your homework or head to gym. Above all, don't ever let yourself get to the point that you have to pull an all-nighter.
- 5. Be active as much as possible.** Most colleges have a fitness center on campus, so even if you've never been active before, now is your chance. Aim to work out for at least a half-hour a day, five days a week, combining both aerobic activity (such as running or cycling) and strength training (such as weight machines or free weights). And don't underestimate how beneficial non-exercise-related activity is for you. Enjoy the chance to walk to class, take the stairs instead of the elevator, or see if a friend wants to toss a Frisbee or football around one day after class.
- 6. Practice good hygiene.** This rule applies to both your body and your living space. Shower daily and brush your teeth every morning and every evening. Access to laundry appliances may be limited, but don't let that be an excuse to wear dirty clothes—make washing them a priority. You should also keep your dorm clean by wiping down frequently touched surfaces, not leaving food out for more than an hour, and washing your bedding and towels once a week. If you have communal bathrooms, buy a pair of cheap flip-flops to wear in the shower. These practices will go a long way in preventing you from getting sick, and they'll ensure you don't gross out your roommate.
- 7. Be careful about drinking.** Let's face it—at college, you'll find yourself in social situations involving alcohol, whether you are of legal age or not. Remember that you can always say no, and most of your peers will respect your decision. If you do decide to partake in alcohol, do so in moderation. The Centers for Disease Control and Prevention cites that excessive alcohol consumption is associated with such short-term health risks as injury, violence, alcohol poisoning, and risky sexual behavior.
- 8. Practice safe sex.** College is a time when many young people are sexually active for the first time in their lives, and if they don't know what they're doing, they can quickly get into trouble. Remember to always use a condom to prevent pregnancy and STDs, and take

advantage of testing at the campus health center to ensure you're STD free. Don't let anyone pressure you into sexual activity that makes you uncomfortable, and do not pressure others. On that note, remember that sexual consent must be expressed clearly and directly, and it must be expressed while not under the influence of drugs or alcohol.

**9.** Take care of your mental health. College can be fun, but there will also be times when your mental health will suffer. You might feel overwhelmed by the stress brought on by your course load, or you could struggle with homesickness, loneliness, or depression. College students are also prone to substance abuse and eating disorders. Remember that you do not need to be afraid to ask for help from a counselor or a trusted friend—seeking help is an act of strength, not weakness.

**10.** Be smart about walking around campus. You're going to be walking—a lot. Even if your campus is relatively small or there's a shuttle available for students, you're still going to be walking much more than you ever have before in your life. Be smart about your walks to class. Invest in shoes with good support that won't give you blisters, and be sure you have weather-appropriate clothing, such as a winter coat for cold days or a slicker for rainy days. Be careful about overloading your backpack or bookbag with too many materials so that you don't set yourself up for back pain. If you're walking home from class or a friend's dorm late at night, stick to well-lit routes and carry a whistle or pepper spray in case you run into trouble.



HEALTH & BEAUTY HEALTH

# Spread Awareness, Not Viruses

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

By Dylan Roche

Of the follow diseases, which ones do you still have to worry about catching: mumps, rotavirus, whooping cough, measles, or polio? None of them, right? As the American Academy of Pediatrics notes, the eradication of these diseases is thanks to immunizations, also known as vaccinations or shots, which empower children and adults living in the modern world to live with less fear of getting seriously sick.

But immunizations aren't something anyone should take for granted, and that's one of the reasons that agencies such as the Office of Disease Prevention and Health Promotion, the Centers for Disease Control and Prevention, and the Department of Health and Human Services observe National Immunization Awareness Month every August.

The observation serves as a reminder for everyone to stay up to date on their vaccinations and to encourage their family members, friends, neighbors, and coworkers to do the same.

It's also a month for reaffirming the role of health care professionals in this regard. "You have the power to protect your patients against serious diseases," the Centers for Disease Control and Prevention reminds them. "Healthcare professionals are the most valued and trusted source of health information for adults."

The hope is that raising awareness will mean more people get immunized, leading to healthier communities. As an example of the power of vaccinations, the American Academy of Pediatrics cites polio, an infectious disease that was of great concern in the earlier half of the 20th century.

In those days, parents wouldn't let their children go in public swimming pools or to crowded movie theaters for fear of catching the poliovirus, which causes paralysis of the muscles, physical impairments, and lifelong disabilities, and even death. When the polio vaccine became available in the 1950s, it led to fewer and fewer cases. By the end of the 20th century, polio was eliminated from the Western Hemisphere.

The Centers for Disease Control and Prevention encourages parents to talk to their doctor about a schedule of when children should be immunized and for what. An annual checkup with a pediatrician will help ensure a child gets all the vaccinations he or she needs. This is especially important headed into a new school year, as some schools require a certificate of immunization.

Children starting preschool (age 4 through 6) should get vaccinated against chickenpox, diphtheria, tetanus, pertussis, flu, measles, mumps, rubella, and polio, whereas children in their elementary years (ages 7 through 10) should get a flu vaccine every year by the end of October if possible. Children will need different vaccines as they get older—for example, among the vaccines that preteens need to get is the Meningococcal conjugate vaccine, which protects against meningococcal disease, the cause of meningitis.

A full list of vaccinations children should get before school is available by visiting [health.maryland.gov](http://health.maryland.gov) and searching "immunizations."

# Fresh Take

## ZUCCHINI

By Dylan Roche

We'll let you in on a little secret—zucchini isn't technically a vegetable. Just like the tomato, another popular summertime treat, zucchini is a fruit that's often considered (and prepared as) a vegetable. But however you want to categorize this emerald-green squash, which hits its peak season in late-summer, you should take note of its amazing culinary versatility. Because it has such a mild flavor and texture, it tends to take on the flavor of whatever it is cooked with, making it work equally well in salads and desserts (yes, really). It's also full of vitamins and antioxidants.

Zucchini will usually start growing on its vine in early summer as the air starts to get warm (in the 60s and low 70s Fahrenheit), and because it grows so quickly and easily, it's an optimum choice for home gardeners; however, those who want to try their green thumbs at raising zucchini next summer should note that its growth depends on pollination by bees, so it does not do well in areas where bug sprays and other pesticides have been administered.

Because it's full of water, zucchini is very hydrating, something that's especially beneficial in the summer heat. Its water volume also makes it low in calories—a cup of chopped zucchini has only 20 calories.

Its high fiber content and low sugar content make it ideal for people who are watching their blood glucose levels, and its potassium could help in lowering blood pressure. You can also look to zucchini as a rich source of antioxidants like vitamin C for improving your skin, lutein for fighting sun damage, and zeaxanthin for staving off the effects of aging.

When it comes to picking out zucchini, the Produce for a Better Health Foundation recommends looking for skin that's slightly prickly, but still shiny. It should be firm without any bruises or nicks or cuts. When you get your zucchini home, keep it in the fridge for up to five days.

And how do you plan to use zucchini in the kitchen? It makes a great side dish simply grilled with other summer vegetables, but if you're looking to impress, you can use spiralized zucchini to make a low-carb pasta substitute that's also an excellent base for salad. And for dessert? Add grated zucchini to chocolate banana bread to make an extra moist dessert you won't be able to resist.



### Roasted Summer Vegetables

#### INGREDIENTS:

- 3 zucchinis
- 2 eggplants
- 2 red bell peppers
- 1 yellow squash
- 3 portabella mushrooms, de-stemmed
- 1/4 cup olive oil

#### DIRECTIONS:

Cut the veggies lengthwise into uniform pieces about 3 inches long, 1 inch wide, and a half-inch thick. Brush generously with olive oil.

Fire up the grill to high heat. Grill the vegetables about four minutes on each side until tender.

Serve alongside grilled salmon and fresh baguette-style bread (ideally, toast the baguette on the grill and serve with olive oil for dipping).

## Chocolate Zucchini Bread

### INGREDIENTS:

1 cup all-purpose flour  
1/2 cup cocoa powder  
2 ultra-ripe bananas  
1/2 cup canola oil  
1 cup brown sugar  
1 teaspoon vanilla  
1 cup packed shredded zucchini  
1/2 teaspoon baking soda  
1 teaspoon salt  
1 cup chocolate chips  
1 cup coconut (optional)

### DIRECTIONS:

Preheat oven to 350 degrees Fahrenheit and grease a bread loaf pan with butter. Mash the bananas and combine with oil, vanilla and brown sugar. Beat until smooth. In a separate bowl, sift the flour, salt, cocoa powder, and baking powder. Slowly combine with the wet ingredients. Add chocolate chips and coconut, and stir to combine. Pour into the loaf pan and bake for approximately one hour. A toothpick or fork inserted into the bread will come out slightly chocolatey. Allow the bread to cool on the counter before serving with whipped cream.

## Parmesan Zoodles

You can whip up zoodles—that is, zucchini noodles—as an easy single-serving meal, or you can create enough for a family dinner. You'll need approximately one zucchini per serving, plus olive oil, chopped garlic, fresh basil, salt, and parmesan to taste. There's several ways you can cut your zoodles:

**USE A VEGGIE SPIRALIZER.** This is the go-to method for most people, and the option that will create the most consistently shaped zoodles. You can find spiralizers that work electrically or that can be cranked by hand. **USE A JULIENNE PEELER.** Like a spiralizer, this will create zoodles that are fairly consistent in shape, though they will be a little bit shorter (but that makes them a nice substitute for penne rather than spaghetti). **USE A KNIFE.** If you don't have either of the aforementioned tools but you still want to try your hand as subbing zucchini for pasta, you can use a knife to cut the zucchini into very thin strips. It takes a little bit more time and concentration, but it works.

Once you've spiralized or cut the zoodles, set them in a colander over the sink and salt them. Allow them to sit for a half-hour to draw the water out of them. Bring a frying pan to medium heat and add 2 tablespoons of olive oil plus 1 tablespoon of chopped garlic. Allow the garlic to brown for one to two minutes. Add the zoodles and cook for approximately five minutes, moving them constantly. Remove from frying pan and top with additional olive oil (if desired), fresh basil, and grated parmesan cheese.



### HEALTH & BEAUTY FITNESS

# Fitness Tips

## YOGA FOR ANY FITNESS GOAL

By Dylan Roche

Your exercise routine is like your diet—it needs variety. Too much of the same leaves you feeling out of balance. But whether you want to build strength, improve your flexibility, increase your aerobic endurance, or just de-stress, yoga could be the workout you need. And with new trends in the yoga scene continually evolving, it's worth paying attention so you can find the type of yoga that works for you.

Derived from an ancient Hindu practice of meditation, yoga has grown into a multibillion-dollar exercise industry that is hailed by experts. Johns Hopkins Medicine states yoga is great for musculoskeletal health, which can help people avoid problems like joint pain and cramping that would hinder them from sticking with other training.

## TRENDING SCHOOLS OF YOGA

*But not all yoga is the same. The American Osteopathic Association explains that there are 100 types of yoga (typically called schools of yoga) that encompass different poses, pacing, breathing methods, and meditation techniques. The growing popularity of yoga means that more schools of yoga are becoming prevalent. Looking to stake out a yoga class and give it a try? Here are a few of the more popular schools of yoga you might encounter:*

**VINYASA YOGA**—Vinyasa is an athletic style of yoga where you move (or “flow”) from one pose to another with coordinated breathing.

**POWER YOGA**—This is a subtype of vinyasa yoga that aims to provide an intense workout either by a faster, more vigorous flow from one pose to the next or by holding the poses for longer.

**ASHTANGA YOGA**—Both vinyasa and power yoga derive from this school, in which the poses are in a set sequence (as opposed to being sequenced at the discretion of the instructor). Ashtanga yoga incorporates chanting to unify body, mind, and spirit.

**IYENGAR YOGA**—With Iyengar yoga, the emphasis is on holding the poses with proper form. It's a much gentler style of practice and is good for flexibility.

**HOT YOGA**—This vigorous form of yoga is done in a hot, humid studio, typically around 105 degrees Fahrenheit and 40 percent humidity, to work your muscles and increase your pulse.

**RESTORATIVE YOGA**—Restorative yoga uses modified poses and sometimes props that make it easier to hold the poses longer, all with the aim of reducing stress and anxiety.

**PRENATAL YOGA**—Prenatal yoga is a school that's specifically geared toward expectant mothers (all trimesters).

**JIVAMUKTI YOGA**—This is a vigorous, vinyasa-style yoga that takes the practice back to its roots by combining the physical poses and coordinated breathing with Hindu spiritual teachings.

If you'd rather do yoga from the comfort of your home, that's now an option thanks to self-guided sessions through online services and apps. The American Council on Exercise recommends YogaGlo ([www.glo.com](http://www.glo.com)) or Eckhart Yoga ([www.ekhartyoga.com](http://www.ekhartyoga.com)). And many of our favorite local gyms and studios also offer instructor-led yoga classes via online social-meeting platforms.

CONTINUE ON THE NEXT PAGE



## TRY A FEW POSES

*Don't think you have to go through a full rotation to enjoy the benefits of yoga—try incorporating a few of these poses into your next workout.*

### YOGA FOR STRENGTH

#### HORSE POSE

Stand with your toes perpendicular to the long side of your mat and spread your feet about 3 or 4 feet wide. Angle both feet at 45-degree angles. Bend your knees and lower your hips. Keep your torso straight and your chest up as you lower yourself. Hold your hands in front of your chest as if you were praying (what's known in yoga as prayer pose). Hold for at least 1 minute. This pose is great for building strength in your major leg muscles.

#### CROW POSE

Start in a squatting position and walk your hands forward to the front of your mat. Make sure your hands are shoulder width apart, fingers spread out wide, palms flat on the mat. Bend your elbows

slightly and lean forward. Put your knees on the back of your upper arms and lean forward, taking the weight off your feet as you do. Keep yourself balanced as you shift your weight entirely to your hands with your knees still resting on the back of the arms. Hold this pose for as long as you can. This pose is great for building strength in your major arm muscles.

### YOGA FOR FLEXIBILITY

#### BOW POSE

Lie down on your stomach with your hands at your side, palms facing upward. Bring your heels up as close as you can toward your butt, exhaling as you do. Grab both ankles with your hands. Be sure to avoid spreading your knees wider than your hips for the duration of the pose. Lift your heels away from your butt and your thighs off the floor, inhaling as you do. This will raise your chest off the floor as you draw your head back toward your feet. Hold for 30 seconds. This pose stretches the entire

front of your body, including your abdominals, pectorals, and hip flexors.

### YOGA FOR CARDIOVASCULAR ENDURANCE

#### CHAIR POSE

Stand with your feet spread shoulder width apart and lower your hips as if you're sitting on an imaginary chair. Bring your hips as low as you can while keeping your chest held high. Once you've mastered this stance, incorporate movements to raise your heart rate; lift your right foot and stretch your right leg out in front of you. Brace your core as you support all your weight on your left leg. Bring your right leg back in, return to your starting position, and repeat with your left leg. Repeat 10 times with each leg at a fast pace. Another movement to incorporate into the chair pose is jumping. Begin in chair pose, jump up, and stretch your body into a straight line. As you land, return to chair pose. Repeat 10 to 20 times.

## HEADED TO YOUR FIRST YOGA CLASS? HERE ARE SOME WORDS YOU MIGHT HEAR

*Running, cycling, and weightlifting have their own lingo, too, but yoga is an exercise with a lingo that's a little bit more difficult because its terms are rooted in Sanskrit, an ancient Indian language primarily preserved through Hinduism. If you're going to your first yoga class, you might hear a few words and phrases that confuse you—here are a few of the most common ones:*

**ASANA**—the physical poses and postures you do when you're practicing yoga

**PRANAYAMA**—controlled breathing as you move through the exercises

**SAVASANA**—the restorative pose in which a yogi lies face up on their mat in a state of relaxation or meditation (all schools of yoga end their sessions with savasana)

**NAMASTE**—a term of greeting or farewell

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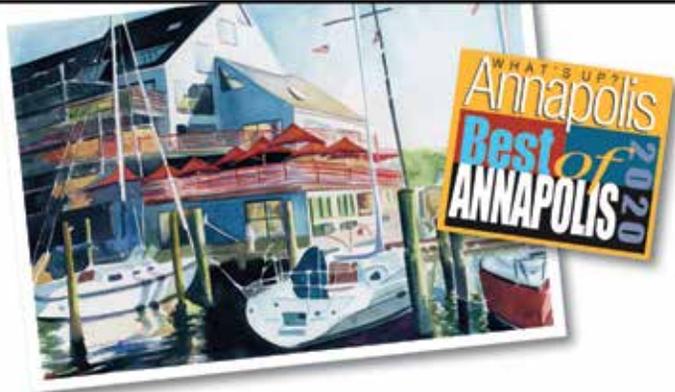
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# Dining

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Many of our favorite restaurants are offering full or partial take-out/delivery menus to please all palates during this challenging time. Please consider ordering your next meal from them and support local business. For a constantly updated list of restaurants, visit [Whatsupmag.com](https://Whatsupmag.com)!

# An Annapolis Delight

By Tom Worgo

Photography by Stephen Buchanan

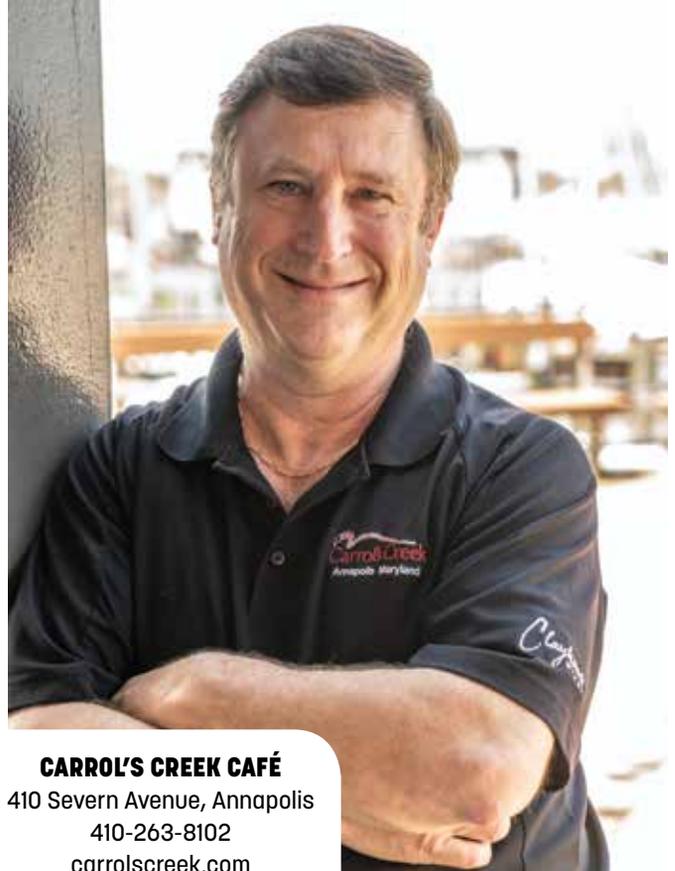
**C**arrol's Creek Café's customers come away very satisfied and they spread the word. The Annapolis restaurant's client reviews propelled it into the website OpenTable's list of the 100 Best Al Fresco outdoor eateries in the country last summer. OpenTable compiles the list annually based on reader input.

Carrol's Creek, known for its fine cuisine and outstanding view of Spa Creek and the Eastport Bridge, was the only restaurant in Maryland to earn the distinction. "It was such a great honor," Carrol's Creek Owner Jeff Jacobs says.

Carrol's Creek also offers a nut-free dining experience, which sets it apart. Last year, the 52-year-old Jacobs excluded nuts as ingredients from everything on his menu because of his son's severe allergy. The owner consulted with Kitchen with Confidence, a company that advises food service and process facilities about food-borne allergens, which ultimately certified the restaurant as nut-free.

"We opened a door for people who struggle with going out and feeling safe about not eating food with nuts as ingredients," Jacobs says. "How would the restaurant's food change being nut free? Our customers didn't notice the change."

We recently talked with Jacobs about customer's favorites, his restaurant's stunning water views, creating a nut-free zone, and what else makes Carrol's Creek a standout.



## CARROL'S CREEK CAFÉ

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### Talk about the view of your place. It could be worth coming here for that alone?

The view is important. Sometimes, I take it for granted and don't sit back and look at it enough. We have a really great view compared to other restaurants. There's only two other restaurants downtown that that have a similar view. Overlooking the skyline of Annapolis gives people plenty of reason to come here. Some people come here because we are on the water.

### What did going nut-free involve?

It took about a year's worth of brain storming and working with an outside consulting firm. We were the first restaurant in the country that this firm worked with; they typically specialize in summer camps and universities. The easy part was not to order nuts. The hard part was finding out where the cross contamination in things are. Finding an ice

cream that wasn't made in a facility that handles any type of nuts. Finding a bread, too. We had to find products that met our standards. We had to change the chocolate we were using to make our cakes. We had to look at every single menu item we had in the restaurant and find replacements.

### Is there anything else that sets you apart?

My number one thing is consistency. We have been here for 37 years. We have consistent staff. I stress to my staff that if something doesn't look right and doesn't look like you've seen it a thousand times before, then it's not right. We figure out what's wrong and we fix it. Because if something is a little different, it's not acceptable. Consistency of the staff and food in my world covers everything. It's what has kept our customers coming back. The taste of the food. If you have had our cream of crab,

and you haven't been to the restaurant for five years, it should be the exact same as you remember.

#### What is your top-selling item?

It's our cream of crab soup. There are a lot cream of crabs out there and everybody puts their own spin on it. We've had the same recipe since we opened in 1983. It just happens to be a really good recipe. It has nice big lumps of crab meat. It's the thing we get the most comments on. We have won in two categories, Judge's Choice and People's Choice, for it over the years at the Maryland Seafood Festival.

#### What other dishes are customer favorites?

It's our crab cake. People say, "We love yours over someone else's. Do you do anything different?" From an ingre-

dient standpoint, we don't put a lot of peppers in it like some people do. And it overpowers it. You want to let the crab meat, which is a very delicate taste, shine as much as you can. Our rockfish entrée is another big seller. We do a light herb breading to it, and bake it. Then put that over top of a sundried tomato risotto and we add a lemon butter sauce. We sauté spinach and lump crab meat over top of it.

#### Your happy hour runs later than other establishments. Does that make it different?

We concentrate on food because we know that's our strong point. Some places concentrate on liquor. All of the appetizers from our dinner menu are half price. We do that at the lounge and bar. We do it Monday to Thursday four o'clock to close and Sunday to close.



## Maryland Cream of Crab Soup

#### Ingredients

1.5 lbs. jumbo lump crabmeat  
(pick clean of shells)

1/2 gallon milk  
1 Cup heavy cream  
1 yellow onion (sliced)  
1/2 Cup sherry  
1/2 Cup brandy  
2 Tbsp. crab base  
(substituted for crab stock)  
3 whole cloves  
1 Tbsp. Old Bay Seasoning  
Pinch cayenne pepper  
5 oz. melted butter  
5 oz. flour

#### Directions

In a medium saucepan, whisk the butter and flour over low heat for 5 minutes. Set aside. In a large heavy gauge pot, combine all the other ingredients (except crabmeat) over low medium heat. When the soup is hot to the touch, turn heat to low and whisk in the butter/flour mixture (roux). Stir every few minutes until the desired thickness is reached. Be careful not to bring to a boil. Strain into another pot and stir in the crabmeat. Enjoy.

#### Are you different than other places since you have a lot of long-time employees?

Yes. We blessed to have so many long-term employees. We don't have much turnover in our staff. They do well here. We are not a stepping stone for someone getting into the restaurant business and that might go somewhere so that they can make more money. We find the consistency in our management has kept our other staff around. My general manager has been around for over 35 years. I have a hostess that has been here for 25 years. I have a waitress that has been here for over 35 years.

#### You've been through the highs and lows of the economy. What have you learned from the recession of 2008 and how did that apply this time around?

The thing that applied to me from 2008 to now is that feeling that we will get back to normal (business) at some point. Things crashed then and we modified our business. We had to cut back, look at our expenses, and trim stuff. It was a totally different scenario with the pandemic. We closed. But luckily, my partner in the business is my father. He is the calming voice. He says, "Things are bad. Things will get a little worse. Then things will get

better." He is in his 80s and he has seen recessions come and go. What is going on now is unprecedented. I understand there is going to be a portion of our cliental—until they come up with a vaccine—that they will not be coming to see us. We will figure out how to come out of this.

# World-Class in Davidsonville

By Tom Worgo

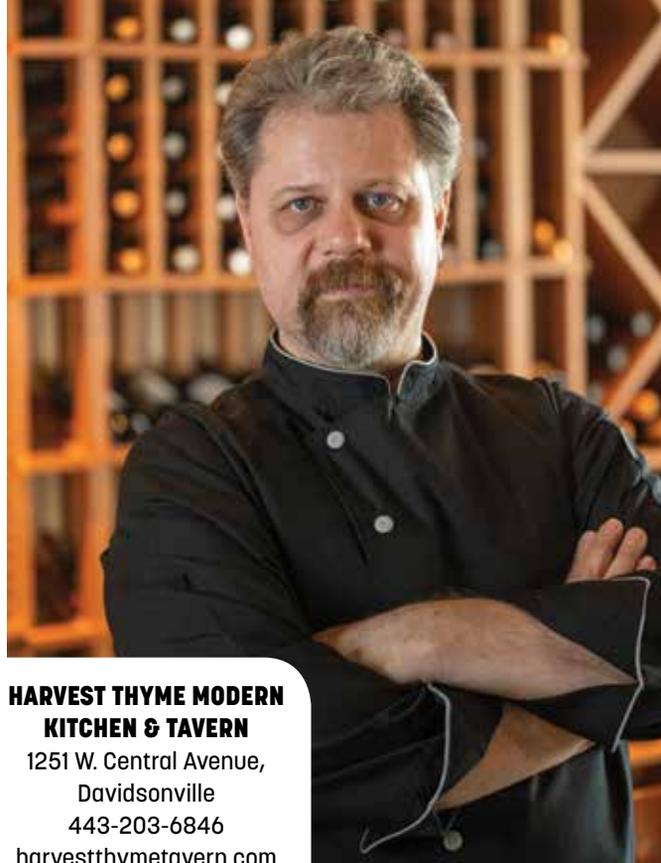
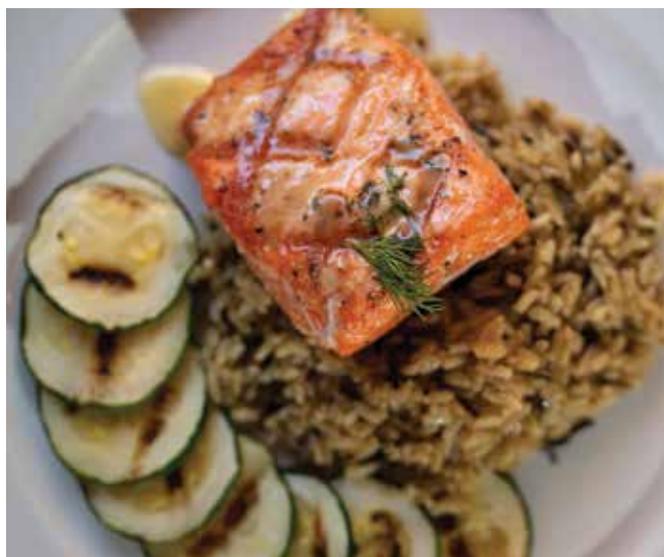
Photography by Stephen Buchanan

**R**estaurants run in Rik Squillari's family blood. At one point, his family owned five of them in Frederick and Western Maryland. Squillari spent four decades working in restaurants and the wine industry, and that combination provided him with invaluable experience when he decided to open Harvest Thyme Modern Kitchen & Tavern in Davidsonville nearly four years ago.

"Finding someone that has the restaurant *and* the wine experience is hard," says Squillari, a graduate of the Culinary Institute of America in New York. "You will find people that know more about wine than I do, but very few of them have worked in the restaurant business."

Harvest Thyme built its menu around Italian, but also features Asian, French, and Low-country cuisine. "It's got roots of Italian, but we like to do seasonal," Squillari says.

Squillari acquired his extensive wine expertise traveling around the world to wineries while working for a distributor, and he uses the knowledge to maintain and create an eclectic wine list at this restaurant.



## HARVEST THYME MODERN KITCHEN & TAVERN

1251 W. Central Avenue,  
Davidsonville  
443-203-6846

harvestthymetavern.com

His wines range in price from \$14 to \$500 per bottle. Harvest Thyme has plenty of wine on display in the dining room so customers can have their pick.

We recently sat down with the 53-year-old Squillari, a Crofton resident, to talk about his work experience, Harvest Thyme's best-selling dishes, his family background in food, and trying to attract customers from around the region.

### What inspired you to open the restaurant?

I grew up in the business. My family owned restaurants when I was a child. We had the old school drive-in when we lived in Frederick. My great uncle, Anton, owned two inns in Western Maryland. He also owned two other restaurants and my dad, Eugino, took over one of them. My great uncle decided to open a third restaurant. When he passed away, my dad took over his other restaurants.

### Were your family members chefs?

Neither one of them really had a certification or went to a culinary school. For them, it was more of the school of hard knocks. To me, a chef is someone who is actually there, making things from scratch, being able to run a business, and manage the finances. It's being able to do more than just cook.

### So, it was natural for you to become a chef?

I think so. Part of it was proving my dad wrong. As a teenager, I wasn't the perfect child everyone dreams of having. I liked to go out and play and push the limits. My dad is old school from Northern Italy and grew up during World War II. So that mentality is pretty hard compared to how we handle our children now-a-days. I got accepted to a couple of fairly nice business schools, but I decided I just wanted to go to culinary school. He

gave me three weeks before I was going to come back home. He didn't think I was going to make it.

### **What places did you work previously? Did that experience help with opening a restaurant?**

When it came to cooking experience, the most I learned was at Tropicana Hotel and Casino in Atlantic City. I was hired right out of culinary school. I was 20. I went to work in their upscale French restaurant called Le Paris. I also made myself available to work in the hotel's other restaurants. I also worked in their upscale steak house and Italian restaurant. I did banquets, worked in the bake shop, and coffee shop.

### **How would you describe your menu?**

About 90 percent of it is made from scratch. We do Pacific Rim. When we do wine dinners, we match them with particular countries and producers. I would say Italian is probably the core and we branch out from there. I call it modern American food because it grabs flavors from all over the world. We use as much local food as possible: seafood, produce, and meats.

### **What is your top-selling dish?**

Chicken Milanese. It's lightly basted chicken served with pasta. The pasta is tossed with a lemon, butter, fresh basil, marinated tomato sauce. We get a lot of compliments on it.

### **What's another customer favorite?**

The Pork Belly. We marinate for about 24 hours and slow cook it for about eight.

Then we fry it with a wild berry compost. It's rich and decadent. You will taste all four flavor senses.

### **How did you become a wine importer?**

I was working at the Wood Fire Grill in Severna Park. It was getting to the point where I had to move on. There was no upward movement. I knew a wholesaler who had a rep who was covering southern Maryland and Washington, D.C. One of the suppliers said this company was looking for someone to help them nationally. The company was an importer as well as a wholesaler in California. So that's how I got hooked up with wines.

### **Describe your wine selections. What do you have that others may not?**

When it comes to wines, I do a lot of buying based on what the customers like. I look for quality at every price point. I definitely shop for deals to get good values. Across the board, I like a lot of things. I like white wines from Alsace of Western France and Alto Adige from Northern Italy. For our size, we carry a lot more than most places. I tend stay away from big brand items because they don't represent the best quality for value.

### **Is your décor and wine related?**

Yes it is. Instead of having a room for storage to put all my wine and liquor in, I have wine racks and shelving to display my storage right there in the dining room. People can go look at it and see what we have. It is one of our unique features.



## **Pear and Ricotta Stuffed Sacchetti**

*Serves 1*

### **Ingredients**

8 oz. Sacchetti (fresh pasta stuffed with pear and ricotta, available through gourmet grocers/markets)  
2 oz. Julienne prosciutto

### **Basil Cream Sauce**

1/2 tsp. Shallots (finely chopped)  
Clarified butter (just enough to coat bottom of pan)  
1/2 oz. Brandy  
1/2 oz. Chiffonade of fresh basil  
3 oz. Cream  
Pinch salt and pepper (to taste as prosciutto can be salty)  
1 Tbsp. Butter

### **Directions**

In hot sauté pan add butter. Lightly sauté shallots, add prosciutto until lightly browned. Deglaze with brandy and reduce until almost dry. Add heavy cream, salt, and pepper, and reduce until nappe (thick enough to coat the back of a spoon without running together). In boiling water, add pasta and cook until tender, approximately 2 minutes. Drain excess water and add pasta to sauce. Reduce slightly more and swirl in whole butter. Serve.

### **You're located in Davidsonville? How do attract customers from out of the area?**

We are looking to expand our consumer base beyond the community. Davidsonville has been very good in supporting us and helping us build our business. But I feel we have things to offer to those in the Greater Annapolis, Baltimore, and D.C. region. We would be a nice alternative and you don't have to pay for parking. We have to attract customers by word of mouth and advertising.

### **Do you give back to the community through fundraisers?**

We did a fundraiser in December for the Davidsonville Athletic Association and juvenile diabetes. We got a lot of support and between the two, we raised about \$12,000. I think we will do it every year. We also did The Wendy Walk and it's to support MS in April, and one for Gigi's Playhouse.

# Dining Guide

## Advertisers Listed in Red

Average entrée price  
\$ 0-14 \$\$ 15-30 \$\$\$ 31 and over

☎ Reservations

Y Full bar

👨 Family Friendly

🌊 Water View

☀ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2020 Winner

## Downtown Annapolis

### Annapolis Ice Cream Company

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

### Armadillo's Bar & Grill

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

### Bean Rush Café

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

### The Big Cheese & Sammy's Deli

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

### Buddy's Crabs & Ribs

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

### Café Normandie

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

### Castlebay Irish Pub 1

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

### Chick & Ruth's Delly

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

### City Dock Café

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

### Dock Street Bar & Grill

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

### Dry 85

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

### Federal House Bar & Grille

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

### Flamant

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

### Fox's Den

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

### Galway Bay Irish Restaurant & Pub

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

### Harry Browne's

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

### Harvest Wood Grill & Tap Room

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

### Iron Rooster

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

### Joss Café & Sushi

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

### Latitude 38

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

### Mason's Famous Lobster Rolls

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

### McGarvey's Saloon & Oyster Bar

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

### Middleton Tavern

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

### Mission BBQ

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

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

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

### OB's Prime

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

### Osteria 177

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

### Preserve

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

### Pusser's Caribbean Grille

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

### Red Red Wine Bar

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

### Reynolds Tavern

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

### Sakura Café

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

### Sofi's Crepes

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

### Vida Taco Bar

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

## Upper Annapolis

### 49 West, Coffeebar, Winebar & Gallery

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

### Azure

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

### Carpaccio Tuscan Kitchen & Wine Bar

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

### Chesapeake Brewing Co.

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

### El Toro Bravo

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

### Fado Irish Pub

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

### Lemongrass

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

### Level Small Plates Lounge

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

### Light House Bistro

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

### Luna Blu

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

EDGEWATER RESTAURANT

"Wouldn't even think to get crabcake anywhere else" —Danny Rolland

**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



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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 STEAK

VOTED BEST ROMANTIC RESTAURANT



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



BLUE ROOSTER CAFE

"I can always find comfort in the Cinnamon Custard French Toast" —*Macie Banks*

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

**Sandy Pony Donuts**

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

**Seafood Palace Buffet**

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

**Severn Inn**

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

**Sin Fronteras**

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

**Soul**

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

**Stoney River Legendary Steaks**

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

**Union Jack's**

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

**Ziki Japanese Steakhouse**

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

**Zoe's Kitchen**

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

**Eastport / Bayridge**

**Adam's Taphouse and Grille**

921C Chesapeake Avenue, Annapolis; 410-267-0064; 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 \$ \$ \$ 🍷 🍴 🍷 🍴

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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 \$ \$ 🍷 🍴

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

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**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 \$ \$ 🍴 \*

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

**Edgewater Restaurant**

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

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

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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 \$

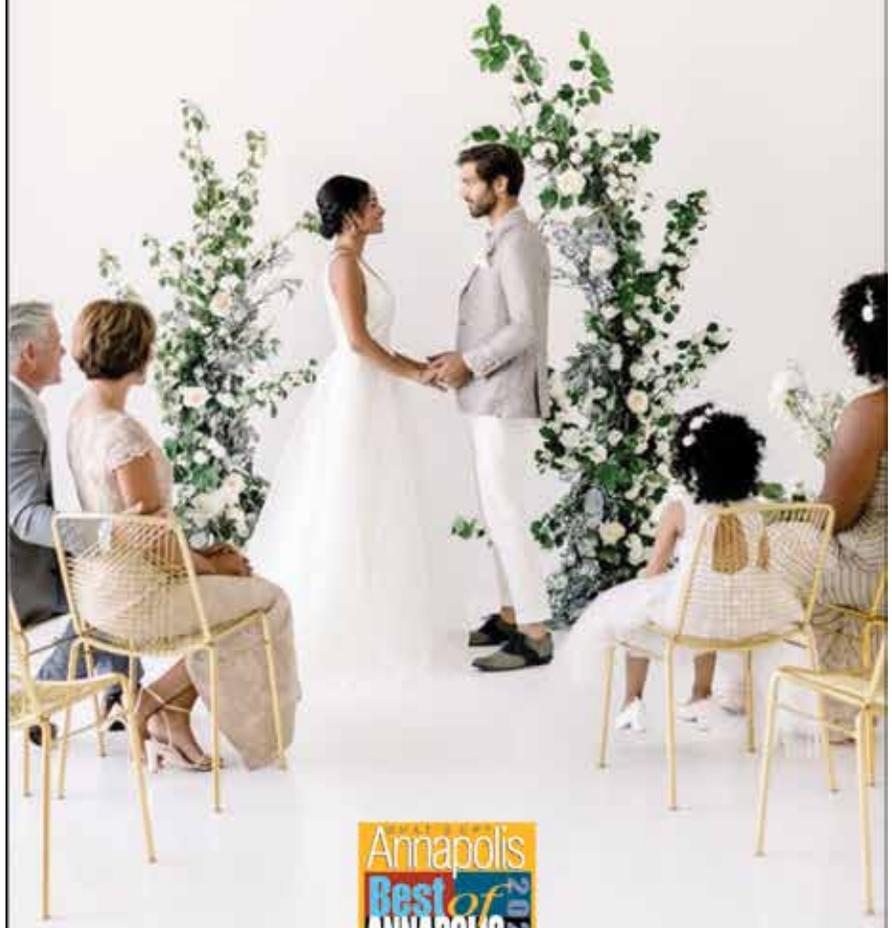
**Mike's Bar & Crab House**

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



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

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

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

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

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6158 Drum Point Road, Deale; 410-867-7110; Skipperspier.com; Seafood; dinner \$\$ 🍷 🍴 \*

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

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173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ ¥ 🍷 🍴 🍺 🍻

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**O'Loughlin's Restaurant**

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

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

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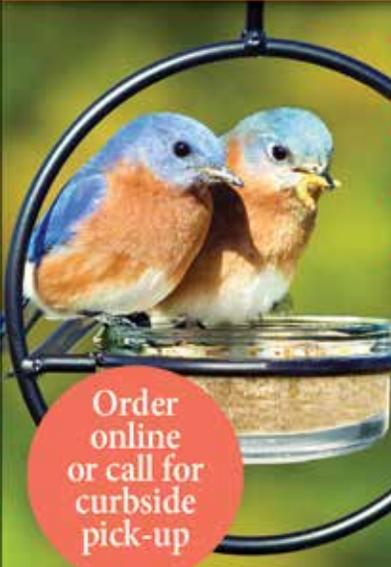
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# Where's Wilma?

## FIND WILMA AND WIN!

It's the dog days of summer and, lately, our fearless flying mascot Wilma has been cooling off at local swimming holes that dot the state. In between getting her toes wet, though, she's flying the skies from county to county. Occasionally she drops into town to dine, shop, and have a little fun. Can you find where she'll pop up next?

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

**Congratulations to this month's winner: Ramona White** of Annapolis, who won a \$50 gift certificate to a local restaurant.

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



Please Print Legibly

**I FOUND** \_\_\_\_\_ Advertiser \_\_\_\_\_  
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What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

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Entries must be received by August 31, 2020. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

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# The Movement for Justice, Peace, Equality, and Equity

By Tony J. Spencer

**T**here is a major movement across the United States for changes in ways citizens are treated in terms of receiving equal justice: “Black Lives Matter.” However, the BLM movement that addresses multiple issues under the banner of “Justice” is also necessary right here in Annapolis.

Justice, peace, equality, and equity are all rolled together. Although I am retired now, I still want the same opportunities provided for every other citizen as when I was employed: to be treated equally and equitably by the law enforcement community, to receive gainful employment, to be given a fair shot at upward mobility to contribute in the workplace, to have equal access to fair housing and finance, to live a peaceful life wherever I choose, to see my children attend a school where they can excel and makes them feel welcome, to enjoy the social aspects of society, and above all, to be genuinely accepted in this country. I also want this for my grandchildren, as well as for all individuals in the varying racial and ethnic communities living the “American Dream.”

At this time, Annapolis is just a microcosm of what has been the status quo in every aspect of the greater society. Some people hate to be associated with the reality of why we are facing what we are facing now—racism. The usual response is, “I am not a racist!” However, to better understand why the subject of racism exists, we must stare it straight in the eye and characterize its qualities. My “Call-to-Action” for the Annapolis Community is that we recognize and admit the problem: racism exists, and it exists as a corporation of unwritten policies. As such, racism exists because it has been allowed to be woven into the fabric of our personal lives: our value system, our habits, our homes, our school curricula, our social settings, social clubs, private clubs, and our places of worship.

In the home, it is masked by recurring examples of parents referring to anything other than “white” as being “dirty,” “bad,” or “inferior.” School curricula presents the majority of inventors, doctors, military heroes, and until 2008, American Presidents as being primarily white males. Many churches have their main focus of worship, Jesus, represented as a white

man with straight hair and blue eyes. The workplace has covertly devised the “glass ceiling” to prevent minorities from advancing in their careers. The problem of racism presented itself when a select group, specifically white males, had control and total access to all aspects of life: employment, education, economic mobility, the criminal justice system, transportation, financing, and fair housing.

If an accurate depiction of racism is to be fully understood, we must be honest and look at who is constantly being discriminated against in our society and ask ourselves this question: “Would I operate with the same intensity if these practices were geared toward my mother, my father, my wife, my husband, my sister(s), my brother(s), my daughter(s), my son(s) or anyone else in my family? If your answer is “no” for your loved ones, then the practice of racism is wrong for everyone and has been intentionally used as a damaging tool to divide our Community. Therefore, the movement in Annapolis for justice, peace, equality, and equity is necessary until the playing field is leveled for everyone. In the formation of the United States (U.S.), the governing leaders intended the Constitution of the United States to provide equality for everyone.

While the verbiage indicated equality for everyone, the *intent vs. impact* was actually defined as “For Whites

Only.” The “Manifest Destiny” further defined the mindset of our founding fathers when Congress decided to expand the boundaries of America from East to West. What could not be legally bought from land owners was forcibly taken; lives were brutally lost and cultures destroyed—the ends justified the means.

President Abraham Lincoln signed the Emancipation Proclamation on January 1, 1863; however, it was not until June 19, 1865 that all enslaved were, by law, completely free. Nevertheless, the policing of freed African Americans was harsh, inhumane, and simply ungodly. Our nation supposedly changed those laws and practices to serve as a rising tide elevating all boats. Obviously, as a society, we are not there yet. Whenever laws are made supposedly for the masses, they often subjugate a specific population; justice, peace, equality, and equity are thrown out of the window into a bottomless pit.

If power exists illegally, unethically, and succeeds with racist practices, it will revert to the same mentality and legacy of our forefathers. Therefore, it is not enough to say, “I am not a racist.” One must declare, “I am *anti-racist*, and *we* are a Community.” All Annapolitans must get involved to ensure that everyone celebrates the “Movement for Justice:” peace, equality, and equity for all; otherwise, we cannot celebrate “*Justice for All.*”

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## What do you think and why?

Please email your thoughts to our Publisher and Editor at: [Veronica@whatsupmag.com](mailto:Veronica@whatsupmag.com) and [Editor@whatsupmag.com](mailto:Editor@whatsupmag.com).

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