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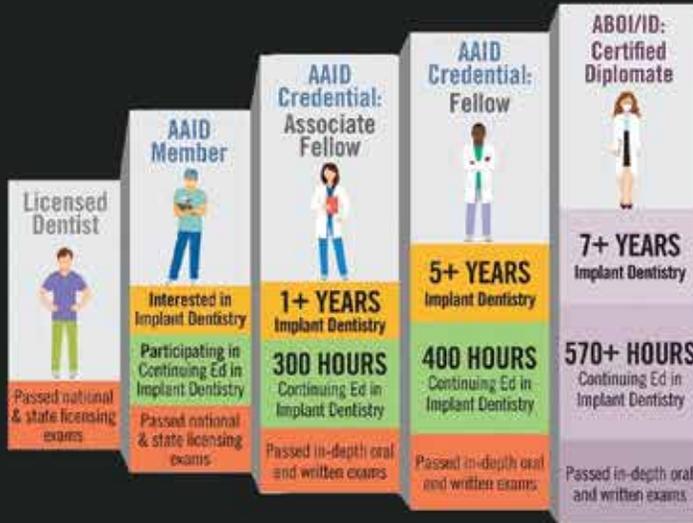
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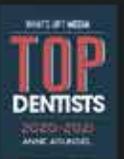
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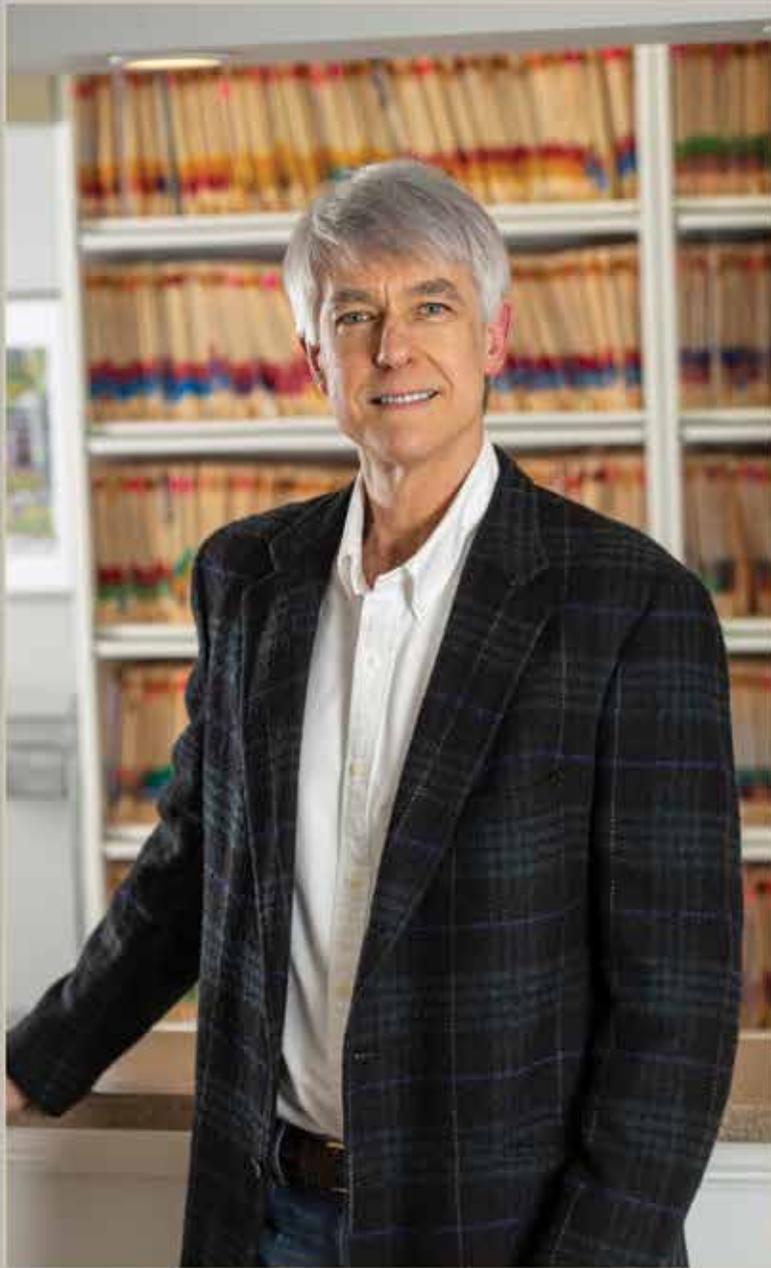


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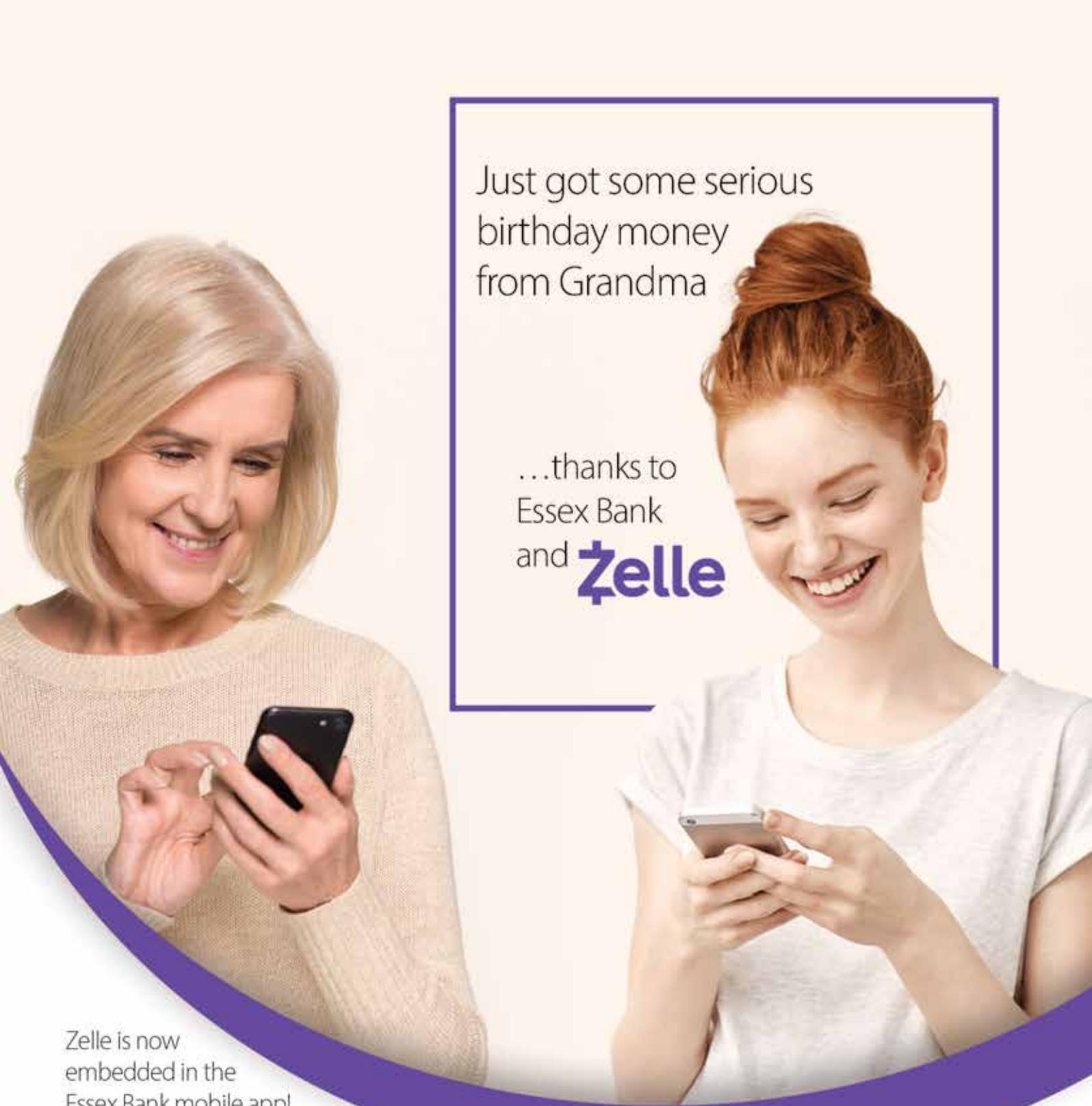


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On the Cover: There are 38 reasons to smile this month as we present the list of 2020 Top Dentists (yes, there are 38 dentists named herein). Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. Please recycle this magazine.

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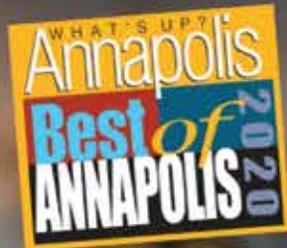


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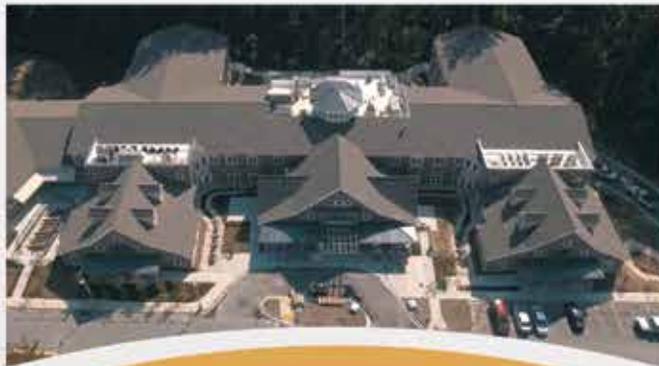
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Best of 2021 Voting

[whatsupmag.com/
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Let your voice be heard and vote for your favorite health and wellness providers, veterinarians, restaurants, beauty salons, gyms, realtors, home contractors, retailers, and professional services. The voting deadline is November 30th. Voting results will be published in our 2021 issues.



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From the editor

earned that right in August of 1920, it wasn't until 1941 that Maryland ratified the 19th Amendment, giving women this right in our state. And yet today, voting rights is an issue that still demands discussion and refinement. I invite you to read Ashley Oleson's "Women, Race, and the Ongoing Fight for True Equality"—the tenth article in our "Year of the Woman" series, which explores this issue. Qualified, Oleson serves as State Director of the League of Women Voters of Maryland. Did you know that Maryland is considered one of the most—if not the most—gerrymandered states in the country? Something to think about when you vote next month. (Shameless plug: we kick off our annual Best of Annapolis voting now! See page 64 for details.)

We also offer further examination of Conowingo Dam, the Susquehanna River, and multi-state responsibilities (along with Federal) with regard to the health of the Chesapeake Bay watershed. Building on last month's article—the first in a three-part series—writer Jeff Holland speaks with authorities at the local, state, and national level to gain clarity in an, otherwise, very murky environmental problem. As we went to press with this issue, several states—including Maryland—announced legal action against the U.S. Environmental Protection Agency for its failure to hold certain states accountable for polluting the Chesapeake Bay. A very intriguing development we intend to follow in Holland's part-three next month.

Lots to chew on this month (and again, do consult our Top Dentists in this issue). There's also our consistent smorgasbord of people profiles (meet do-gooders and good kids), home articles (a gorgeous French-country manor on the Shore), health columns (fear can be healthy), and dining tid-bits (new restaurants and old favorites) to peruse.

And so, I raise a pint to my favorite time of year and toast this October, this issue, and, of course, all of you... our readers, who make it all possible.

James Houck,
Editorial Director

Letters to What's Up?

I want to let you know that I found the article *Conowingo Dam Part I* by Jeff Holland to be an excellent read! His writing is engaging, concise, well documented and personal. Please be sure to continue this series. He is a treasured gem from our Eastport roots and has long contributed a better understanding of our rich history in Maryland.

—Elise Handelman, Annapolis/Eastport



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

October ushers in the start of what is undoubtedly my favorite season of the year—the holiday season. Though it all sort of starts earlier in September with Labor Day weekend's last hurrah and the kids then going back to school (virtually for many families), the tenth month of the year is where and when it's at! Colder, fall northeasterly winds begin their push through the region. We say sayonara to Maryland's humidity and think about firing up a few logs in the fireplace or firepit outside. We swap our tees and shorts for Henleys, hoodies, and jeans. Yes, we'll have football this year. And hockey, basketball, and baseball. In fact, this may be the first time in history that all four major American sports leagues are playing meaningful games within the same month. That's fairly amazing. And, of course, there's a candy crusade occurring at the supermarkets in preparation for the sweetest holiday of all, Halloween (and a good time to take note of our biennial Top Dentists list in this issue, for your follow-up appointments).

So, will things be a bit different this year? Certainly. Will the kids be able to parade our neighborhoods, filling their buckets with M&Ms, Snickers, Reese's, and Sweet Tarts? Hopefully. I'm still unsure how this will all pan out, but I've been seeing and hearing chit chat online of creative ideas to ensure we don't let the kids (and adults, I suppose) down. Everything from delivering candy by remote-control toy cars to setting up tables at the end of driveways with individual baggies or cupcake wrappers filled with candies. Socially-distanced costume parades and cider-sippings. Things like that. All of it testimony that we're a community—many communities—committed to living our best lives, but in a responsible and safe manner during unnerving and challenging times. How we come up with creative solutions to life's curveballs speaks to the American ingenuity within us. I dig that. To that end...

In the first few pages of this month's issue, we offer several suggestions of fall activities, perfect for the whole family, couples, and just about anyone looking forward to enjoying autumn as much as I do. From foliage hikes to charter fishing/boating, and even a few pumpkins patches and farms, there's still plenty of fun to be had.

It's also an election year, which will certainly keep everyone on their toes and, probably, actively engaged in conversations both revelatory and difficult. It's hard to imagine that a just over a century ago, women in the U.S. didn't have the right to vote. Even though women

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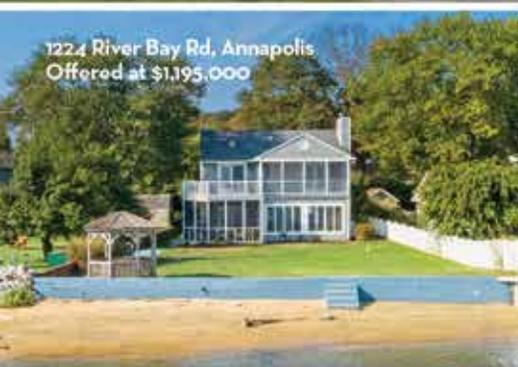


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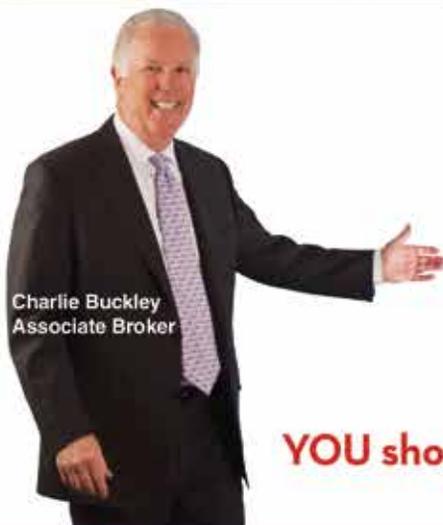
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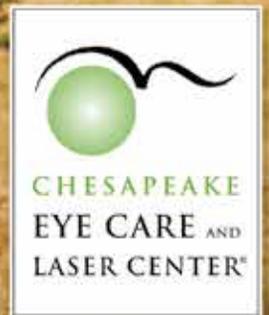
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Live, Breathe, and Experience Autumn

We present a range of seasonal activities to enjoy this fall. It's prime time to get outdoors and experience the best of Chesapeake Bay country. Here are our favorite to-dos when the first crisp breezes of autumn arrive, and the leaves magically change hues.



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)

Fall Foliage Hikes

Maryland has some of the best places to take in the fall foliage. It isn't long that you can see the autumn colors fill the trees, so check out these trails to take advantage of this time of year.

Eastern Neck Wildlife Refuge: This wildlife refuge on the Eastern Shore is a great place to enjoy the views of nature, both birds and foliage. Once you get on Eastern Neck Island, there are seven trails and boardwalks to choose from. Fall is the best time to walk along the Tubby Cove Boardwalk. This boardwalk is about a quarter-mile round trip and brings you through the beautiful trees. Once you get that warm-up in, walk the Duck Inn Trail. This trail is through wooded area and the tall grasses, leaving you in the deciduous trees at the bank of the Chester River. →

Smithsonian Environmental Research Center (SERC): SERC has a series of three trails in Edgewater waiting to be explored. Two of the trails start at the Reed Education Center, both just 1.3 miles long. Keep a look out for Java History Trail. This trail has been used by Native Americans, farmers and scientists for years. The trail takes you through the forest, and through time.



See the beautiful views of the Eastern Shore by chartering a boat in Chesapeake City, Solomon's Island, St Michaels, or beyond. Easily book a charter through Haven Charters, Chesapeake Bay Charters, or one of the many other options on the Chesapeake Bay. Whether you want to fish or just sit back and relax, being on a boat will put you in the right frame of mind.

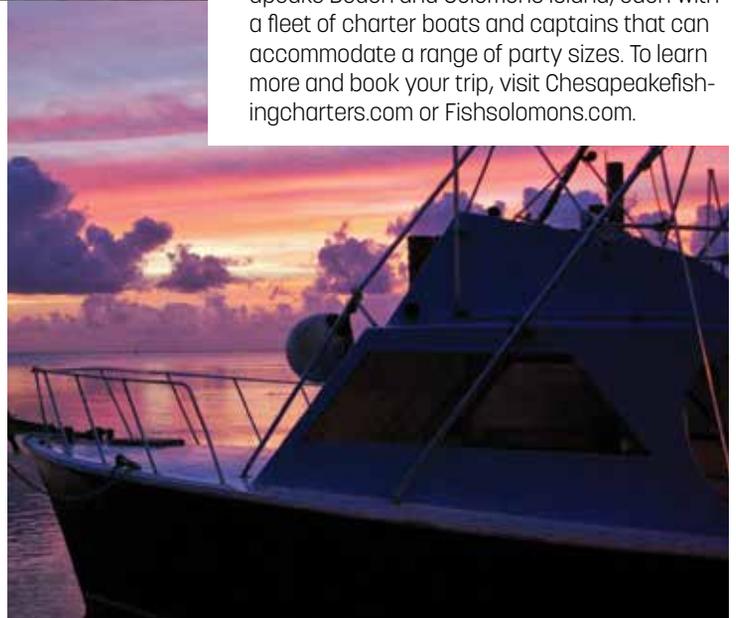
↴ **Charter Fishing on the Chesapeake:** There are many, many charter fishing vessels at the ready to put you on the fish this fall. Rockfish season is at its year-end prime during the fall and popular cities to fish out from include Chesapeake Beach and Solomons Island, each with a fleet of charter boats and captains that can accommodate a range of party sizes. To learn more and book your trip, visit Chesapeakefishingcharters.com or Fishsolomons.com.

Charter Boats on the Bay

Fall has the best weather to get out on the boat. Pack a cooler and charter a boat for the day, or even just for half the day. The water is as warm as it is going to get, throw on a sweatshirt at the end of the day and see the lighthouses of the Chesapeake Bay.

↑ **Thomas Point Lighthouse Cruise:** Take a cruise around the lighthouses of the Chesapeake Bay right out of Ego Alley. Take part in the Ghost Tour and share ghost stories and pirate tales on the Spirits and Spirits tour or tour the Severn River or Spa Creek. Watermarkjourney.com.

Chesapeake Bay Maritime Museum River Cruises: Contact Chesapeake Bay Maritime Museum in St. Michaels to cruise on *Winnie Estelle*. This 45-minute scenic cruise will take you through the Miles River and can accommodate up to 32 passengers. Cbmm. org or 410-745-4944.



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↑ Celebrate Halloween all month with a **Haunted Harbor Tour in Annapolis**. If you think you know Annapolis, just wait. This 90-minute tour starts at 1 Dock Street and ends at the State House. Not spooked enough yet? Stay for a bonus tour around the most haunted grounds of Annapolis: St. John's College. Can you handle it? Sign up to learn a whole new side of Annapolis history at Hauntedharbortours.com.

After you conquer the scary truth about Annapolis, face the Eastern Shore with **Chesapeake Ghost Tours**. They offer 11 different city tours, including Ocean City, Salisbury, Denton, St Michaels and Easton. Chesapeake Ghost Tours also offers bus tours to find the hidden, haunted spots in Talbot County and includes passing through three graveyards. Sign up for a tour at Chesapeakeghosttours.com. ↓

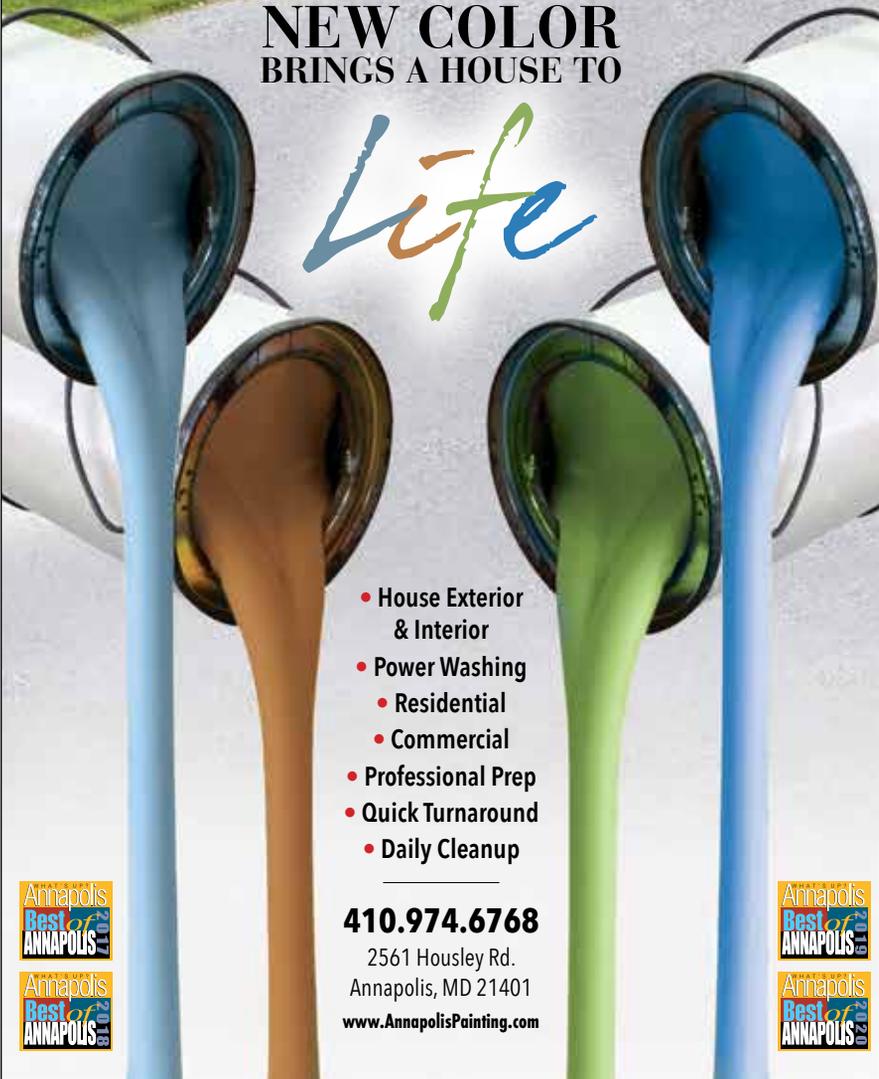






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www.aacsonline.org/campus-life/reopening-2020

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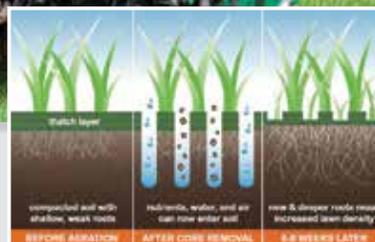
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Fall Festivities

Now is the time to check things off your fall to-do list, including picking your own pumpkins, making them into jack-o-lanterns, conquering the corn maze, and drinking as much apple cider as you can.

The Maryland Corn Maze: Each year, The Maryland Corn Maze in Gambrills puts together an unforgettable corn maze. This year, the theme of the maze is Harry Potter. After you find your way through Hogwarts (the maze), play with Quidditch sling shots, enjoy fall games and activities, and much more. Mdcornmaze.com.

Homestead Gardens Fall Festival: Traditionally held annually through the month of October, this fall festival features activities for all ages (pumpkin patch, barnyard animals, hay rides, kids crafts, kids playground activities, beer trailer for the adults, live music, and apple cider donuts). Check Homesteadgardens.com for the latest updates and COVID19-related adjustments.

Queen Anne Farm: Continue the family tradition by picking your own pumpkins and mums in Mitchellville. Jump on the back of the tractor pulled hay wagon and pose for pictures with the Pumpkin House. Queenannefarm.com.

Y Worry Farm: Find plenty of pumpkins in Davidsonville at Y Worry Farm. Try their corn maze and fall snack shack. Check out what they have to offer on Facebook.



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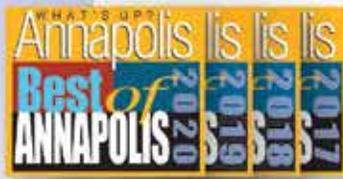
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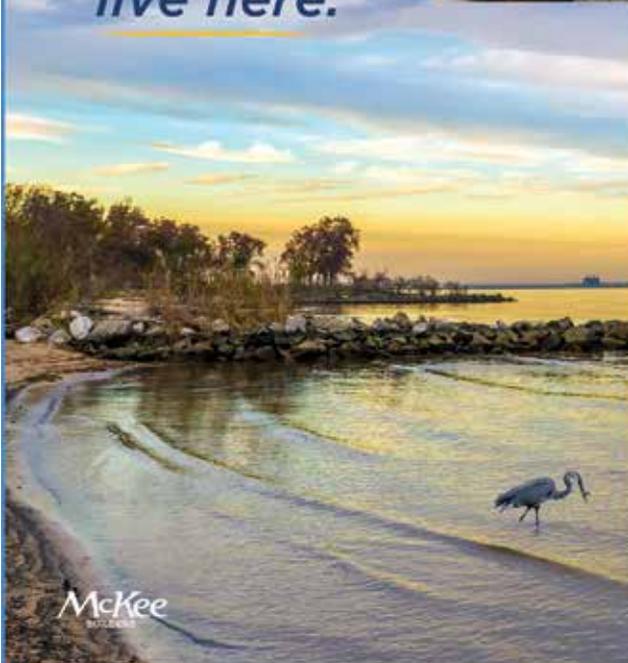
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TOWNE SALUTE

Karen Tollestrup

GiGi's Playhouse

By Tom Worgo

Nearly five decades ago, Karen Tollestrup volunteered as an assistant to a speech pathologist at Fernald State Institution in Waltham, Massachusetts, working with patients with Down Syndrome.

It didn't take long for her to realize she'd found her calling.

After a 28-year career as a speech pathologist, she's now retired and once again volunteering, for GiGi's Playhouse, in Annapolis.

GiGi's is a 17-year-old nationwide organization that works with children and adults with Down Syndrome and their families.

"I don't have to worry because I know she will get the job done. She wants the best for the kids and she know how to implement our program and she goes after it."

In 2017, after she and her husband Eric moved to Edgewater, she saw an notice in the paper that GiGi's Playhouse was holding an orientation meeting for people who wanted to volunteer.

"After the orientation, I went up to (site coordinator) Judy Co and said, 'You guys need me. This is what I do. I would like to be your literacy coordinator,'" Tollestrup recalls. "That's how it came to be and I have been there ever since."

As literacy coordinator at GiGi's, she has a mountain of duties to keep her extremely busy. At the outset, she took on the challenge of adapting the organization's reading program to suit local needs starting in February of 2018.

The 66-year-old showed her commitment right away.

"The way the literacy program works, there is a ton of training at the front end that she had to go through," says Kim Eckert, President of GiGi's board of directors. "As coordinator, she had to work with our home office in Chicago for as much as 40 hours a week for several months just to get up to speed with the program and implement it here. She is incredibly dedicated."

With relentless energy, Tollestrup trained tutors, supervised tutoring sessions and matched tutors with students and created her own program called Tutor Talk.

"It's important to have someone like her who is understanding, patient, knowledgeable and passionate," Co says. "She is really committed, reliable, and trustworthy. She loves to help people. She loves our participants. I don't have to worry because I know she will get the job done. She wants the best for the kids and she know how to implement our program and she goes after it."

When Tollestrup trains tutors, she includes Tutor Talk, which she feels is very beneficial.

"It's a time when the tutors get together in a group with me and we talk how the tutor sessions are going and if any concerns," she explains. "Sometimes, a tutor may have developed a new game, a new way of teaching the kids. We try to make it fun for the students, because they do a lot of work at school. We incorporate a lot of games and playing with words to help them learn."

In preparation for teaching, Tollestrup also creates "family books" for the kids. They are a big hit.

"I ask each parent to send in five to six pictures of their family," she says. "Let's say I have a picture of the mom. Her child calls her 'Momma' or 'Mom.' So, then I type the word 'Mom,' and then we do a whole process. During the actual session,

the tutor will go through the book and then go through what we teach, “I do, we do.”

From then on, it’s a slow teaching process of word association.

Along with her dedication, Tollestrup, a Boston-area native, also brings the accumulated knowledge and expertise from her long professional career.

After graduating from the University of Vermont with a B.S. in speech and language pathology, she went on to earn a master’s degree in speech and language pathology from Western Michigan University.

At various points in her career and at various locales in Massachusetts, she served as director of the speech and hearing department at the Lemuel Shattuck Hospital in Jamaica Plain, speech and language pathologist in the Medford Public Schools, and speech and language pathologist in the Boston Public Schools.

“Her reward is when she sees the kids make progress,” Jo says. “It’s something you can’t put into a single word. It’s life changing, really, for her. She knows she’s made a difference in someone’s life, and it is energizing.”

Tollestrup agrees that the students bring her much joy, and sometimes it’s the highlight of her day. “They have special qualities, and they give me back so much and make me appreciate things so much more,” she says. “They are happy, wonderful kids. I would like to see them succeed in anything they want to do.”

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



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LEADERSHIP ANNE ARUNDEL'S NEW BOARD MEMBERS

On July 1st, Leadership Anne Arundel welcomed new board members to the helm of the nonprofit 501c3 organization. The premier leadership training and networking institute in Anne Arundel County, LAA's mission is to provide people of diverse backgrounds with the education, resources, and networks necessary to become successful proactive leaders. The new board members are: **Christina Majernik**, executive vice president at Domain5, a professional cybersecurity advisory firm; **Kirk Murray**, president and CEO, Anne Arundel Workforce Development Corporation; **Shawn Noratel**, founding partner and creative director at Liquified Creative; **Mike Russo**, a partner of Council, Baradel, Kosmerl & Nolan, P.A.; **Dee Ward**, owner of All About Investing, B.L.A.C.K. EXCEL, and SKIO!; and **Monica Rausa Williams**, special assistant to the president at Anne Arundel Community College (AACC).



↑ ASO's New Streaming Platform Brings Symphony to Your Home

When COVID-19 hit Maryland in March, Annapolis Symphony Orchestra Music Director José-Luis Novo was well into preparation for the 2020-21 Masterworks Series "Harmony in Nature." In a matter of days, everything changed. "It was impossible to predict that we would find ourselves in the midst of a pandemic, affecting everyone to an extent we have never experienced before," Maestro Novo says. The continuing pandemic fueled a decision to forego in-house audiences for virtual concerts until official guidelines allow otherwise. "To launch our new season, we had to reimagine the complete symphony experience," ASO Executive Director Edgar Herrera says. This led to the development of Symphony+, a comprehensive virtual platform powered by Vimeo Over the Top (OTT), comprised of three unique components: ASO Live!, a live stream of each concert in the 2020-21 season; ASO RePlay, the ability to access previous ASO Live! Performances; and ASO Chats, a virtual offering of the popular pre-concert talks with Dr. Rachel Franklin. The All-Access Household Pass for Symphony+ is \$99. This includes all ASO Live! Masterworks live stream performances, the Holiday Classic concert, six pre-concert ASO Chats and unlimited ASO RePlay. A single ASO Live! Household ticket for real-time viewing of one concert is \$49. Concert dates and tickets are available at AnnapolisSymphony.org/VirtualSeries or the box office at 410-263-0907.

ROTARY CRABS TO GO! RAISES \$35,000 FOR THE COMMUNITY ↓

The Rotary Club of Annapolis held a drive-through crab and corn fundraiser on August 7th at Navy-Marine Corps Memorial Stadium, netting approximately \$35,000 for nonprofit organizations serving the community. The drive-through event was developed when safety concerns around coronavirus prevented the Club from holding its traditional crab feast for 2,000 guests held annually on the first Friday in August. Rather than opt out of holding any event, the Club decided on a new format to provide crabs and corn safely, have a little fun, and raise needed funds in this difficult time. Crab Feast chair Leigh Rand noted, "We are thankful for the broad support. We received 478 orders for the equivalent of 220 bushels of crabs, and sold 1500 raffle tickets, exceeding our expectations."





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Megan Moore Joins Eagle Title, LLC

Eagle Title, LLC recently announced that Megan Moore has joined the company as a Settlement Officer and licensed Title Insurance Producer. Moore becomes the newest addition to the company's sales team during a period of unprecedented expansion of the business.

A life-long resident of Crofton, Maryland, Moore will be responsible for conducting real estate settlements as well as expanding opportunities throughout Maryland, with a special interest in Anne Arundel's West County. "Megan is dedicated to bringing the highest level of customer service to buyers, sellers, agents, and lenders throughout the real estate settlement process," says Jay Walsh, president, and CEO of Eagle Title. "With Megan on board, the opportunities for the company to expand into West County are very exciting."

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TOWNE ATHLETE

Carson Sloat

Severna Park High School
Indoor and Outdoor Track

By Tom Worgo

Severna Park senior Carson Sloat doesn't like to talk about his freshman year on the junior varsity indoor and outdoor track teams. Who can blame him? Sloat didn't come close to winning anything and he says he ran "very slow" times. But things changed dramatically during his sophomore year.

"More state titles are something my coach and I are focused on. Winning them has really opened up my eyes. I know I am on that level. I can actually chase the fast times now instead of just worrying about qualifying for the state meet."

Sloat's times dropped in several events significantly—shaving 30 seconds off his 1,600-meter run and another 16 seconds off the 800—and he started winning big-time. Sloat ran the first leg on the 3,200-meter relay team that won a Class 4A state track and field championship in May of 2019. Not a bad finish for a runner struggling a little more than a year earlier.

"That's when I knew I could do great things," says Sloat, noting the keys to his surge were a big dose of confidence and approaching races differently. "I realized I had a future in this. I really wanted to focus on track. Before that, I was like, 'I am on the running team. I like the guys, but I don't know if this is my future.'"

Sloat, who also competes in cross country, went from unknown to one of the Falcons' stars faster than he could imagine. He developed into such a standout, that Navy and Air Force started recruiting him. Mississippi, Elon, Virginia Commonwealth, and Boise also have

shown interest in Sloat, who carries a 3.9 weighted grade-point average and took four advanced placement classes this past school year.

"I have been coaching for 21 years and I haven't had too many kids like him," Severna Park Coach Josh Alcombright says. "He is tough, fast, has a lot of heart, and is very coachable. He is really dedicated and will do whatever he has to, to be the best he can be. It's rare to find a kid who has all these elements."

The 6-foot, 145-pound Sloat proved he can really excel in individual events as well. He took fourth in November of last year in the state cross country championships, slicing nearly three minutes off his time in the 3.1-mile run since 2017.

Then came the highlight of his career in February. Sloat captured a state indoors championship in the 1,600-meter, after garnering county and regional titles in the same event.

"More state titles are something my coach and I are focused on," Sloat says. "Winning them has really opened up my eyes. I know I am on that level. I can actually chase the fast times now instead of just worrying about qualifying for the state meet."

Sloat has other lofty goals besides winning titles this winter and spring. He's sharply focused on beating the 51-year-old school record in the 800 (1:53.40), which Gene Munger holds. Jonah Lane's school record in the 1,600 (4:15.50) has caught Sloat's attention as well.

“Those have motivated me to train harder,” says Sloat, who runs 65 miles a week. “It’s what I think about during workouts. Trying to break that 1970s something record is the reason I am training so hard now.”

Sloat wouldn’t be in the position he is now if not for his mental mastery of competitive running. He says it all goes back to joining the varsity team in the winter of 2017. “When I got up the varsity, I was training with guys I’d looked up to for a year and a half,” he says. “I figured if I could workout with these caliber of guys, why can’t I race with them? It kind of changed my whole mental outlook. It gave me a ton of confidence going into meets that I didn’t have before that.”

And Sloat also took to heart more than ever the advice from his father, James, who swam at Thomas Johnson High in Frederick and Penn State. Which is to say he finally understood what he’d been telling him for years.

“He went through the same stresses of dealing with races,” Sloat recalls. “His focus was always, ‘I’m here, I deserve to be here, so I’m going to race as hard I can. I am going to treat this as my last meet.’ Once I finally understood all of that, I could race better.”

All his hard work in and out of the classroom could lead Sloat to admission into the Naval Academy. For him, it would be a like a dream come true. He wants to be a fighter pilot. “I would go into Naval Aviation,” he says. “I think it would be really cool to fly fighter jets. Growing up, we watched the Blue Angels every year. I have always been fascinated by them. The Naval Academy is an option I could never go wrong with.”

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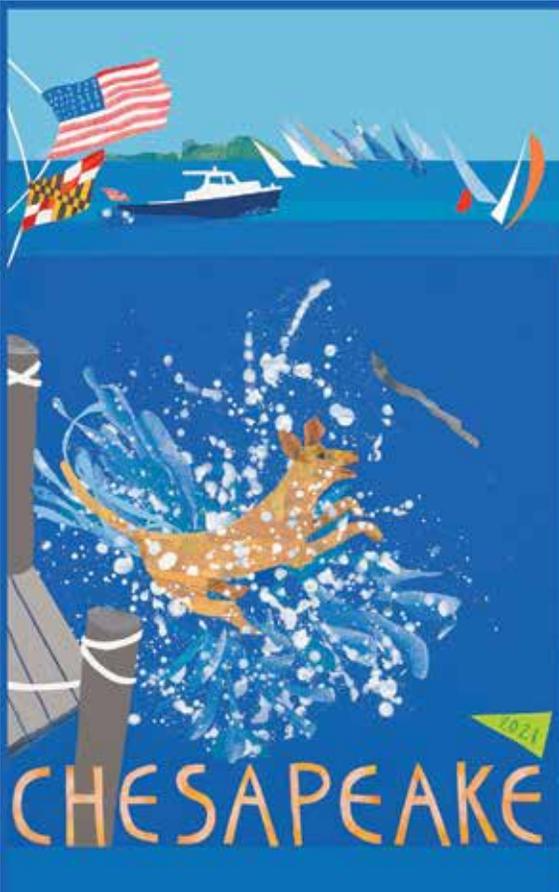


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Published by the National Movement for Free Elections and League of Women Voters

**The WOMAN who votes
has *outdone* the MAN
who didn't !**

Women, Race, and the Ongoing Fight for True Equality

By Ashley Oleson

In the end, anti-black, anti-female, and all forms of discrimination are equivalent to the same thing: anti-humanism,” said Shirley Chisholm, the first Black woman elected to the United States Congress in 1963, serving New York’s 12th Congressional district. Achieving this milestone took 42 years from when women first won the right to vote in 1920, and yet was still three years prior to the passage of Voting Rights Act, which finally prohibited state and local governments from implementing racist election laws barring black and brown women from the franchise around the country. Today, in the year 2020, we should indeed celebrate the progress the country has made over the past 100 years. However, in this “Year of the Woman,” movements like #MeToo and Black Lives Matter are but two clear indicators there is so much more work to be done.

We probably would prefer to believe that there could not possibly be a connection between the issues our foremothers faced 100 years ago and

those faced now. Ignoring this uncomfortable truth, however, further entrenches systemic barriers to equal access and treatment under the law in America. Inequities still pervade our society and are causing it to crack at the seams.

Suffragist and head of the National Women’s Party, Alice Paul, recognized early on that while women had succeeded in equal access to the vote, under the law they were not explicitly guaranteed any other equal rights. In 1923, this realization inspired Paul to pursue the addition of an Equal Rights Amendment (ERA) to the Constitution. The amendment as it reads today states, “Equality of rights under the law shall not be denied or abridged by the United States or by any state on account of sex.” Such an amendment in a country which proclaims to be a bastion of “freedom, liberty, and justice for all” should be an easy lift. Nevertheless, 97 years later the battle for equal rights goes on.

In 1972, the ERA finally made its way through Congress. Paul, however, who was 87 that year would not live to see the amendment fully ratified by the states. Indeed, it was not until this year that Virginia became the 38th state to ratify. Don’t pop the centennial champagne yet, though. This is not the final hurdle champions of the ERA must overcome. When the amendment passed Congress, it passed on

Propaganda posters urging citizens to register to vote and vote, circa 1951. From the U.S. National Archives and Records Administration.

VOTES FOR WOMEN



For the work of a day,
For the taxes we pay,
For the Laws we obey,
We want something to say.

6342

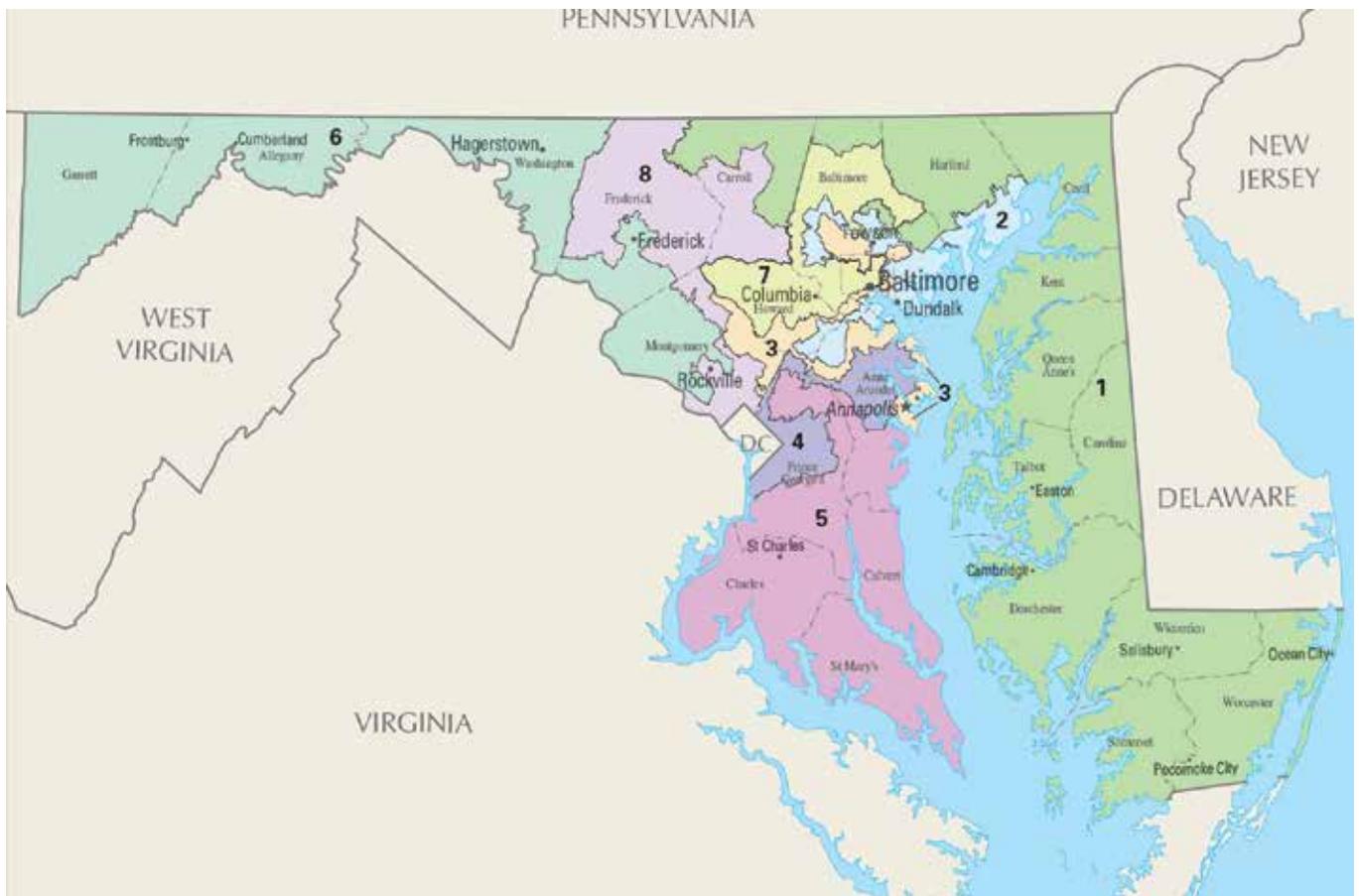
the condition that the amendment must be ratified within seven years, or the process must start again—from scratch. While activists in the women's liberation movement in the 1970s were able to obtain a three-year extension to this deadline, it appears nearly five decades were needed before 76 percent of these United States were ready to grant equal protections of the law regardless of sex. Meaning there are still 12 states who have refused to authorize such protections: Alabama, Arizona, Arkansas, Florida, Georgia, Louisiana, Mississippi, Missouri, North Carolina, Oklahoma, South Carolina, and Utah.

Today, with 38 states secured but the expiration date of equality long passed, the ball is back in Congress' court. On February 13, 2020, the U.S. House of Representatives passed House Joint Resolution 79 calling for the removal of the ERA deadline. The resolution is now with the Senate waiting to be called for a vote in the Judiciary committee. A companion resolution introduced to the Senate by Maryland's own Senator, Ben Cardin, has been stagnating in that same committee since January 25, 2019. So, the march to women's equality goes on, with advocates once again imploring Congress to declare all genders are equal in the eyes of the law.

While we take cheer this year in the great though uneven strides that women have made since the 19th amendment was ratified, we are faced with the urgent need to remedy another shortcoming of our country's slog toward equal rights. It is a lesser known fact that the 19th did not actually lead to universal suffrage for all women. Despite the pivotal role Black suffragists played in the movement, racism within the country, and yes, also the movement, guaranteed the right to vote would be accessible primarily to educated white women only. State laws of the time continued to stifle the voices of black and brown people in America on election day until the passage of the 1965 Voting Rights Act prohibited discriminatory practices.

Access to the franchise is widely believed to have been afforded by the 15th amendment in 1870 which states, "The right of citizens of the United States to vote shall not be denied or abridged by the United States or by any State on account of race, color, or previous condition of servitude." However, throughout the country, subversive laws and policies were enacted which deliberately targeted Black Americans and suppressed their votes. Jim Crow laws prohibited access, poll taxes were employed to exploit the lack of resources of the formerly enslaved, and literacy tests were required, often demanding information most white Americans would not likely have been able to produce. Just as often, Black citizens who attempted to lawfully cast their ballots were met with threats and violence.

Today, assumptions that our society has now advanced beyond racism have started the nation on a backward slide. In 2013, the Supreme Court rolled back a critical section of the



Voting Rights Act, which had been successfully deterring racist election practices for decades. In the case of *Shelby v. Holder*, the Court decided that the protections within the VRA, which required state and local governments to obtain preclearance before implementing certain voting laws or practices and the formula which helped to determine which areas would be subject to such preclearance based on their voter discrimination history, were no longer necessary. The Chief Justice stated in the Court's opinion,

Coverage today is based on decades-old data and eradicated practices. The formula captures States by reference to literacy tests and low voter registration and turnout in the 1960s and early 1970s. But such tests have been banned nationwide for over 40 years. And voter registration and turnout numbers in the covered States have risen dramatically in the years since. Racial disparity in those numbers was compelling evidence justifying the preclearance remedy and the coverage formula. There is no longer such a disparity.

Over the past seven years the country has witnessed a startling increase in policies which suppress votes in predominantly black and brown communities. Polling places have been closed or moved, limiting access during early voting and on Election Day; restrictive voter identification laws implemented; and limitations to rules around who can provide assistance to voters at the polls have been put in place. These measures more often adversely affect non-white people, those with lower incomes, the elderly, and those who are living with disabilities—voices that are usually not otherwise represented in rooms where policies are made throughout our local, state, or federal governments.

Gerrymandering is yet another instrument in the voter suppression toolkit commonly utilized to diminish the impact of votes in communities of color. Malicious map drawers have used this tactic for decades to “pack” non-white voters into a minimum number of districts to mitigate their influence on elections. At other times they see fit to “crack” these communities, dispersing votes across

Maryland's Congressional Districts have been in place since 2013. Maryland is generally considered to be one of the most gerrymandered states in the country.

“The First Vote” shows first vote cast by ex-slaves in Reconstruction in US, 1867.



\$2,056,494

Average amount the winner of a Congressional seat in the House spent in 2018

\$15,753,167

Average amount the winner of a Congressional seat in the Senate spent in 2018



Original cartoon of "The Gerry-Mander" is the political cartoon that led to the coining of the term "Gerrymander." The district depicted in the cartoon was created by the Massachusetts legislature to favor the incumbent Democratic-Republican party candidates of Governor Elbridge Gerry over the Federalists in 1812.

many districts guaranteeing they will have little to no effect on the outcome. Rigging voting districts to achieve a preferred political outcome is almost as old as our country, but the advent of advanced mapping technology and data analytics has enabled self-interested political players to fine tune this tactic beyond the imagination of our forefathers.

When drawing election districts, it is a federal mandate that the protections against racial discrimination contained in the Voting Rights Act are adhered to. However, as recently as 2019, the court in neighboring Virginia had to strike down state legislative maps as illegal racial gerrymanders. So, while the VRA still provides the guidance and protections necessary to strike down gerrymanders that are racially motivated, challenges to illegally drawn electoral districts often take years to resolve. Meanwhile, election cycles pass under those maps, and policies are made with a portion of the electorate unfairly represented. Furthermore, advocates are increasingly concerned that if the *Shelby* decision is any indication of the opinion of the Court on the VRA's overall value in society, we could see this monumental piece of civil rights legislation completely rolled back one day. Until then, politicians truly intent on producing racist maps are sometimes able to subvert the law and hide their gerrymanders within partisan intent. Distorting election districts based on partisan interests has not yet been deemed legally unjust in many states, including Maryland.

Each of these barriers to equal representation and protection of the law perpetuate great societal divides and lack of diverse leadership and policies in our country. According to the Center of American Women and Politics at Rutgers University, while women make up nearly 51 percent of the population in 2020, they hold just under 24 percent of the seats in Congress and only 29 percent of state legislative seats nationwide. Of those sparse delegations, women of color occupy 37 percent of the women-held seats in Congress and just 25 percent of the country's legislative seats. The percentage of seats held by women in Maryland's General Assembly is slightly higher than the national average at nearly 40 percent, with 37 percent of those owned by women of color. Meanwhile, *none* of Maryland's 10 Congressional seats are held by women.

Though women have not yet achieved parity in elective office, women continue to turn out to the polls at higher rates than men. The data seems to indicate that women know and appreciate the strength of their vote, and they are determined to use it. This has been especially true among Black women in recent years. As their energy and determination to harness the power of their vote increases, so do their numbers. The population of Black voting age women increased 31 percent as a voting block between 2000 and 2017. Black women are channeling this collective power not only by showing up at the polls, but organizing and empowering others to do the same through truly inspiring leadership.

One might ask, however, “If women are such a large portion of the active electorate, why do they suffer from underrepresentation in government?” There are a few reasons, and they all point back to inequal access. Among them are financial access. According to data from the Center for Responsive Politics, the average winner of a Congressional seat in 2018 spent \$2,056,494 in the House and \$15,753,167 in the Senate. Given the disadvantage women are faced with in terms of job opportunities, personal income, and wealth, the financial burden of running for office is an incredible obstacle to overcome.

Additionally, the visible lack of women in leadership affects the perceptions of voters and potential candidates, leading to an assumption that men are better leaders. Throughout history, however, there have been distinct groundswell moments that have resulted in more women candidates and more voters inspired to cast their ballots for them. We saw this in the 1992 “Year of the Woman” at a time when the public gained an increasing awareness of the underrepresentation of women in Congress, and again in 2018 in the wake of the #MeToo movement and other consciousness raising events between 2016 and 2018.

Women in 2018 capitalized on this moment, producing the largest class of female legislators the House of Representatives had ever seen. Deb Haaland and Sharice Davids became the first Native American women ever elected to Congress and Rashida Tlaib became the first Muslim woman elected to Congress. Maryland claimed a historic moment as well, electing



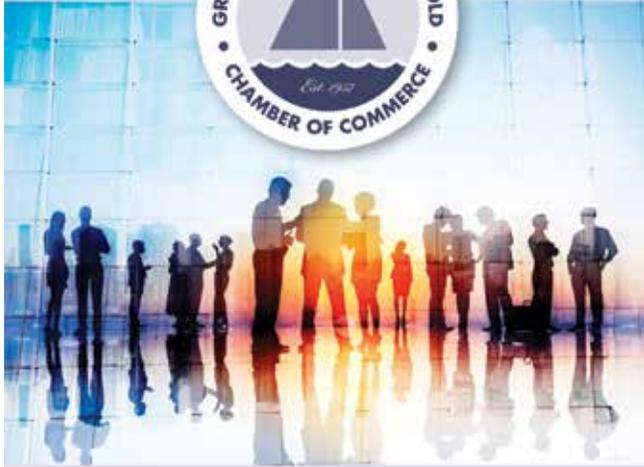
its first woman and first Black Speaker of the House, Adrienne Jones. With all of this momentum building, surely women can complete the work necessary to claim true gender and racial equality as we enter this next century of women powering the vote. Women could seize their moment in history by fully restoring the Voting Rights Act and finally adding the Equal Rights Amendment to the Constitution.

Propaganda posters urging citizens to register to vote and vote, circa 1915. From the U.S. National Archives and Records Administration.

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

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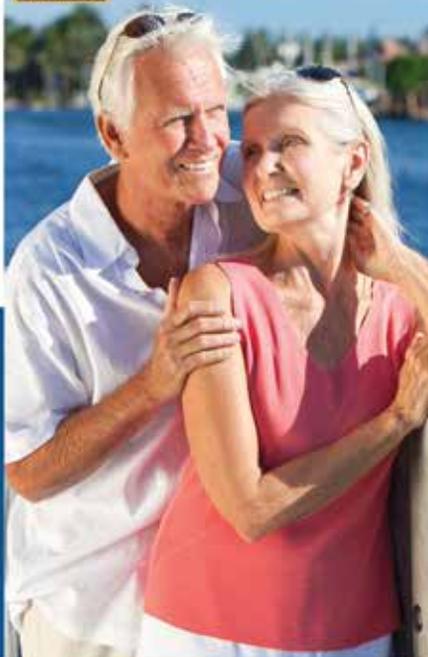
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CONOWINGO DAM

PART II

UPSTREAM NEGLECT AND ACCOUNTABILITY

BY JEFF HOLLAND

The issues churning around the Conowingo Dam are as murky as the muck in the bottom of the reservoir behind it, but we will have you out of the mud before we reach the end of this article.

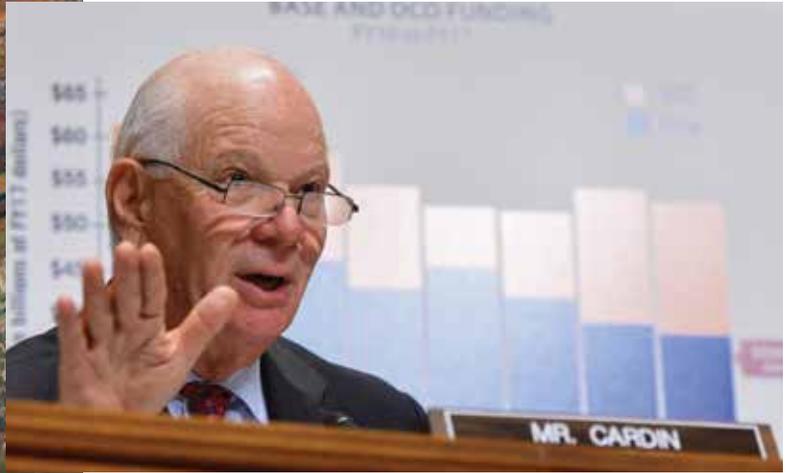
When the Conowingo Dam was built in 1928, it was the next largest hydro-electric dam in the country, second only to the one at Niagara Falls. For the first 80 years of its existence, the dam trapped much of the nutrients and sediment flowing down the river from all the farms and all the towns and all the cities in that vast area of central Pennsylvania and into southern New York. That was a good thing.

But then the reservoir reached its capacity, like a septic tank after a weekend of too many guests. That's bad. One environmental group estimates that nearly 200 million tons of sediment pollution have accumulated behind the dam. During major storms, floodwaters can scoop out or "scour" the sediment from the reservoir and send it downstream to pollute the Chesapeake Bay.

While the State of Maryland owns the Susquehanna River in public trust, Exelon Generation Corporation owns and operates the dam. The hydroelectric power plant generates 572 MW of electricity, enough to power 165,000 homes. Hydroelectric dams are a relatively clean way to generate power; a coal-burning plant of equal capacity might spew 880,000 tons of greenhouse gases into the atmosphere.

All hydroelectric dam operators need a license from the Federal Energy Regulatory Commission (FERC) to operate. Exelon's current license expired in 2014. The corporation applied for a new 50-year license, but before FERC can grant that new license, the State of Maryland has to certify that the project will meet state water quality standards. This water quality certification is required under section 401 of the federal Clean Water Act, but it's also a good opportunity to provide Maryland with some leverage over Exelon to see that it operates the dam in a way that protects the Bay.

This natural-color image, taken by the Landsat satellite, reveals a powerful natural force that has had a hand in sculpting the landscape: the Susquehanna River system. The river flows generally south from its headwaters in upstate New York to the Chesapeake Bay. It is also a source of environmental concern—as the river flows, the upstate pollution within is deposited in Maryland waters.



“SECTION 401 IS THE SINGLE MOST POWERFUL AUTHORITY GRANTED TO STATES UNDER THE CLEAN WATER ACT.”

—SENATOR BEN CARDIN

“Section 401 is the single most powerful authority granted to states under the Clean Water Act,” wrote Senator Ben Cardin of Maryland in an op-ed in the *Bay Journal*.

On April 27, 2018, the Maryland Department of the Environment issued a Water Quality Certification with special conditions for the proposed relicensing of the Conowingo Dam. It was not well received.

I spoke about this issue with Ben Grumbles, Secretary of the Maryland Department of the Environment, in a recent phone interview. “We dug in and used the science and all the information we had to make this a fundamental, historic step forward to impose conditions that would require Exelon to reduce the sediment and nutrient pollution, improve the flow of the river and improve the health of the Chesapeake Bay,” he told me.

Exelon rejected the terms imposed by the document, stating flatly that the dam itself has never caused any pollution and that the corporation is not responsible for the pollution that gushes down the river from Pennsylvania and New York.

“Exelon sued us in three separate courts” at the state and federal level, Grumbles said. “They claimed they weren’t responsible for the upstream pollution in any way.” Maryland engaged in negotiations with Exelon, but while they were at it, as Grumbles explains, “There was a shift in the legal landscape, there was a lawsuit settled in California that impacted the rest of the country.”

On December 9, 2019, the U.S. Supreme Court decided not to revisit the U.S. Court of Appeals for D.C. Circuit’s decision in *Hoopa Valley Tribe v. Federal Energy Regulatory Commission*, allowing the lower court’s ruling



“WE DEVELOPED THE BEST POSSIBLE SETTLEMENT WE COULD.”

—BEN GRUMBLES, MARYLAND’S SECRETARY OF ENVIRONMENT

to stand, meaning that states and authorized tribes have one year and one year only to act on a request for water quality certification.

And that meant that time was suddenly and very rapidly running out for Maryland to wrap up its negotiations with Exelon.

“If we couldn’t reach an agreement, we could lose everything and get thrown out of court,” Grumbles lamented. “We developed the best possible settlement we could.”

Grumbles outlined the agreement in a letter to Ted Evgeniadis, the Lower Susquehanna Riverkeeper. The agreement, he wrote, requires Exelon to invest more than \$200 million in environmental projects and operational enhancements to improve water quality in the Lower Susquehanna River and the Chesapeake Bay.

Grumbles stated that Maryland is awaiting a decision from the Federal Energy Regulatory Commission (FERC) as to their acceptance of the settlement agreement and the issuance of a new license. Once that occurs, Exelon will be required to implement

a range of important restoration actions. The restoration actions Exelon must take under the settlement agreement include:

- Measures to improve downstream flow to make flow more natural; helping fish migrate up the river and past the dam, and reducing fish kills downstream while improving habitat for other aquatic species;
- Measures to restore lost ecosystem services such as the filtering of pollution by freshwater mussels and oysters and funds to implement other projects upstream to reduce nutrient loadings; scientific studies show that the restoration of mussels and oysters provides direct, substantial, and sustainable nutrient reduction benefits to the ecosystem;
- Measures to improve trash and debris management and increase the responsiveness of Exelon to problems that occur as a result of trash and debris during storm events;
- Measures to improve upstream fish passage to advance efforts to restore lost fisheries for American shad and river herring; species which were blocked for

many decades from moving upstream to spawn; and

- Measures and funds to improve the resiliency of the river to climate change, including submerged aquatic vegetation restoration and living shoreline construction.

Grumbles told me that the agreement, though rushed, was “still a huge step forward. We reached that settlement agreement because we knew other states were getting thrown out of court. We filed it with FERC nine months ago (in December, 2019) for their approval. Where we are today is that we’re getting frustrated because FERC has still not taken action on the agreement. We’re doing what we can to encourage them to make a decision.”

The Riverkeeper vehemently disagrees that the agreement is a step forward. “This agreement is too weak,” Ted Evgeniadis told me in a recent phone interview. “There’s no transparency, there’s no public enforcement power to assure that the goals are actually attained. Maryland is waiving their right for the 401 Water Quality Certification under the Clean Water Act to protect the Bay. There was no participation by any other group, it was pretty much Exelon telling Maryland what they’ve decided to do.”

The major problem, Ev-

geniadis explained, is that climate change is generating storms that are becoming more frequent and more intense over time. Hurricane Agnes in 1972 had a devastating impact on the Bay, he noted, “because that storm scoured out the sediment and nutrients behind all those dams. Since then, Conowingo has been storing those pollutants, but now it’s now full. When we get another storm event similar to Agnes, that means the Bay is going to be damaged worse than it was in 1972. We wanted Maryland to require Exelon to pay for dredging, to remove 400 tons of sediment a year, which is the amount that’s coming in. It really screws things up now because there’s no protection from another large storm event.”

“Downstream flooding risk is increased by the buildup of the sediment and nutrients,” says Betsy Nicholas, executive director of Waterkeepers Chesapeake, the nonprofit organization that serves to coordinate the efforts of the 19 independent Riverkeeper groups working in the Chesapeake watershed. “Somebody’s got to pay for cleaning it up, and if it isn’t Exelon, it’s going to be the taxpayers.”

“Some fault the agreement for not including dredging,” wrote Kathleen Barrón, Exelon’s senior vice president for Government and Regulatory Affairs and Public Policy, in an op-ed in the *Bay Journal*,

but, she said, “The agreement takes the better environmental path by focusing on programs that address nutrient pollution—the biggest threat to the Bay’s health.”

But sediment and nutrients aren’t the only pollutants coming over the dam. Debris in the form of fallen trees and all other manner of flotsam and jetsam, from water bottles to portable toilets, flows downstream from the more than 27,500 miles of tributaries and streams in central Pennsylvania and lower New York State.

If you drive across the highway that spans the top of the Conowingo Dam, you can see masses of tree trunks and other flotsam that collects at the base of the reservoir. When a major storm floods the river, Exelon has to open Conowingo’s crest gates to let the excess stormwater flow over the dam. With it comes tons of trash and debris. This creates a hazard to any vessel, big or small, navigating in the Bay.

One particularly nasty storm in the summer of 2018 covered the surface of much of Annapolis Harbor with floating debris. When the state asked for assistance after that storm, Exelon donated \$25,000 to the Chesapeake Bay Trust to support local debris clean-up efforts.

Early on in the Bay restoration movement, scientists and policy makers realized that there’s not enough money and time in the world to do everything it would take to bring the Bay back to the pristine condition it was in when Capt. John Smith made his voyages of discovery 400 years ago. The collective reasoning was to focus on reducing sediment and nutrients.

Nutrients like nitrogen and phosphorus when used as fertilizer help plants grow, and that’s a good thing. But when you put too much on your lawn, or when farmers put too much on their fields,

that’s a bad thing. You are another source of nutrients. Human waste is full of it, and inadequate sewage treatment plants don’t do the job of filtering it out.

Then there’s the waste from large chicken and pig farms. Astonishingly, about a third of the Bay’s nitrogen comes from air pollution, from the exhaust of cars, trucks, power plants, and factories.

Rainfall, particularly heavy rains in storms, flushes these nutrients into the nearest waterway and then into the Chesapeake Bay, where the only plants they help to grow are algae. Algae are simple plants that grow rootless in the water. Some are single-cell organisms, others grow in slimy strands. They serve as a crucial food source for oysters and other creatures, which is a good thing, but when there’s a lot of nitrogen and phosphorus in the water, the algae growth will surge, or bloom, and that’s bad.

Too much algae clouds the water. You’ve seen the water become all chocolatey, or sometimes even reddish brown. This is known as a “mahogany tide.” When the algae die off, it sinks to the bottom and decays, depleting the oxygen in the water, creating “dead zones” that can result in fish kills.

Suspended sediment is the result of dirt washing away in storms, from fields, construction sites, or eroding shorelines. This, too, clouds the water. Murky water prevents sunlight from penetrating to the bottom to allow Bay grasses to grow. These grasses, known in the environ-

mental world by the acronym “SAV,” short for “submerged aquatic vegetation,” provide vital food for waterfowl and habitat for crabs and fish.

The Environmental Protection Agency’s Chesapeake Bay Program started out about 30 years ago to coordinate the efforts of all six of the states within the 64,000 square mile area of the Bay watershed plus the District of Columbia. The EPA coordinated the goals of each partner, along with all the other federal agencies, local governments, and nonprofit organizations, to reduce the amount of these key pollutants. Over time, the partners forged a plan called the Chesapeake Bay Clean Water Blueprint, which some refer to as a “pollution diet.”

There’s an overarching model that considers all of the goals of all of the partners and states that if all of these pollution reduction plans could be fully implemented, the Chesapeake Bay ought to be “fishable and swimmable” by 2025.

In other words, the amount of pollution we’d be dumping into the Bay would not exceed the Bay’s ability to naturally flush itself of those pollutants. The Bay’s ecosystem would be sustainable. It will never again be as clean as it was when Capt. John Smith found it, but it will be cleaner than it was 30 years ago and we won’t be letting it get any worse.

The Clean Water Blueprint does three things: 1. ensures each partner shares in the responsibility for cleaning up the Bay; 2. sets two-year

“THERE WAS NO PARTICIPATION BY ANY OTHER GROUP, IT WAS PRETTY MUCH EXELON TELLING MARYLAND WHAT THEY’VE DECIDED TO DO.”

—TED EVGENIADIS, LOWER SUSQUEHANNA RIVERKEEPER



goals, or “milestones” to monitor progress; and 3. gives the EPA the authority to impose consequences if the states and localities fail to live up to their responsibilities.

But under the current federal administration, the EPA has been shirking its responsibilities, according to MDE Secretary Ben Grumbles.

“We’ve been very clear from day one to make sure all the partners do their fair share, including the upstream states of Pennsylvania and New York,” he told me. “In 2019, the EPA demonstrated that they were not going to use the tools to enforce the program.”

Doubts about EPA’s commitment to the cause redoubled in early January of this year, when Dana Aunkst, the director of the EPA’s Chesapeake Bay Program, called the Clean Water Blueprint “an informational document” that is not “enforceable.”

In May, Maryland Attorney General Brian E. Frosh sent a letter of intent to the EPA, saying it must act to enforce the requirement for pollution management plans or face a federal lawsuit. Maryland was joined in the letter by Virginia and the District of Columbia.

On the same day, in a rare collaboration, the Chesapeake Bay Foundation joined the Maryland Watermen’s Association to announce their intention to also sue the EPA over the agency’s failure to force Pennsylvania and New York to live up to their 2025 goals in restoring the Chesapeake Bay.

“It’s important to underscore that this lawsuit is just one way to force action on one specific component of our comprehensive strategy to protect the Chesapeake Bay,” Secretary Grumbles explained to me over the phone. “It’s using the Federal Clean Water Act to push the EPA to conduct its role as the interstate umpire in enforcing the pollution diet. Pennsylvania, in particular, has not been doing its part. It was a step we didn’t want to take, but we’ll continue to work with our partners to keep making progress so we can meet our 2025 restoration goals.” As of this writing, the EPA has not responded to the threat of these suits.

The key to resolving the Conowingo problem in the long run, some say, is to force Pennsylvania and New York to live up to their commitments in the Clean Water Blueprint. This contention came to the

fore in 2016, when the U.S. Army Corps of Engineers and the Maryland Department of the Environment released their Lower Susquehanna River Watershed Assessment report, which confirmed that the reservoir behind Conowingo Dam is trapping less sediment and that it has reached its limit.

The report concluded that following through on the blueprint to clean up the Chesapeake Bay and its tributaries will have a much greater and longer-lasting effect on water quality than addressing the Conowingo Dam problem all by itself. However, it warned that if the additional nutrient and sediment load impacts from the Conowingo Dam reaching full capacity are not addressed, Bay water-quality standards will not be met by 2025.

As I write these words in my home office in Annapolis, one of the first tropical storms of the season is swirling overhead, churning counter-clockwise up the coast, causing

flash floods with three or four inches of rain in as many hours. The storm is heading north, toward Conowingo.

By the time this article reaches you, the Federal Energy Regulatory Commission may or may not have ruled on Maryland’s agreement with Exelon and may or may not have granted the corporation’s license to operate the dam for 50 more years. The Environmental Protection Agency may or may not have responded to threats of lawsuits to force them to live up to its responsibility to force Pennsylvania and New York to live up to their responsibilities. Or another storm, this time a big one like Hurricane Agnes, may or may not cause a catastrophe at the Conowingo Dam.

And then there’s the Presidential election, which may or may not impact the leadership of the EPA.

In the next and final segment of this series, we’ll examine some potential solutions and resolutions.

“THE AGREEMENT TAKES THE BETTER ENVIRONMENTAL PATH BY FOCUSING ON PROGRAMS THAT ADDRESS NUTRIENT POLLUTION—THE BIGGEST THREAT TO THE BAY’S HEALTH.”

—KATHLEEN BARRÓN, EXELON’S SENIOR VICE PRESIDENT FOR GOVERNMENT AND REGULATORY AFFAIRS AND PUBLIC POLICY



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LEADING HEALTHCARE PROFESSIONALS 2020-2021

In the following section you can discover helpful information about a wide variety of healthcare individuals, organizations, and services that could provide the exact assistance you require. Keep this valuable resource handy throughout the year.

ANNAPOLIS SMILES

SCOTT FINLAY, DDS, FAGD, FAACD
HA LIM, DDS, FAGD

Choosing the right professional to care for the health of your family's smile is an important decision. Dr. Scott Finlay and Dr. Ha Lim will provide you with the best dentistry has to offer.

For more than 32 years, Dr. Scott Finlay has been providing the highest level of dental care for individuals and families in the greater Annapolis Area. Dr. Finlay offers comprehensive services for children and adults, from routine maintenance and preventive care, to dental implants and reconstructive procedures. Dr. Lim joined the Annapolis-area dental practice after practicing dentistry for over eight years. Dr. Finlay selected Dr. Lim after an extensive search for a doctor with the unique skills, experience and personal touch that she brings to her patient care. Dedicated to the pursuit of excellence, Dr. Lim commits herself to countless hours of continuing education each year to offer modern, evidence-based clinical treatments and the best possible patient experience.

Dr. Finlay is one of only 75 dentists nationwide to be recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry. He is also the senior faculty resident expert for aesthetics, one of only five senior faculty members, at the Dawson Academy, a leading dental post-graduate continuing education academy that is recognized both nationally and internationally. Dr. Finlay has written articles and is featured in books related to Functional Aesthetics and Dental Reconstruction. Few dentists can match the experience and credentials of Dr. Finlay. Scott Finlay D.D.S. & Associates, PA has been consistently voted the Best Cosmetic and Restorative Dentist in Annapolis thanks in part to its tenured team of caring dental professionals, five- star service and commitment to exceptional care.

Dr. Finlay and Dr. Lim approach each patient with careful planning. Aesthetics are important aspects of Smile Design, but more importantly, their practice is focused on enhancing the form, function and health of the mouth. Smile enhancement can be as simple as teeth whitening or dramatic as a complete smile makeover. Whether dental concerns are due to disease, trauma or congenital conditions, the impact of a smile on someone's life can be as significant to the individual as to those around them.

Dr. Finlay and Dr. Lim are available to share their talent and distinguished skill with patients looking for a dental treatment that considers comfort, function, and long-term stability, utilizing state of the art dental technologies. Dr. Finlay & Dr. Lim always begin with a complete examination and gain an understanding of the patient's wishes. If you are interested in creating a beautiful smile to last the test of time or become a patient to an experienced, sophisticated practice, make your appointment now.

WHO WE ARE

DR. LIM

1. MOST MEMORABLE PATIENT EXPERIENCE?

As my niece's first birthday was approaching, I was left speechless when my patient gifted me with a beautiful handmade quilt. Such moments remind me time and time again that we are privileged to be in a profession that allows for relationships to be built with our patients.

2. WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

The technology that's available to us as dentists right now is unbelievably exciting. Working alongside Dr. Finlay, who is just as excited to offer cutting edge digital workflow to our patients will only enhance our treatment outcome and patient experience.

3. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I love my entire team. You can't deny the power of teamwork, and we are all invested in each other and providing the best care to our patients.

4. WHERE/WHAT IS YOUR "HAPPY PLACE"?

Watching waves crash onto the Ho'okipa beach in Maui is something I could never get enough of.

DR. FINLAY

5. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

The people I work with and the people I treat. I have been blessed to have an amazing team to work with, many of which have been team members for 10+ years. And, the many appreciative and genuine patients that have entrusted their smiles to our team, and seeing the positive impact that it has on their lives.

6. WHAT I LOVE MOST ABOUT BEING A DENTIST

The thing that I love the most about practicing dentistry is the profound effect that enhancing an individual's smile has on their life. It is undoubtedly underestimated until it is reflected upon after the smile lift has been completed. The positive effect on the self-esteem, confidence and general well-being is immeasurable.

7. FAVORITE SPORTS TEAM

Baltimore Ravens.

8. WHAT I AM MOST PROUD OF

...is the honor of the achievement of Fellowship Status in the American Academy of Cosmetic Dentistry. This is the highest credential in the evaluation of a practitioner's life work as a master in cosmetic dentistry. It has opened opportunities worldwide for me to write and lecture in the US, Japan, Spain, India, Poland and the UK.



**ABOUT
DR. LIM**

Ha Lim, DDS completed her undergraduate degree at Johns Hopkins University and pursued her dental training through the University of Maryland School of Dentistry, where she graduated with honors. As a comprehensive restorative dentist, she has completed and continues to dedicate herself to countless hours of continuing education through postgraduate programs with industry leaders and educators. Dr. Lim's practice philosophy is grounded in preventative conservative dentistry.



**DR. LIM'S
CREDENTIALS**

Dental Degrees
Johns Hopkins University
University of Maryland
School of Dentistry

Board Certified
DDS, FAGD
Fellow of the Academy of General Dentistry



**ABOUT
DR. FINLAY**

Scott Finlay, DDS, FAGD, FAACD completed his undergraduate at Boston College and began his journey as a restorative and cosmetic dentist at University of Maryland, Baltimore College of Dental Surgery. Dr. Scott Finlay has since completed multiple postgraduate training programs, became a Dawson Academy Senior Faculty member, and now lectures on the latest dental techniques and procedures around the world. He is one of only 75 dentists that are recognized as an Accredited Fellow by the American Academy of Cosmetic Dentistry, which is the gold standard in dental esthetics.



**DR. FINLAY'S
CREDENTIALS**

Dental Degrees
Boston College
University of Maryland
Baltimore College

Board Certified
DDS, FAGD, FAACD,
Accredited Fellow of the American
Academy of Cosmetic Dentistry
Fellow of the Academy of General Dentistry
Senior Faculty for the Dawson Academy
Resident Expert in Dental Esthetics for the
Dawson Academy



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SANDEL DUGGAL CENTER FOR PLASTIC SURGERY & MEDSPA

DR. HENRY D. SANDEL IV

Dr. Henry D. Sandel IV is a double board certified, facial plastic and reconstructive surgeon. In 2008, Dr. Sandel returned to Annapolis, MD to open his center which specializes in facial plastic surgery and skin care. In March of 2015, he relocated his practice to West Annapolis, and in early 2016, partnered with Dr. Claire S. Duggal, board certified plastic surgeon and reconstruction specialist. Following their partnership, The Sandel Duggal Center for Plastic Surgery and MedSpa was formed. In July of 2016, the development of their state-of-the-art ambulatory center - West Annapolis Surgery Center was completed and is conveniently located within the same facility as their practice.

“EXPERIENCE, EDUCATION AND TRUST SHOULD BE AT THE HEART OF EVERY PATIENT ENCOUNTER. WE HAVE GAINED A REPUTATION IN THE COMMUNITY FOR PROVIDING CONSISTENT, LONG LASTING, AND NATURAL RESULTS WITH A FRIENDLY AND KNOWLEDGEABLE STAFF THAT IS SECOND TO NONE!”

–DR. HENRY D. SANDEL IV

The Sandel Duggal Center for Plastic Surgery & MedSpa offers a comprehensive range of plastic and reconstructive surgery options for face and body, along with the latest in nonsurgical cosmetic procedures and laser treatments. All treatments are uniquely tailored to meet your lifestyle and your specific aesthetic goals. Our mission is to deliver the highest quality in care in a single, state-of-the-art center and provide you with natural looking, long lasting results.

WHO I AM

1.

YOUR MOST OFTEN SAID GENERAL ADVICE TO PATIENTS

Do something that makes you feel good about yourself. It's not about what other people think.

5.

DESCRIBE YOUR OPERATING ROOM STYLE/BEDSIDE MANNER?

Relaxed and precise.

2.

WHAT ARE YOUR MOST REQUESTED PROCEDURES?

Facelifts, Cosmetic Eyelid Surgery, Rhinoplasty, Laser Skin Rejuvenation and Injectables (Botox and Fillers)

6.

WHAT IS YOUR PERSONAL “MANTRA”?

Be the best person you can be. Whether it's in my personal or profession life, I always try to do the right thing, treat people with humility and respect, and excel in my responsibilities.

3.

WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

I love the relationships I develop with my patients. It's amazing to see how a physical change in someone's appearance can bring out their inner spirit.

7.

WHAT DOES FAMILY MEAN TO YOU?

My family is the most important thing to me in the world. Everything I do is for my beautiful wife and kids.

4.

WHAT EXCITES YOU MOST ABOUT THE FUTURE OF YOUR PRACTICE?

Having less invasive procedures that result in minimal downtime. We can do things now that weren't available a short time ago.

8.

FAVORITE SPORTS TEAM

I'm a big fan of college football. The South Carolina Gamecocks are my team.



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**ABOUT
DR. SANDEL**

Dr. Henry D. Sandel IV is a double board certified, facial plastic surgeon. After completing his residency at Georgetown University Hospital in Head and Neck surgery, Dr. Sandel continued on to the most prestigious fellowships in Facial Plastic and Reconstructive Surgery. With his career dedicated to surgical and nonsurgical treatments to the face and neck, Dr. Sandel strives to provide his patients with exceptional care within a single, state-of-the-art and relaxing environment.



MY CREDENTIALS

Board Certified

Facial Plastic and Reconstructive Surgery

Otolaryngology – Head & Neck Surgery

Fellowship Trained

Facial Plastic & Reconstructive Surgery



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HOW WOULD YOU DESCRIBE BEAUTY?

Our goal is to maintain our patients natural beauty by softly enhancing certain features to provide them with the youthful glow they're seeking when they come to see us. The confidence they exude when they leave our office is what we find the most beautiful and it's what we aim to accomplish with every single patient.

- Dr. George Gavrila



WHAT SETS PROMD HEALTH APART FROM OTHER PRACTICES?

While most practices specialize in either making you look better or making you feel better, ProMD Health has both the tools and expertise to do both. Our providers act like the conductors of a great symphony, properly cueing the right instruments at the right time to have you both Looking and Feeling your best.

- Amy Fleming, PA-C



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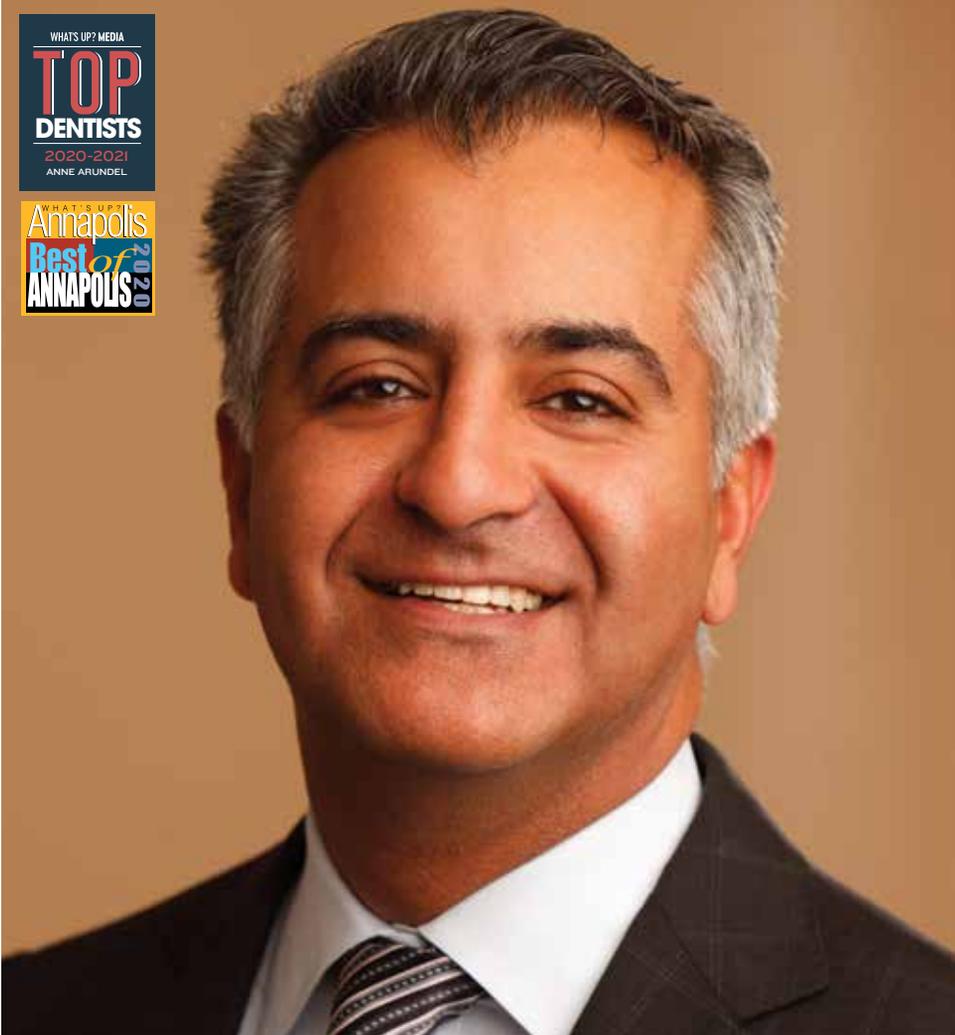
- Caroline Ruhl, NP



WHAT DO YOU LOVE MOST ABOUT PROMD HEALTH?

We LOVE our patients! We have some of the kindest, smartest, coolest, and most diverse patients coming in to our office everyday and we learn just as much from them as they learn from us!

- Kelly Battista, RN



DJAWDAN CENTER FOR IMPLANT & RESTORATIVE DENTISTRY

KIAN DJAWDAN, DMD, DABOI, DICOI, FAAID, FAGD

Board Certified by the American Board of Implantology/Implant Dentistry, Dr. Kian Djawdan is considered an expert in implant dentistry. Dr. Djawdan is specially trained and licensed to administer IV sedation for any surgical and restorative dental procedure. Dr. Djawdan is among a small group of dentists with the advanced training, experience, and credentials to handle both surgical and restorative dental goals.

We embrace change and technology to offer our patient's precision and accuracy in diagnosis and treatment. In 2005, we were one of the first dental practices in the world to have an in-office dental CT scan. With a dental CT scan and 3-D imaging software, we can fully visualize the placement of dental implant(s) in a real 3-D environment and then design a surgical and restorative plan. In June of 2015, we incorporated our own on-site dental lab with the most advanced CAD/CAM digital imaging and milling units to design and fabricate anything from single crowns to dental implant supported full-arch bridges.

WHO I AM

1.

WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

Having the opportunity to restore hope and confidence for patients.

2.

WHAT ARE YOUR MOST REQUESTED PROCEDURES?

IV sedation, implant dentistry (surgical & restorative) and same day crowns.



ABOUT DR. DJAWDAN

Dr. Djawdan completed his graduate program at Tufts University in Boston. After receiving his D.M.D. degree in 1992, he completed a two-year residency program at the VA Hospital and Medical College of Virginia. His residency program training focused on IV sedation, surgical placement, and restoration of dental implants. He is board certified by the American Board of Implantology/Implant Dentistry. He earned his Diplomate with the International Congress of Oral Implantologists, Fellowship with American Association of Implant Dentistry.

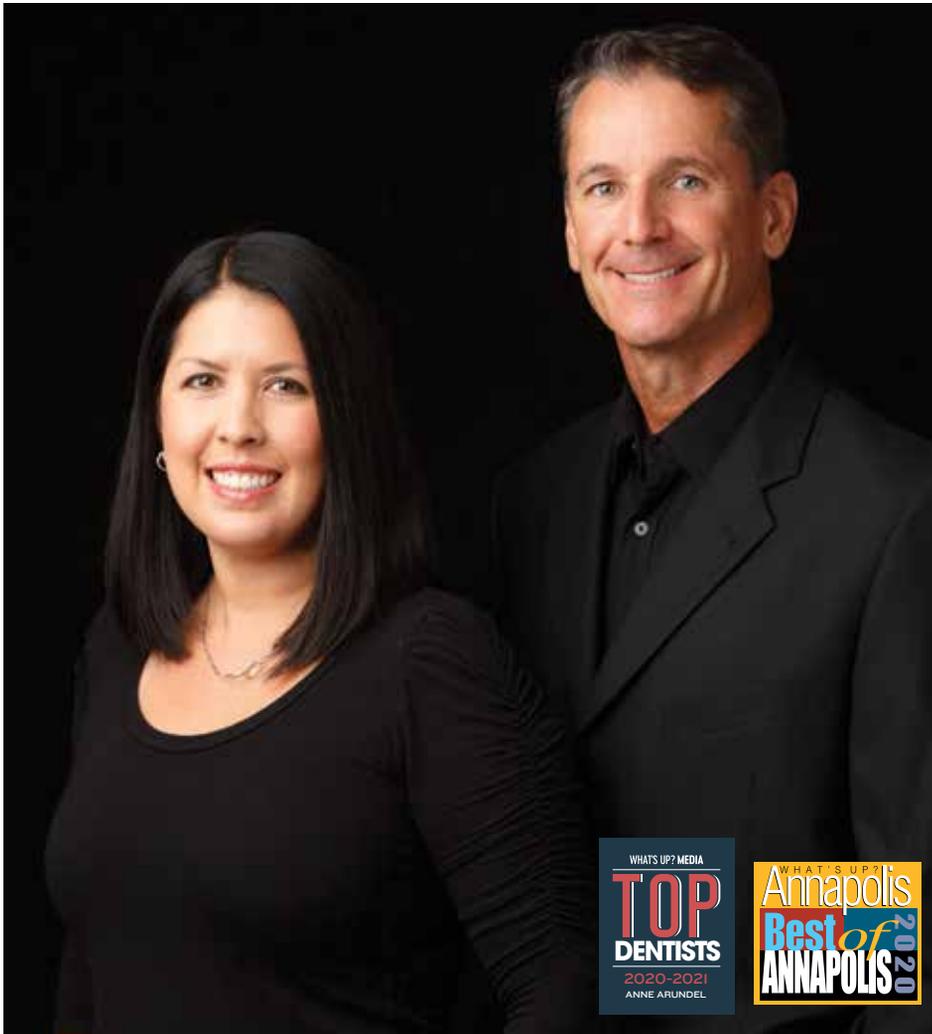


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WHO WE ARE

1.

WHAT IS THE GOAL OF YOUR PRACTICE?

We work hard to treat our patients the same way we would like to be treated: with respect, professionalism and sensitivity. We do everything we can to make sure each patient has an exceptional experience at our practice.

2.

WHAT IS YOUR MOST ASKED ABOUT TREATMENT?

Invisalign! We are an elite provider of Invisalign and patients love the fact that they can remove their aligners when needed, and thrilled with the results that can be achieved without the use of traditional braces.

3.

WHAT EXTRA AMENITIES DO YOU PROVIDE?

Our entire team provides a relaxing atmosphere with several amenities to make patients feel more comfortable. We have flat-screen TVs, a beverage station, and small gifts to welcome every new patient.

4.

WHAT DO YOU LIKE MOST ABOUT YOUR JOB?

I love what I do. I love making gorgeous smiles, beautiful faces and confident individuals. It is so rewarding when I look back on where our cases start and where they finish. Wow! I really do love my job!



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ABOUT SMILES

DR. APRIL CALTON

Dr. April Calton strives to offer her patients a comfortable and state-of-the-art atmosphere with leading technology, creating an environment similar to home. She is prepared to accommodate each of her patients, whether relaxed in the dental chair or patients with deep-seated anxiety. Upon entering the offices, patients are welcomed by her caring staff and offered water and snacks, as well as massaging chairs and television in each operator. In addition to her dedication to patients, Dr. Calton maintains a skilled, professional staff who engage in countless hours of annual continuing education. Dr. Calton and her team pride themselves on their clinical expertise, patient satisfaction, and genuine commitment to patient care.

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

My wonderful team.

2. WHAT ALTERNATIVE OCCUPATION WOULD YOU CHOOSE?

To be one of the Real Housewives.

3. COOK AT HOME OR DINE OUT?

I love cooking at home *and* dining out! My favorite food is definitely crab – I'm a Maryland girl!

4. WHAT DOES FAMILY MEAN TO YOU?

Bliss and chaos.

5. FAVORITE MUSIC/BANDS

Pitbull and Latin Dance music.

6. WHAT IS YOUR PERSONAL MANTRA?

Work hard, play hard.



ABOUT DR. CALTON

Dr. Calton attended the prestigious New York University College of Dentistry and completed her residency in Anesthesiology at Kingsbrook Medical Center in Brooklyn. She has been practicing dentistry for more than 18 years. Dr. Calton holds memberships in the American Dental Association, Maryland Dental Association, and the Academy of General Dentistry. She is committed to putting her patients first by keeping abreast of the rapidly changing dental profession.



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Suite A, Annapolis, MD 21401

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DR. BRIAN VALLE

“**I** care about education.” Over the past 30 years Dr. Brian Valle has continued to be a student of dentistry. In 2009, Dr. Brian Valle graduated from the Kois Center, an evidence-based dental teaching center known for advancing dentistry through science, where he later received Mentor status. His practice sets itself apart from others by providing leading-edge care. Together with his team and the everchanging advances in modern dentistry, Dr. Valle can offer personalized solutions to restore all types of dental issues and give everyone the healthy and beautiful smile they want and deserve.

Dr. Brian Valle is passionate about keeping up with his studies. With advanced clinical knowledge and an understanding of risk factors, he is able to deliver predictable results to his patients in all areas of restorative and cosmetic dentistry. Dr. Brian Valle is dedicated to making his patients' dental goals a reality. By educating his patients, he is not only able to build smiles, but lasting relationships. He believes in empathy and compassion for each and every patient's individual circumstances and needs.

WHO I AM

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

Serving the community for over 30 years now. I love watching my patients' families change and grow over the years and being a part of their lives, and I look forward to providing dental care for generations to come.

2. WHAT ARE YOUR MOST REQUESTED PROCEDURES?

The most common question my patients have for me is how can I restore their smile and make it look natural. These procedures can involve Invisalign and porcelain veneers.



ABOUT DR. VALLE

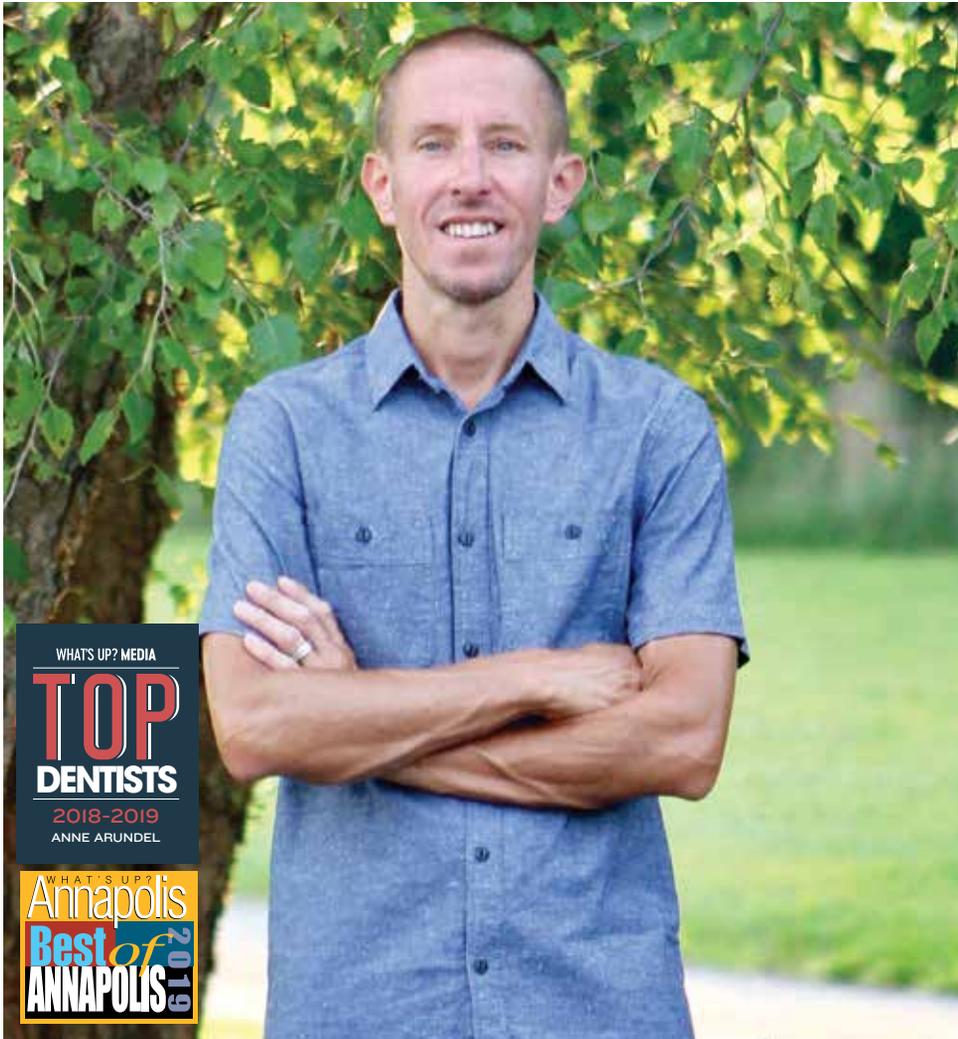
Dr. Brian Valle was born and raised in Arnold, Maryland and attended high school at St. Mary's in Annapolis. Dr. Valle received his undergraduate degree at Loyola University in Baltimore, followed by a Doctorate of Dentistry from the Baltimore College of Dental Surgery, University of Maryland.

Dr. Valle provides customized treatment planning, visual imaging to predict final results and 3D scanning to achieve optimal restorations. The practice is committed to treating each patient like they are their only patient, with a personalized experience so that everyone feels welcome and well cared for.



CONNECT

251 Najoles Rd # J
Millersville, MD 21108
410-987-9100
www.drbrivanvalle.com



NAPTOWN SMILES, DR. BROSS AND ASSOCIATES

DR. TYSON BROSS

Pediatric dentist Dr. Tyson Bross and his multiple pediatric dentist associates work hard to maintain a child's optimal oral health. The practice philosophy is centered around gentle, responsible, and preventive care. The doctors focus on educating the patients and their families about their oral health and the roles they can play – with proper diet, home care, and preventive office care – in maintaining that health. Dr. Bross believes that all patients should be able to find and maintain a relationship with a dental office that is fun and non-threatening. As such, his staff includes a general dentist, who sees older children, college-aged young adults, as well as adults who wish to partake in the fun-loving environment of his practice. "Our team is loving, empathetic and skilled at making all ages feel comfortable."

We participate with multiple insurance including BCBS(PD).

Visit our website and take a virtual tour of our office.

WHO I AM

1.

WHY DID YOU BECOME A PEDIATRIC DENTIST?

There are few things in this world as rewarding and refreshing as working with children. My patients come from every walk of life and I have learned far more from them than they will ever learn from me. Also, kids are so straightforward and honest. You always know exactly where you stand with them.

2.

YOU HAVE FOUR CHILDREN. HOW DOES THIS AFFECT YOU AS A PEDIATRIC DENTIST?

While I am sure there are wonderful and talented pediatric dentists who are single or who have no children, I am certain that I am a better pediatric dentist for having a spouse and children. It is an ever present reality check in your day to day decision making: What would I do if this was my child? What would my wife think about me if she were the parent accompanying the child?



ABOUT DR. BROSS

Dr. Bross earned his Doctorate of Dental Medicine (DMD) and his PhD from the University of Connecticut. He completed his pediatric dental training at Children's Hospital of Pittsburgh and currently holds staff privileges at Anne Arundel Medical Center and the University of Maryland Laurel Regional Hospital. He is Board Certified by the American Board of Pediatric Dentistry.



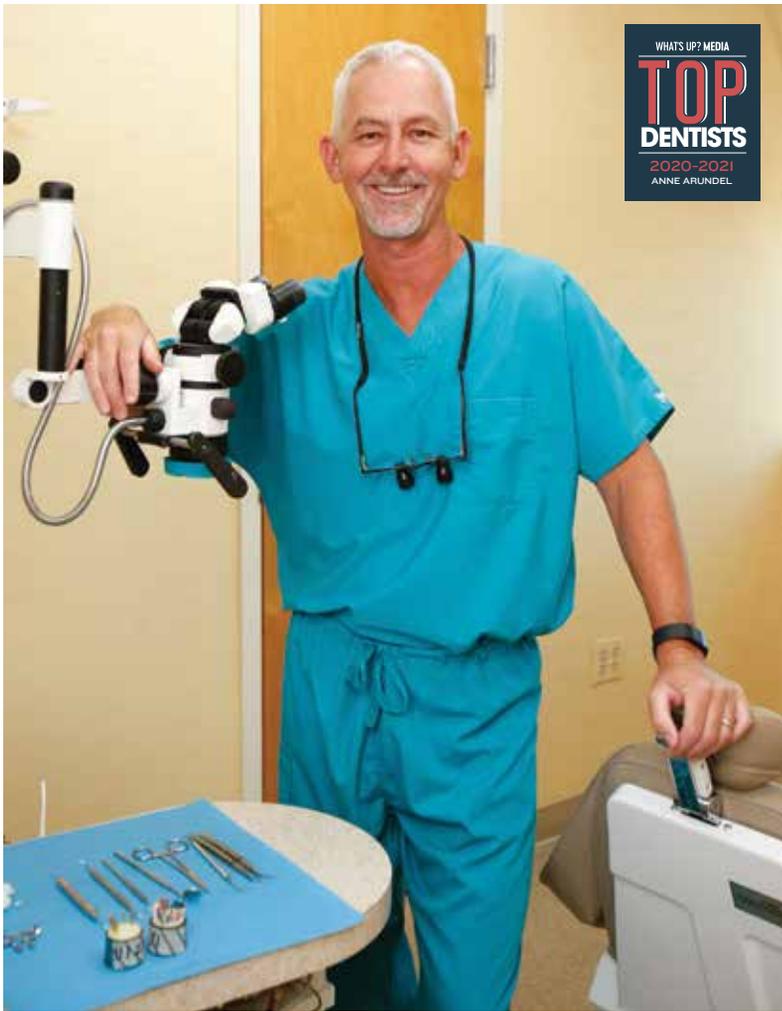
CONNECT

410-224-0018

129 Lubrano Dr.,
Suite 300

Annapolis, MD 21401

www.naptownsmiles.com



DR. CHARLES HERBERT

ENDODONTICS, PA

Dr. Charles Herbert of Endodontics, P.A. in Annapolis gets to the “root of the problem” quickly without the “ouch!” This top dentist specializes in non-surgical and surgical root canal treatments.

Dr. Herbert’s endodontic (treatment inside the tooth) procedures treat cracked teeth, traumatic injuries involving dislodged, or avulsed teeth, and provide much-needed relief with non-surgical root canals or surgery. Generally, a root canal is all that is needed to save teeth with injured pulp from extraction. Occasionally, endodontic surgery is performed to locate fractures or hidden canals that do not appear on x-rays, but still manifest a great deal of pain.

“When someone comes in with the worst pain of their life and leaves pain-free, it really makes my day. Seeing actual radiographic healing secondary to a successful root canal procedure never gets old. It’s amazing how well the body can heal and regenerate once a tooth is cleaned!”

– Dr. Charles Herbert

WHO I AM

1.

WHAT IS YOUR HAPPY PLACE?

Simply spending quality time with my family. We’re so busy running the kids around to their activities, that time together has become very tough to come by.

2.

FAVORITE SPORTS TEAM

I’m a die-hard, long-suffering Mets fan. One of these days, they’ll get their act together!



ABOUT DR. HERBERT

Dr. Herbert studied biology at Johns Hopkins University and received his Bachelor of Science in 1990. He received his Doctorate of Dental Surgery in 1995 from The University of Maryland School of Dentistry. In 1997 he earned his certificate in Endodontics from the University of Illinois in Chicago. While in Chicago, Herbert completed a three-year endodontic residency, studied endodontic literature extensively, and treated thousands of endodontic patients. He joined Endodontics, P.A. in 1997 and has been a partner since 1999.

Dr. Herbert is expertly trained to deal with some of the most troublesome oral health issues—like teeth that have smaller, calcified canals with severe curves. Endodontics, P.A. is equipped with state-of-the-art surgical microscopes to increase visualization, adding greatly to their positive health outcomes. The office adheres to rigorous standards of infection control advocated by state and federal agencies, the Centers for Disease Control, and the American Dental Association. Dr. Herbert and his colleagues use autoclave and barrier techniques to eliminate any risk of infection, so each and every visit is as safe and effective as possible.



CONNECT

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Suite 220
Annapolis, MD
410-224-6150

www.AnnapolisEndo.com



CHESAPEAKE DENTAL ARTS

DR. MEREDITH ESPOSITO

See what Dr. Esposito can do for your smile!



Before



After

WHO I AM

1. WHAT DO I LOVE MOST ABOUT MY PRACTICE?

It's small and intimate and many of my staff and patients have been with me a long time. We try very hard to get to know our patients and spend time listening and addressing their concerns. I couldn't work in a large group practice.

2. CATS OR DOGS?

Both! My assistant, office manager and I all have sibling cats. Somehow I ended up with the naughty one. But the hygienists are dog lovers!



ABOUT OUR OFFICE

Chesapeake Dental Arts is a family, implant, and cosmetic dental office located in Arnold, MD. As a member of the Advanced Implant Dental Study Club, Dr. Esposito stays up to date on the most current trends in implant dentistry. From a single front tooth to fixed or removable teeth on multiple implants, Dr. Esposito has the knowledge and skill to care for you. She understands the complexity of your bite and is able to fabricate beautiful, realistic veneers and crowns. But most importantly she brings her patience and kindness to even the most simple dental procedures. As a mom of 14 years and a dentist for almost 20, she understands the needs of your family. At her side is an excellent, caring team to walk you through the procedures and help navigate appointments and insurance. Her office strictly adheres to the CDC, ADA, and OSHA guidelines to keep you safe and healthy in these uncertain times.



DR. ESPOSITO'S CREDENTIALS

General Practice Residency -
Albert Einstein Medical Center, 2002

Dental School - Temple University Maurice Kornberg School of Dentistry, 2001

College - The College of NJ, 1997



CONNECT

1509 Ritchie Highway
Arnold, MD 21012
410-757-6200
www.Chesdentalarts.com



LABBE FAMILY ORTHODONTICS

DR. STEPHEN LABBE

Dr. Stephen Labbe has been serving our communities for over 30 years. His extensive experience as an industry leader in the dental field has been a guiding light for his patients, staff and colleagues during these unprecedented times. All four of his offices have implemented new systems to ensure the health and safety of everyone who comes through the door. And, by staying in touch with the latest advancements in orthodontic treatment and making it a priority to be accurately informed, Labbe Family Orthodontics has been able to quickly and seamlessly adopt brand new treatment methods such as virtual new patient consultations and remote monitoring technology. Through the challenges that we are all facing, Dr. Labbe has remained confident, flexible and positive. And you better believe he has done it all with a smile on his face!

WHO I AM

1. WHAT HAS BEEN THE BIGGEST CHALLENGE FOR YOU DURING THIS PANDEMIC?

When Maryland started shutting down in mid-March, I had to make sure that our systems for patient care were able to transition to a remote environment and I had to balance that effort with making sure our team was taken care of, as well. The first few weeks were filled with listening to webinars and conference calls to ensure that our teams needs were being met.

2. DURING THIS STRESSFUL TIME WHAT HAS BEEN SOMETHING POSITIVE OUTSIDE OF THE OFFICE FOR YOU?

The time spent at home with my wife and children was a gift! While we were incredibly busy looking after the business during quarantine, the fact that all four of us were home was very rewarding. Stealing moments for Tik Tok Challenges and playing Yahtzee & Sorry in the evenings was a real treat for all of us.



CONNECT

Annapolis | Bowie | Crofton | Greenbelt

410-267-7300 | www.LabbeFamilyOrtho.com



MacQUAID EYE INSTITUTE

MICHAEL BOYLE MD
EMILY MacQUAID MD, FACS

*"The world focuses on your eyes.
So your eyes are our focus."*

Dr. Michael Boyle and Dr. Emily MacQuaid are both board certified Ophthalmologists and Oculofacial Plastic Surgeons in private practice for the last 12 years. Dr. Boyle completed his Fellowship in Oculofacial Plastic Surgery at the University of Alabama. Dr. MacQuaid completed her Fellowship in Oculofacial Plastic Surgery at Johns Hopkins.

WHO WE ARE

1. WHAT IS AN OCULOFACIAL PLASTIC SURGEON?

Oculofacial Plastic Surgeons treat a wide range of conditions, specializing in surgery surrounding the orbit. To become an Oculofacial specialist, doctors complete an internship, 3 years Ophthalmology residency and a 2 year Oculofacial fellowship for a combined total of 6 years focusing solely on the eyes and face.

2. WHAT DOES AN OCULOFACIAL PLASTIC SURGEON TREAT?

At MacQuaid Eye Institute, we treat a wide range of conditions that deal with surgical procedures of the orbit, eyelid, tear ducts and face. We specialize in treating skin cancer surrounding the eye, thyroid eye disease, blepharoplasty of the upper and lower eyelids, orbital fractures and facial trauma. Both Dr. Boyle and Dr. MacQuaid have advanced training in non-surgical facial rejuvenation, such as Botox, Restylane, Juvederm, Radiesse, Laser resurfacing and fat injections.



ABOUT OUR PRACTICE

MacQuaid Eye Institute offers both surgical and non-surgical approaches to facial rejuvenation. With over 24 years combined experience in the field of Oculofacial Plastic Surgery, MacQuaid Eye Institute provides state of the art Oculofacial care in the Maryland area.



CONNECT

479 Jumpers Hole Road Suite 106 9 Schilling Road Suite LL8
Severna Park, MD 21146 Hunt Valley, MD 21031

443-585-8088

www.macquaideye.com | Info@macquaideye.com



YASAMAN S. ROLAND, DDS, LVIF

CENTER FOR INNOVATIVE DENTISTRY AND FACIAL AESTHETICS

Dr. Yasaman Roland of The Center for Innovative Dentistry and Facial Aesthetics is a dental practice whose focus is to provide total body health and dentistry for children and adults by using non-invasive techniques. Their natural treatment approach optimizes health, facial balance and beauty, postural development and alignment, and improved breathing.

Along with unique and extensive training, Dr. Roland assesses all dental concerns, which enables her to develop a comprehensive treatment plan. Treatment plans may include general dentistry, such as crowns, bridges, and cleanings, a complete smile makeover, facial rejuvenation, or Migraine and TMJ relief. Dr. Roland has three cutting edge trademarked procedures:

Natural Relief® for TMJ and Sleep Apnea, Body Balancing Orthodontics®

Balanced Beauty Lift®, All three procedures are non-invasive and will produce long lasting results for a healthy, vibrant and youthful appearance.

Bringing a body in balance can provide life changing benefits in health, balanced growth for beautiful faces and smiles.

DR. ROLAND'S EXCLUSIVE PROCEDURES

Natural Relief®

For TMJ and Sleep Apnea

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

Body Balancing Orthodontics®

A unique noninvasive procedure for children and adults. This focuses to establish whole body health and alignment as well as straightening the teeth.

Balanced Beauty Lift®

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

- Natural Antibacterial and Antiviral Solutions
- BPA Free Products and Treatments
- Safe Mercury Removal



ABOUT DR. ROLAND

Dr. Roland is a Class of 2001 graduate of the University of Maryland Dental School. She completed a general practice residency at York Hospital, PA in 2002. Dr. Roland then worked as an associate dentist in a general practice in Southern Maryland before she opened The Center for Innovative Dentistry and Facial Aesthetics in January 2008.

Dr. Roland continued her post-graduate training at the world renowned Las Vegas Institute for Advanced Dental Studies (LVI) and the Facial Beauty Institute. Dr. Roland has since been selected multiple times as a "Top Dentist in America" by the Consumers Research Council of America.

Due to constant changes in the world of dentistry, along with the evolution of science, Dr. Roland and her team invest in education every year. This allows Dr. Roland to give her family of patients world-class care and state-of-the-art technology.



CONNECT

133 Defense Hwy, Suite 103,
Annapolis, MD
410-266-3595
www.drrolanddental.com



OASIS: THE CENTER FOR MENTAL HEALTH

MENTAL HEALTH SERVICES WHEN YOU NEED IT THE MOST

Oasis: The Center for Mental Health was founded in 2004 for a simple reason: to provide quick access to top-quality mental health care for area residents. When the pandemic resulted in widespread shutdowns earlier this year, Oasis transitioned entirely to telehealth services almost overnight. Providers have been able to seamlessly provide necessary support to individuals and families who've been suffering with the onset of symptoms of elevated anxiety, insomnia, depression, and much more.

Before Oasis, a mental health crisis often meant a trip to the Emergency Room, or a long wait to be seen by a psychiatrist, adding to the increase in symptoms and severity. Oasis gives patients the option to seek treatment during the day, after work hours and on the weekends.

Now staffed with a team of over a dozen board-certified psychiatric professionals treating children, adolescents, and adults of all ages, the organization is still keeping to their mission to help patients when they need it the most. Despite the many changes in the world brought about by COVID-19, Oasis' extended operating hours, overall responsiveness and extraordinary level of patient care have all remained constant.



ABOUT OUR PRACTICE

How Oasis: The Center for Mental Health can help

Extended Operating Hours:

Mon-Friday 8:30am-10:00pm | Saturday 9:00am-5:00pm

Get seen, ASAP - In most cases, patient coordinators are able to schedule new or returning patients with a provider within 24-72 hours of calling.

Elevated Level of Care - Highly-trained patient advocates are staffed to offer quick solutions, schedule coordination, follow-ups, help reduce out-of-pocket expenses, obtain prior authorizations, refill meds, and more.

Telehealth - All providers are currently "seeing" patients virtually to maintain safe social distancing.

Free Screenings for Anxiety and Depression - This quick, easy and confidential online survey will help you determine whether you are experiencing symptoms of a mental health condition. By answering just a few questions, you could be one step closer to finding help and feeling relief. Visit the website www.oasismentalhealth.net to access.

Treatment offered for the following conditions - Anxiety, depression, relationship issues, anger and stress management, grief and loss, substance abuse/addiction counseling, insomnia and sleep disorders, bipolar disorder, behavioral problems, ADHD, family and couple's therapy, school avoidance, mood disorders, and much more.



CONNECT

410-571-0888
175 Admiral Cochrane Dr, Ste 110
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www.oasismentalhealth.net
info@oasismentalhealth.net



DR. ZVEZDOMIR ZAMFIROV

ALL STAR PAIN MANAGEMENT & REGENERATIVE MEDICINE

Founded in 2017 with the mission of providing a comprehensive approach to pain relief, All Star Pain Management & Regenerative Medicine has established itself as a pioneer in regenerative medicine, specifically stem cell therapy treatments, in the Annapolis area.

Our cutting-edge procedures not only focus on your chronic pain symptoms but also target the underlying orthopedic condition that causes them. We pride ourselves on our ability to treat pain and injuries, including all back and joint issues. In addition, we are pleased to introduce our new wellness center, which provides a variety of services to optimize your physical and mental health.

Regenerative medicine offers a wide range of treatment options that are designed to help you regain your previous quality of life with minimal side effects and downtime. We offer platelet-rich plasma (PRP) therapy and alpha-2 macroglobulin (A2M) therapy, and we were the first practice in the area to provide stem cell therapy treatments.

Our founder, Dr. Zamfirov (Dr. Zed), a former professional athlete, has extensive experience in regenerative medicine and has built a successful practice with the overriding goal of helping his patients obtain relief from their arthritis or neck and back pain, sports injuries, or chronic pain due to an orthopedic condition.

All Star Pain Management & Regenerative Medicine's innovative approach, along with its new wellness center, offers a wide variety of treatment options that are customized to its patients' individual needs and provide life-changing results.

WHO I AM

1.

WHAT EXCITES YOU THE MOST ABOUT THE FUTURE OF YOUR PRACTICE?

In addition to the cutting-edge treatments I am able to provide for my patients to change the way we approach pain and the treatment of pain, I am also excited to offer a wellness center in my practice. Karen Scott, PA has joined me to offer comprehensive wellness options for patients, including weight loss management, peptide therapy, IV therapy and many other services. Our goal is to provide more multiple options to treat pain, promote overall wellness and enhance quality of life. We are excited to welcome Karen and these new services to our patients!

MEET OUR NEW WELLNESS SPECIALIST



All Star's Wellness Specialist Karen Scott PA-C, MSHS works with each patient to develop individualized care and custom-tailored treatment programs based on their unique set of needs and goals. She has 17 years of experience in pain, wellness, and nutritional medicine and has earned the Top Performer award for overall patient satisfaction for multiple years going.

At All Star Wellness Center, our goal is to optimize your physical and mental health. We take a whole-body approach that encompasses diet, exercise, sleep and other elements that form the foundations of good health. Our goal is to help you bring your best self to every aspect of your life — for today, for tomorrow and for many years to come.

Book a consultation today to see what we can do to improve your quality of life!



ABOUT DR. ZED

Dr. Zed was born and raised in Bulgaria where he played soccer professionally. Early in his sports career, he decided to become a physician for athletes and treat their sports injuries. He received his M.D. degree from the Plovdiv Medical University in 1987. He then completed his Orthopedic Surgery Residency and specialized in sports trauma and knee surgery.

In 2000, he moved to the United States and completed his Physical Medicine and Rehabilitation Residency at Georgetown University/National Rehabilitation Hospital in Washington, D.C. where he received extensive training in the field of interventional pain management. He opened his own practice, All Star Pain Management & Regenerative Medicine, in 2017.



CONNECT

Annapolis Office

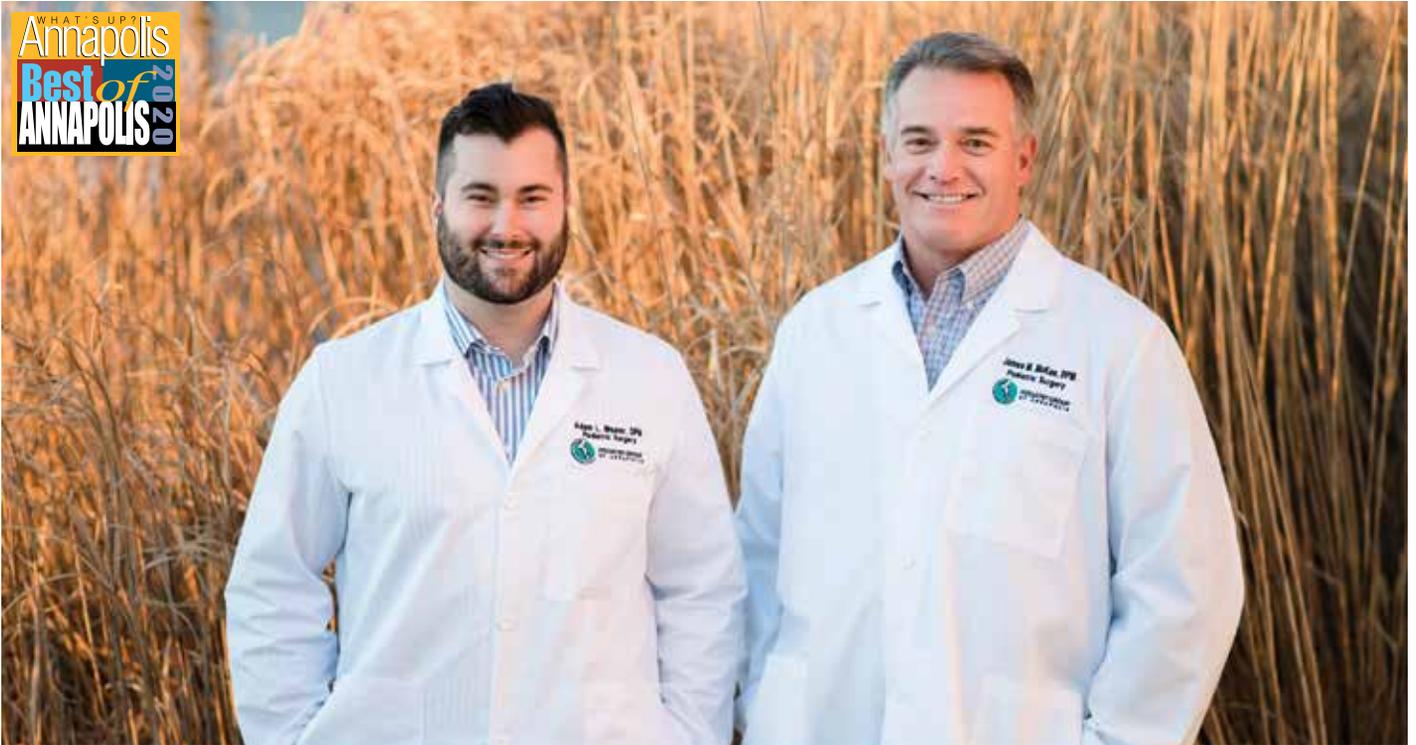
166 Defense Hwy Ste 300
Annapolis, MD 21401

Glen Burnie Office

1600 Crain Hwy S. Ste 207
Glen Burnie, MD 21061

443-808-1808

www.allstarpainmanagement.com



PODIATRY GROUP OF ANNAPOLIS

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

WHAT IS PODIATRY?

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

WHAT IS A DOCTOR OF PODIATRIC MEDICINE (DPM)?

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

WHAT CONDITIONS DO DPM'S TREAT?

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



WHY CHOOSE AND LOVE OUR PODIATRISTS?

Dr. James M. McKee

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

Dr. Adam L. Weaver

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

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



CONNECT

139 Old Solomons Road | Suite C
Annapolis, MD 21401
410-224-4448 | www.podiatrygroup.us



SEAN MULVANEY, M.D.

REGENERATIVE ORTHOPEDICS AND SPORTS MEDICINE ANNAPOLIS

My **treatment philosophy:** I want to restore you to pain free activity so you can enjoy a good life. How: by learning, teaching and publishing on the best methods to heal people. Dr. Sean Mulvaney practices Regenerative Medicine to treat a range of injuries and conditions, including but not limited to:

Spine: Lumbar, thoracic and cervical pain conditions including degenerative disc disease, facet arthritis and ligament pain. **Knee:** Osteoarthritis, meniscal tears, ligament injuries including partial ACL tears, cartilage injuries and chondromalacia. **Shoulder:** Rotator cuff partial and complete tears, labral tears, osteoarthritis, avascular necrosis. **Hip:** Osteoarthritis, labral tears, tendinopathies including outer hip pain, hamstring injuries and avascular necrosis. **Elbow, Hand and Wrist:** Tennis elbow, golfer's elbow (tendinopathies), ligament tears, TFCC injuries, thumb, finger and wrist osteoarthritis. **Foot and Ankle:** Achilles tendon tears and tendinopathy, plantar fasciitis, ankle osteoarthritis, tendon injuries and cartilage injuries. **Nerve Injuries:** All nerve entrapments including median and ulnar nerve conditions, cervical nerve entrapments

WHO I AM

1.

WHAT ARE YOU THANKFUL FOR?

My foundational years as a physician were spent in providing care to our nation's Special Operations units. I practiced medicine in an environment where I could offer the best care available and not be limited by what most medical insurance companies would cover. During that time, I had a mandate to return our nation's special operators back to the fight quickly, but with the best possible long-term results. I had all of the resources that I needed to meet that goal and could employ the best and most cutting-edge methods.

2.

WHAT IN YOUR BACKGROUND HELPS YOU BE A BETTER PHYSICIAN?

Before going to medical school, I was a Navy SEAL officer for 9 years. I learned both persistence and the value of creative solutions to complete the mission. My persistence drives me to find the best way to restore patients to health. Through personal experience, I learned about both performance athletics and recovery from injuries. I understand the life limitations and impact of pain and injury.



ABOUT DR. MULVANEY

Dr. Mulvaney is an Associate Professor of Medicine at the Uniformed Services University in Bethesda, Maryland and is board certified in Sports Medicine and Pain Medicine. He is the top authority in the world on the use of stellate ganglion block to treat PTSD and has 8 peer-reviewed papers on this topic. He has an international reputation as an educator of other physicians and pioneered and published on ultrasound-guided techniques. The team at ROSM Annapolis, headed by Dr. Mulvaney, is committed to excellence in patient care, from the first phone call to follow-up.

See hundreds of 5-star patient reviews about our patients experiences on Healthgrades.com, Vitals.com and Google reviews.



CONNECT

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410 505-0530
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SGB4ptsd.com
ROSM.org



DR. NISH PATEL DR. VEERA PATEL

NV'Y OPTICAL ON MAIN

Dr. Nish Patel was first introduced to the eye care field at the early age of 16 when he began working at a local optical in Bowie and Gambrills. Throughout high school, his first job was filing charts and later working with patients as an optical technician. After high school, he went on to receive his undergraduate training at Northwestern University in Chicago & then his Doctorate at the New England College of Optometry. It was there that he met his now wife, Dr. Veera Patel.

Dr. Veera Patel is a hard-working California girl with an eye for fashionable eyewear! Prior to receiving her Doctorate at the New England College of Optometry, she earned her undergraduate degree at the University of California San Diego. It was during those years that she spent some time abroad with the non-profit group "Unite for Sight" to help underserved populations in remote villages regain sight through cataract operations. These experiences solidified her passion for eye care.

With a joint goal of serving their community with passion and integrity the two met & quickly became inseparable. After graduating, they were married in 2014 in Santa Barbara, CA and returned to Maryland to begin their lives together as a husband/wife Optometry team!

In 2018 they came full circle and purchased the very same practices that Dr. Nish Patel began working at in high school (located in Bowie and Gambrills)!

His story of hard work & self-determination has become a part of the mantra of those offices as he and Dr. Veera generously provide training opportunities to all of their employees and promote growth from within their company.

As their passion for eye care and vision health in the community grew so did their reputation. Now, the couple takes another exciting step as they open their Boutique Optical in Annapolis in 2020 – NV'y Optical on Main! (formerly known as Eyes on Main) The team here in Annapolis now has over 30 years of experience in the eye care field and are passionate about their products and remaining unique to the Annapolis community. They are dedicated to providing the Annapolis community with unmatched service both in the exam room and in the eyewear selection process. They look forward to seeing you and serving their community!

WHO WE ARE

1. WHAT DO YOU LOVE MOST ABOUT YOUR PRACTICE?

At NV'Y Optical on Main, we pride ourselves on providing unmatched customer service from the moment a patient walks in, to when they leave happy with their new glasses or contacts on. In the exam room our compassionate doctors take their time to explain various ocular conditions and expand overall awareness of eye health. Outside of the exam room, our well trained opticians are able to educate patients on the best optical solutions for their specific lifestyle and eye care needs while assisting them in choosing a frame that fits their face and their personality! Lastly, we strive to make our patient's experience convenient and efficient by offering online scheduling, allowing text messaging to our office numbers, and providing same day emergency glasses options.

2. WHAT HEALTH PROBLEMS CAN BE DETECTED FROM AN ANNUAL EYE EXAM?

During an eye exam, your doctor gets a live view of blood vessels, nerves and tissues behind the eye. Problems in the eye are often the first signs of disease elsewhere in your body. We use advanced imaging to take detailed photos, cross sections and measurements that help diagnose several conditions such as: Diabetes, High Blood Pressure, High Cholesterol, Macular Degeneration, Glaucoma, and Brain Tumors.

3. ARE PROGRESSIVE LENSES HARDER TO GET USED TO?

We use high quality digital surface progressive lenses that are extremely user friendly. They minimize peripheral distortion and progress naturally from one zone to another. Progressive lens technology has come a long way. The quality of the lenses combined with precise optical measurements are a key factor in progressive adaptation.



CONNECT

217 Main St.
Annapolis, MD
410-268-6246

www.nvoptometry.com

Q&A

QUESTIONS AND ANSWERS WITH THE AREA'S TOP MEDICAL PROFESSIONALS



Q: How do I choose the right plastic surgeon?

A: There are 3 steps to take in order to find the right surgeon for you. First, do your research online. Look for plastic surgeons in your area that specialize in the procedure you're most interested in. Learn about

them from their website and look at their videos and before and after photos. Second, ask your friends and neighbors, or even your family doctor, about the surgeon's professional reputation. Third, schedule a consultation and meet your surgeon personally. This face-to-face meeting will reveal how well you will be taken care of by your surgeon as well as the nurses and staff in the office.

DR. HENRY D. SANDEL IV, Sandel Duggal Center for Plastic Surgery



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

A: Surgery should always be a last step treatment approach when addressing the majority of foot and ankle pathologies. It is also possible for patients to have bunions without any pain. Typically bunions cause patient's pain

because the deformity causes your forefoot to be wide. Certain shoes, such as tapered toed boots, some clogs, flats and high heels can cause rubbing and discomfort during walking and can sometimes even progress the deformity further. Trying more healthy shoe gear with a wider toe box (or forefoot area of the shoe) can keep you comfortable as well as using silicone bunion sleeves to prevent rubbing in your more "dressy" shoes. It is not possible to conservatively reverse the deformity, but if conservative treatments fail and your quality of life is suffering due to the discomfort, surgery is a reasonable treatment plan.

DR. WEAVER, Podiatry Group of Annapolis



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

A: If you are experiencing symptoms like this, it sounds like a textbook case of plantar fasciitis. Many patients suffer from heel pain, and it can be quite a debilitating pathology depending on the severity. There are several treatments that help get rid of the

discomfort such as taking oral nonsteroidal anti-inflammatories, a short course of an oral steroid, certain soft heel braces, custom molded orthotics, having healthy shoe gear and steroid injection. However, the best treatment is Achilles stretching and plantar fascial stretching exercises and to continue doing them regularly even after symptoms have subsided. It is best to see a podiatrist when you begin experiencing this as they can get you put on a path to faster symptom relief.

DR. MCKEE, Podiatry Group of Annapolis



Q: What is a Blepharoplasty and does insurance cover it?

A: Blepharoplasty is the removal of the excess skin and fat surrounding the eyes. Insurance will sometimes cover the upper eyelid blepharoplasty. An in-office consultation is

required to determine if you meet the insurance criteria. An upper and lower eyelid blepharoplasty will rejuvenate the eyelids and make you appear less tired.

EMILY MacQUAID MD, FACS, MICHAEL BOYLE MD, MacQuaid Eye Institute



Q: Can you share an industry secret?

A: Practice makes perfect. The best injectors are constantly improving their techniques with experience and refining their skills both in and

out of the office. Did we mention that ProMD Health does 5 times the national average of cosmetic injections per provider?

DR. AMY FLEMING, PA-C, ProMD Health



Q: What are porcelain veneers?

A: Veneers are thin wafers of porcelain, about the thickness of a fingernail, that are bonded on top of your natural teeth. With recent advancements

in material, they can be extremely thin, requiring little or no preparation of the tooth surface in ideal situations. With proper planning and design, veneers can be as durable as any restoration placed in the mouth and can be a conservative and beautiful option to upgrade your smile.

SCOTT FINLAY, DDS, Annapolis Smiles



Q: What can dental implants do for me?

A: Dental implants have become a proven and durable solution for missing teeth. Implants can serve as support for a single tooth, help stabilize many teeth in

the form of removable dentures, or even provide fixed solutions for all teeth that are not removable by the patient. With today's technology, this can often be completed in the same day that the teeth are removed, which helps to insure the individual's quality of life.

HA LIM, DDS, Annapolis Smiles



Q: I'd love to get rid of the excess skin in my neck. Is there a way to do this with minimal downtime?

A: Facelift or necklift surgery is different than it was in the past. We now have techniques that are less invasive with downtimes

of about a week. Droopy skin in the neck simply has to be lifted into its' natural position and the excess removed with minimal incisions hidden around the ears. Virtually no scars are visible and the results are very natural. Unfortunately, despite the marketing you may see on the internet, there is no way to remove this extra skin without surgery. But thankfully, it's now a very simple procedure to undergo.

DR. HENRY D. SANDEL IV, Sandel Duggal Center for Plastic Surgery



Q: What is the best option for fat removal?

A: Coolsculpting! At Skin Wellness MD we have two Coolsculpt devices offering the latest technology. Increased fat cell reduction, better comfort, covers more surface area and

shorter treatment time. Coolsculpting is the only device that allows us to contour each patient individually safely and effectively with results that are permanent. Coolsculpting is the #1 nonsurgical, no downtime fat reduction treatment. Coolsculpting can be performed during your lunch hour.... Coolsculpting treats abdomen, flanks, bra fat, under the chin, banana roll, arms and knees.

KELLY SUTTER, RN, CANS, Skin Wellness MD



Q: Is it safe to go to the dentist during covid or should I wait for a vaccine?

A: There have been zero reported cases of covid transmission in the dental office. Dental offices in years past have always operated under what is know as universal precautions. They have always sterilized all their equipment, worn face masks,

used hospital grade disinfectants between patients. Now they are operating under an even higher level of infection control know as air borne precautions. At our dental office staff members are wearing n95 masks and shields during all aerosol generating procedures. We have had our vents sprayed with disinfectants that inhibit the growth of viruses in our air ducts and we have HEPA air filters in every room. We are limiting the number of patients in our reception area and spreading out appointment times. We are taking staff and patient temperatures on arrival. There is of course a risk of getting covid anytime you leave your house, but we have done everything we can to minimize that risk in our office. We ask that you consider your underlying medical conditions and your prior dental health and weigh the cost benefit to you.

DR. MEREDITH ESPOSITO, Chesapeake Dental Arts



Q: What are Dental Implants?

A: When you are missing teeth, you may feel uncomfortable eating, speaking or worst of all SMILING. Dental implants offer a permanent solution to these problems. Dental implants are titanium replacements for missing teeth that act as a strong

foundation to support new crowns, bridges or anchor slipping dentures. The implant procedure is painless and involves placing the implant under the gums and into the jawbone just like the roots of your own natural teeth. Recovery time is usually no more than 24 hours and total treatment time from the day of your implant placement to the time of attaching the new teeth range from 2 months to as little as 1 day. Dental implants are the next best thing to your own teeth...IT'S TIME TO SMILE AGAIN!

KURT JONES, DDS, Oral Surgery Specialists



Q: I would like to look younger, but I'm not ready for surgery yet. What are my options?

A: I like to think of the changes that happen over time in our faces as having 3 components: skin (fine lines, pigment changes, laxity), wrinkles associated with repeated muscle movements (number "11's" between the eyebrows,

forehead lines, crowsfeet), and wrinkles or changes from losing fullness in areas of the face (around the mouth, the cheeks, and under the eyes). Each of these factors can be addressed separately in non-surgical ways to restore youthful features without looking "done" or unnatural. A combination of skin care, Botox® (for movement-related wrinkles), and conservative use of fillers such as Juvederm® and Restylane® (for restoring fullness) can target the 3 aspects of aging when you are not yet ready for surgery.

CLAIRE S. DUGGAL, MD, Sandel Duggal Center for Plastic Surgery



Q: How has the COVID-19 pandemic made oral health even more important?

A: It has been known for some time that poor oral health is a risk factor in respiratory infections. Dental plaque can

absorb and contain respiratory pathogens that are then breathed into the lungs. Bleeding gums from gingivitis allow pathogens access to the bloodstream. The mouth is the opening to the inside of the body and its health directly impacts our overall immune response.

DR. TYSON BROSS, Naptown Smiles



Q: Plastic teeth aligners are much less expensive by mail order. Why would I go to an orthodontist to have my teeth straightened?

A: Mail-order orthodontic companies make it sound easy – take a selfie, receive your aligners – and then..... straight teeth! However, aligners are meant to move teeth within the confines of each patient's specific anatomy: muscles, bones,

lips, and cheeks. A computer doesn't know 1) where your bones and muscles are, 2) if the underlying foundation is healthy, 3) how your lips/cheeks are influencing your tooth positioning. A computer is programmed only to make the teeth look straight, regardless of the patient's anatomy. Without an Orthodontist's in-person evaluation and supervision, movement of teeth done incorrectly can lead to irreversible damage to your teeth, gums, and underlying bone, and to changes in your bite, which will contribute to jaw-joint dysfunction. Remember there's so much more to creating a healthy, beautiful smile than moving only the visible part of your teeth.

MAIREAD M. O'REILLY, DDS, MS
Dr. Mairead M. O'Reilly Orthodontics



Q: Is it a myth? Is root canal treatment painful?

A: It is absolutely a myth! Modern technology, better local anesthetics, and advancements in endodontic therapy have made the root canal procedure as efficient as a dental filling. Years ago, it would take several visits

and hours in the chair to adequately perform a root canal. Today, with digital radiographs, surgical operating microscopes, rotary instrumentation, and improved filling methods, most of these procedures can be completed in less than an hour, with little or no discomfort for the patient. I'm here to change the painful root canal perception one tooth at a time!

DR. CHARLES HERBERT, Endodontics, PA



Q: Who should I see for non-surgical treatment options for orthopedic or spine injury or chronic pain such as arthritis?

A: Start with a physician with appropriate post-residency training, (i.e. a sports medicine or pain medicine fellowship). They should be an expert in both

ultrasound-guided injections, (which are critical for both accurate diagnosis and treatment), and fluoroscopically guided injections, (which are critical for some spine treatments). The physician should use FDA approved equipment and orthobiologic techniques that utilize the patient's own blood or cells. A physician with academic medicine credentials who is actively publishing and lecturing in this field will generally have the most up-to-date knowledge. Finally, check on-line reviews.

SEAN MULVANEY, M.D.,
Regenerative Orthopedics and Sports Medicine Annapolis



Q: What do you wish more patients knew about stem cell therapy?

A: Stem Cell Therapy, particularly in musculoskeletal conditions and injuries, can repair or even replace damaged tissue, such as tendons, bone or cartilage. Stem cell therapy is a safe, non-invasive option for sports injuries, osteoarthritis and many other conditions.

DR. ZVEZDOMIR ZAMFIROV, All Star Pain Management



Q: In what ways do you think therapy has helped children and families cope with the changes in routine brought about by COVID-19?

A: I think therapy helps because it allows the parents and children to consider new ideas that they may not have

thought of to help with the current situation. It also gives them someone to talk to that they can confide in and talk about frustrations that they may have about their current home situation and can't discuss with parents. I also try to bring my knowledge about learning styles to them to help with ideas of how to do online learning in a way that may help with the boredom of not being in a classroom.

LAUREN PANTOULIS, LCPC, Oasis: The Center for Mental Health



Q: How has Covid-19 changed your practice?

A: Aside from the numerous additional safety measures and protocols, I think the biggest change for me was the realization that I needed to simplify things. I made the decision to sell my Odenton office and

concentrate on growing and devoting my full attention to About Smiles Dentistry in Annapolis. This has turned out to be a very positive change for me as I can spend more time with my patients, we have the capacity to add new patients and I have a much better work/life balance. I don't love wearing all of the additional PPE but I do what is necessary to keep myself, my family and my patients SAFE!

DR. APRIL CALTON, About Smiles Dentistry



Q: My teeth are worn and discolored, but I think I'm too old for veneers. What do you recommend?

A: Age has nothing to do with whether or not a patient receives treatment. It's all about the quality of life. Many of my patients come to

me and tell me they are embarrassed to smile for pictures because they don't like the way their teeth look or that they avoid eating certain foods. This is a disability that can affect the lifestyle and dietary habits of an individual. With proper diagnosing restorations on worn teeth, which could be veneers, is not just for cosmetics. It is for function and the ability to eat foods that you want. I feel that quality of life for my patients is something they deserve.

DR. BRIAN VALLE



Q: How has the office adapted and what are you doing to ensure your staff and patients are safe?

A: Philbin & Reinheimer Orthodontics understand these are unprecedented times. We are doing

everything we can to ensure your smile doesn't fade while we push through this together. Our offices have been air fogged and there are new safety and sterilization protocols in place for patients and staff. To adapt to these extraordinary times, we've initiated Virtual Consultations!

ORA REINHEIMER, DMD, MS, Philbin & Reinheimer Orthodontics



Q: Does Maryland Healthy Smiles (MHS) insurance cover the cost of orthodontics?

A: We believe that access to quality healthcare is fundamentally important to building strong communities in Maryland. That's why we are proud to participate in

the Maryland Healthy Smiles program in all of our offices. We are committed to making top quality orthodontic care easy and accessible for Maryland families, regardless of financial ability. Not every orthodontic practice accepts this type of insurance, but we think it's an important part of doing business in this community. It's also an incredible experience to be able to help a family in this way. When a child qualifies for orthodontic coverage under Maryland Healthy Smiles, that means they'll be able to get the orthodontic treatment they need for no out-of-pocket cost.

DR. MARY C. TRAHAR-THOMAS, DDS, PA
Smiles By The Bay



Q: I have many missing teeth and I've tried partials which haven't helped at all. What can be done for me?

A: The best solution for your situation is dental implants. Implants are a tooth root substitute made of titanium that attaches into the jaw bone creating a stable foundation

for solid, new teeth. This means your new teeth feel, look, and perform like natural teeth. Because there are no longer any painful stresses put on your gum tissues, denture and partial pain is completely eliminated. The best news is that the 'New Teeth in One Day™' Dental Implant procedure takes you from a situation with missing or hopeless, problem teeth to having new, comfortable, stay-in the mouth teeth that look great on the very same day as surgery.

KIAN DJAWDAN, DMD, Djawdan Center for Implant & Restorative Dentistry



Q: How do I get my medical cannabis card?

A: The first step is getting pre-approved by the MMCC (Maryland Medical Cannabis Commission). You can do so by going to the MMCC Registration link on the main page of www.my420dr.com. Once

you receive your patient identification number from the state, you can then return to www.my420dr.com and begin your telehealth consultation with one of our medical providers. Then, it is off to the dispensary to begin shopping.

MRS. LAURA GRAHAM, MD, Annapolis Medical Consultants



Q: Why would I choose HALO with Kelly Sutter, RN, CANS?

A: Halo precisely repairs years of skin damage and the visible signs of aging. Halo restores the glow that sun, time and stress have depleted from your skin and continues to improve over

time. Halo combines a deep dermal revitalization with epidermal renewal, works on damage you can....and can't see. When it comes to something as precious as your face, you want the right person, the highest quality of work. I am a Fellow of the American Society of Lasers in Medicine and Surgery. I am Certified in Lasers Physics. I have extensive experience with Cosmetic Lasers and I am a Certified Aesthetic Nurse Specialist.

KELLY SUTTER, RN, CANS, Skin Wellness MD



Q: How has your industry changed over the years?

A: People are spending more time on their phones and tech devices. Not only does this harmful blue light accelerate aging, but the rise of video calls has made

our patients seek us out to look their best on-screen without the need for the perfect lighting. The growing acceptance of aesthetic treatments has empowered both men and women to consider our services as an investment in themselves to Look and Feel better for longer.

DR. GEORGE GAVRILA, ProMD Health



Q: What is Pain Management?

A: Why do I hurt? That is the question I answer for my patients. Pain is defined as an emotional and physical response to injury. I have always looked for the source of one's pain before treating it. Once the source

is determined, treatment is easier. Unfortunately, when we think of pain treatment, many assume we are just prescribing pills. However, pills usually will not fix the problem. Most patients will receive therapy to help support their joints and spine, therapeutic injections to help alleviate inflammation and pain, or radiofrequency lesioning. Lastly some might require pharmacological management. So, when I think of pain management, I must find the source. Once that is found I will begin to improve your quality of life.

DR. BRIAN KAHAN, The Kahan Center for Pain Management



Q: Who is a candidate for sedation dentistry?

A: Sedation dentistry is a great option for patients who have anxiety or fear about going to the dentist. Dental sedation can also be helpful for patients with issues such as a sensitive gag reflex, fear of needles or difficulty getting numb.

Just about any procedure can be performed with sedation – even a dental cleaning. There are several sedation options including inhalation sedation (laughing gas), oral medications and IV sedation. Sedation dentistry makes it possible to have multiple procedures done in one visit – meaning fewer visits to the dentist!

KIAN DJAWDAN, DMD, Djawdan Center for Implant & Restorative Dentistry



Q: What is blue light and do blue blocker glasses really help?

A: Blue light is a short wavelength light, which means it produces higher amounts of energy. This type of light is commonly emitted from electronic screens such as computers or cell phones. Over long periods of time,

it can cause eye fatigue, eye strain, and disrupt sleep cycles. Blue light has also shown to cause an earlier onset of macular degeneration due to damaging the sensitive retinal cells. Blue light blocking glasses have filters in their lenses that block or absorb this blue light. That means if you use a blue blocking coating on your prescription glasses when looking at a screen, it can help reduce exposure to blue light waves and may reduce overall eye fatigue.

DR. VEERA PATEL, NVY Optical on Main



Q: Some direct-to-consumer orthodontic companies make treatment sound so easy and after so many months – straight teeth! What else should I be concerned about?

A: Orthodontics is more than just the movement of the part of teeth you can see. X-rays of your teeth and jaw are crucial so the doctor

can see what the naked eye can't. A clinical exam of your jaw alignment, and the relationship of your teeth to your skeletal structure is imperative. What if there were an issue during treatment? Who would you contact that would care about your health and end-result?

Remember! Orthodontics isn't a product – it's a professional, medical **service**. When your care is supervised by an orthodontist, you are assured that your orthodontist spent 2-3 more years studying beyond dental school.

DR. STEPHEN LABBE, DDS, Labbe Family Orthodontics



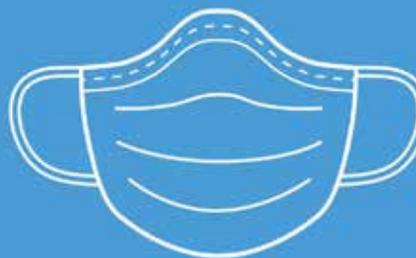
Q: I want my eyes done but I still want to look like myself. What is your secret?

A: Laser eyelid surgery allows me to carefully remove or reposition just the right amount of skin and/or fat to achieve a natural, youthful result. I then use the laser to reduce

the wrinkles and improve the texture of the skin. This subtle approach rejuvenates your eyes, without changing their shape. This earned us the 2020 Best Oculoplastic Surgeon vote.

DR. ELBA M. PACHECO,
Adoro Medical Spa @ Center for Eye & Laser Surgery

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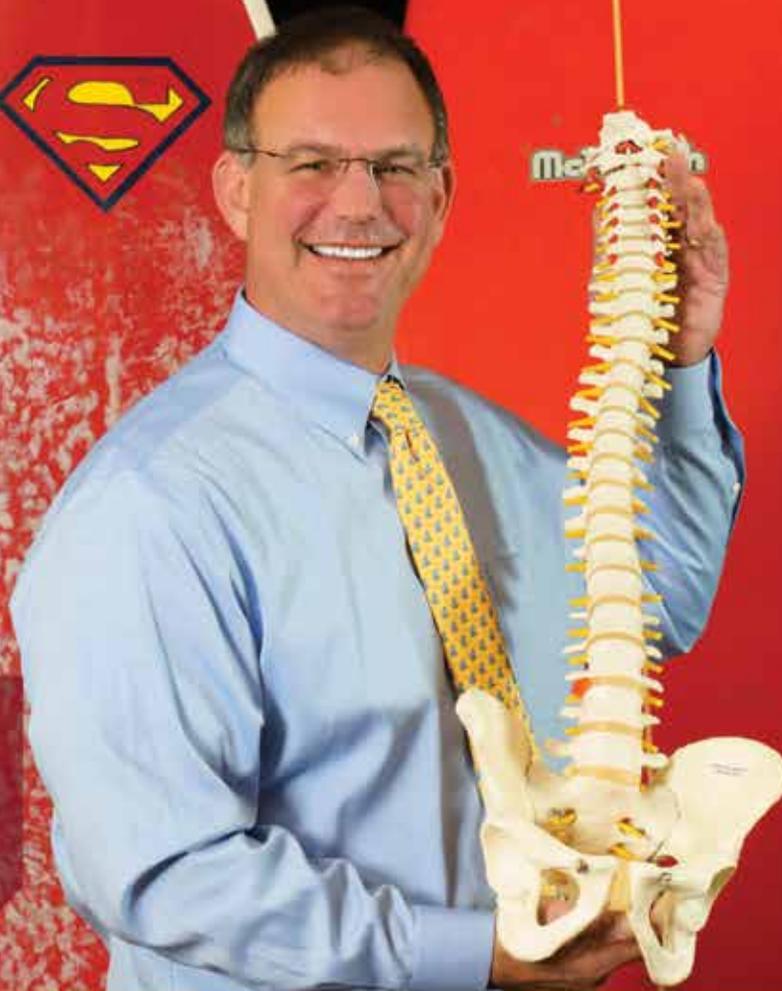
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Top Dentists

2020-2021

**ANNE
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COUNTY**

Every two years we survey hundreds of local dentists with our **Top Dentists Peer Review Survey**. And lucky for you, our readers, many of these dentists let us know exactly who they trust with their own oral health care needs.

In spring, we called upon all dentists practicing in Anne Arundel County and throughout the Eastern Shore counties of Queen Anne's, Kent, Caroline, Talbot, and Dorchester and asked them, "If you needed to recommend a dentist (other than yourself) to a friend or loved one, which dentist(s) would you recommend in the following specialties?" We listed more than 10 areas of dental specialty on the digital survey. Dentists could vote for up to three candidates per specialty. Dentists completing the survey were required to enter their Maryland dental license number to validate their entries. Only one survey entry was allowed per dentist/license number.

The healthy response was impressive and gratifying. Judging by the number of votes cast and the number of dentists nominated, we are fortunate to have so many well-respected dentists practicing in the Chesapeake region. We want to thank the many dentists who took the time to fill in all the categories.

Please note that these results represent those individuals who clearly received the most substantial number of votes, not everyone who received a vote. Some categories elicited more voting activity than others—and that is reflected in the higher number of winners in some specialties.

Congratulations to the following dentists practicing in Anne Arundel County, listed alphabetically by last name under each respective dental specialty category. →

Anesthesiology

The medical specialty concerned with the total perioperative care of patients before, during, and after surgery. It can encompass anesthesia, intensive care medicine, critical emergency medicine, and pain medicine.

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

Dr. Christopher B. Chambers
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

Dr. Kian Djawdan
Djawdan Center for Implant and Restorative Dentistry; 200 Harry S Truman Parkway, Ste. 210, Annapolis; 443-569-8764; smileannapolis.com

Endodontics

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

Dr. Louis H. Berman
Annapolis Endodontics; 200 Westgate Circle, Ste. 104, Annapolis; 410-268-4770; annapolisendodontics.com

Dr. Charles P. Herbert
Endodontics, P.A.; 888 Bestgate Road, Ste. 220, Annapolis; 410-224-6150; annapolisrootcanals.com

Dr. Jeffery Luzader
Chesapeake Endodontic Center; 888 Bestgate Road, Ste. 213, Annapolis; 410-224-7556; chesapeakeendo.com

General Dentistry

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

Dr. April Calton
About Smiles Dentistry; 507 S. Cherry Grove Avenue, Annapolis; 410-990-4700; aboutsmilesdentistry.com

Dr. Earl L. Chambers, III
Chambers Family Dentistry; 621 Ridgely Avenue, Ste. 206, Annapolis; 443-214-3119; chambersfamilydentistry.com

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

Dr. Scott Finlay
Annapolis Smiles (Dr. Scott Finlay, DDS & Associates); 1460 Ritchie Highway, Ste. 203, Arnold; 410-202-8996; annapolissmiles.com

Dr. Jeremy Goodman
Goodman Dental Care; 2530 Riva Road, #201, Annapolis; 410-849-6247; goodmandentalcare.com

Dr. Albert Lee
Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis; 410-989-8298; myannapolisdentist.com

Dr. Oneal F. Russell
Oneal F. Russell, DDS; 166 Defense Highway, Ste. 201, Annapolis; 410-263-4300; ofrdds.com

Dr. Edward Vesely
Lee, Bonfiglio, Vesely & Associates; 1606 Forest Drive, Annapolis; 410-989-8298; myannapolisdentist.com

Oral & Maxillofacial Pathology

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

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

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

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

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

Dr. Edward Zebovitz
Edward Zebovitz, DDS; 4311 Northview Drive, Bowie; 301-352-6311; drzebovitz.com

Oral & Maxillofacial Radiology

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

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

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

Oral & Maxillofacial Surgery

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

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

Dr. Christopher B. Chambers
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

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

Dr. Kurt C. Jones
Oral Surgery Specialists; 275 West Street, Ste. 100, Annapolis; 410-268-7790; annapolisoss.com

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

Orthodontics and Dentofacial Orthopedics

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

Dr. John A. Benkovich, III
Benkovich Orthodontics; 1616 Forest Drive, Ste. 7, Annapolis; 410-268-1700; drbenkovich.com

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Samuel Greenberg, Psy.D.



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Thanks to all the dentists who nominated Dr. Earl Chambers for this prestigious award.

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TOP DENTISTS 2020-2021

Dr. Robert P. Bolton

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold; 410-757-5437; 757kids.com

Dr. Stephen Labbe

Labbe Family Orthodontics; 114 Forbes Street, Annapolis; 410-734-2364; labbefamilyortho.com

Dr. Julie Langguth

Annapolis Orthodontics; 129 Old Solomons Island Road, Annapolis; 410-266-8880; annapolisortho-dentics.com

Dr. Mairead M. O'Reilly

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

Dr. Ora Reinheimer

Philbin & Reinheimer Orthodontics; 802 Bestgate Road, Ste. B, Annapolis; 410-216-4164; marylandbraces.com

Pediatric Dentistry

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

Dr. Gregg T. Behling

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold; 410-757-5437; 757kids.com

Dr. Michelle M. Decere

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold; 410-757-5437; 757kids.com

Dr. Beverly A. "Sissy" Jimenez

Annapolis Pediatric Dentistry; 41 Old Solomons Island Road, Ste. 103, Annapolis; 410-573-0691; annapolis-pediatricdentistry.com

Dr. CJ Tull, III

Pediatric Dentistry and Orthodontics; 1507 Ritchie Highway, #201, Arnold; 410-757-5437; 757kids.com

Periodontics

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

Dr. Cary Bly

Capital Periodontics of Maryland; 104 Forbes Street, Ste. 101, Annapolis; 410-268-5103; laserperiodontist.com

Dr. Richard R. Gartner

Chesapeake Periodontics; 900 Ritchie Highway, Ste. 103, Severna Park; 410-647-0200; chesapeakeperio.com

Dr. Angela Miele

Annapolis Periodontics; 2448 Holly Avenue, Ste. 202, Annapolis; 410-224-0500; annapolisperiodontics.net

Dr. David A. Mugford

The Mugford Center for Periodontics & Dental Implants; 1660 Village Green, Crofton; 410-260-0790; mugfordcenter.com

Dr. Deborah Odell

Annapolis Periodontics; 2448 Holly Avenue, Ste. 202, Annapolis; 410-224-0500; annapolisperiodontics.net

Prosthodontics

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

Dr. Arezoo A. Bahar

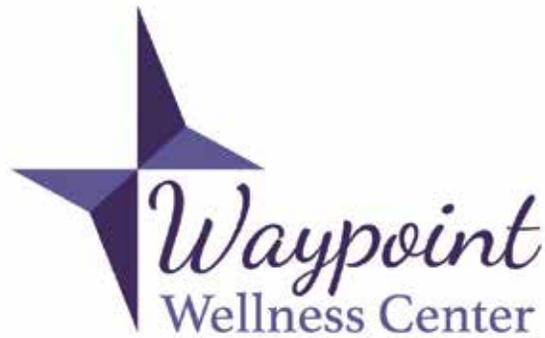
Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis; 410-268-7100; apadentistry.net

Dr. Robert Cook

Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis; 410-268-7100; apadentistry.net

Dr. John Davliakos

Annapolis Prothodontic Associates; 200 Westgate Circle, Ste. 106, Annapolis; 410-268-7100; apadentistry.net



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Is this Abuse?

Signs of Domestic Violence

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- Are you frightened by your partner's temper?
- Are you afraid to disagree?
- Do you have to justify everything you do, every place you go or every person you see to avoid someone's anger?
- Does your partner put you down and then tell you that he or she loves you?
- Do you stay away from friends or family because your partner will be jealous?
- Have you been forced into having sex when you didn't want to?
- Are you afraid to break up because others have threatened to hurt you or themselves?
- Does your partner hurt you?
- Do you feel intimidated or controlled by your partner's or your own extended family?
- Does someone withhold medication that you need to stay healthy?

If you answered "yes" to any of these questions, you might be suffering abuse.

Domestic violence can take many forms:



Psychological or Emotional Abuse

threats, insults, and put downs



Physical Abuse

hitting, kicking, punching, choking



Economic Abuse

controlling the money, taking your paycheck, stalking or harassing you at your job or getting you in trouble with your boss



Intimidation

threatening to take away children or kick you out of the house, throwing things or punching walls, harming pets, threatening to harm children, loved ones, or prized possessions



Sexual Abuse

forcing sex or sexual acts, or forcing you to watch sexual acts

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Angela Harris, Key '20
Vanderbilt University '24



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Kalden Namgyal, Key '20
Brown University '24



"Key has led me to be a self-advocate, an individualist and an investigative thinker. I attribute my critical thinking skills and, more importantly, my confidence and skill with sharing these thoughts to the Key community. As I leave, I am taking courage and self-confidence from my time at Key. I will enter college with an eagerness to assess the world around me, be a good listener, and engage in meaningful conversations to expand my thinking."

Talia Stern, Key '20
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Key congratulates its Class of 2020! Visit [keyschool.org/Classof2020](https://www.keyschool.org/Classof2020) to see where they are headed in the fall.

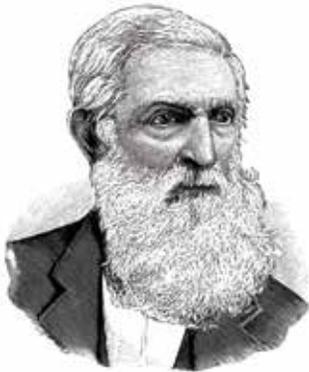


The Key School engages children from 2.5 years of age through grade 12 in a progressive, coeducational, college-preparatory program on its picturesque 15-acre campus located 4 miles from downtown Annapolis.

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Good Neighbors: 175 Years of the U.S. Naval Academy

What began with 50 midshipmen and 7 professors has evolved into one of the most coveted institutions of higher learning in the world, as well as a valued component of the local community **By Frederick Schultz**



Former Secretary of the Navy and founder of the U.S. Naval Academy, George Bancroft, for which Bancroft Hall, the Academy's largest dormitory, is named after.

A relatively unsophisticated nautical-instruction facility known simply as “the Naval School” opened mostly unceremoniously October 10th, 1845, on ten acres of river-front land formerly occupied by an Army post named Fort Severn. According to the Maryland state handbook *Maryland Scenic Rivers: The Severn*, the fortification was one of several built in the area during “renewed tension with Britain” that began in 1808 and culminated in the War of 1812. Situated on a small peninsula called Windmill Point, its structure “was more substantial than the earlier

Revolutionary-era forts. It had a circular brick rampart and a ten-gun battery.”

With the Army’s official transfer of Fort Severn to the Navy, 1845 proved to be an especially auspicious year for both the sea-service profession and Annapolis. Just more than 69 years after the founding of the republic, newly-elected President James Knox Polk’s secretary of the Navy, a prolific historian and scholar (graduated from Harvard at age 17) named George Bancroft, sought to establish a school “where midshipmen should wait for orders.” The notion of an educational outlet for new potential naval officers can be traced to 1777, when Captain John Paul Jones saw a need for American shipyards to educate candidates for naval leadership.

Healthy and Secluded

Conceived as a successor to the Philadelphia Naval Asylum School and smaller instructional institutions in

New York City, Boston, and Norfolk, Virginia, Annapolis had been chosen for its “healthy and secluded” location. It was thought such an atmosphere would “shield midshipmen from the temptations and distractions that necessarily connect with a large and populace city.”

The Academy’s roster of graduates over the past century and three quarters includes 1 president of the United States, 3 Cabinet members, 21 ambassadors, 26 members of Congress, 5 state governors, 5 secretaries of the Navy, 73 Medal of Honor recipients, and 54 astronauts. The names bestowed on the buildings throughout the Yard also provide a who’s who of notable graduates. Naturally, the structure heralded as the largest dormitory in the world is named for founder Bancroft. And the entire list includes such legendary naval leaders and thinkers as Nimitz, Halsey, King, Sampson, Maury, Mitscher, Preble, Dahlgren, Rickover, and Lejeune, to name a few.

Wide-Reaching Events

For this story, we solicited Thomas J. Cutler, who holds the Gordon England Chair of Professional Naval Literature at the U.S. Naval Institute, to share his thoughts on the historical significance of the Naval Academy. He is eminently qualified on the subject, having been author of the second edition of the late Professor Jack Sweetman’s *The U.S. Naval Academy: An Illustrated History*, as well as author or editor of 26 other books, including *A Sailor’s History of the U.S. Navy*, *The Citizen’s Guide to the U.S. Navy*, and *The Parent’s Guide to the U.S. Navy*. We asked him what he considers to be the most wide-reaching events that took place at the Naval Academy over its long history.

“At the top of the list,” he told us, “would be the Civil War, when part of the faculty—including the superintendent, Franklin Buchanan—went south to fight for the Confederacy. Because of Annapolis’ dangerous proximity to



Inside the ornate U.S. Naval Academy Chapel.

Virginia, the Naval Academy packed up and relocated to Newport, Rhode Island, (with the midshipmen sailing there in the USS *Constitution*), where it remained until war's end, eventually returning to the original site."

Cutler's list also includes:

- The arrival of [the remains of] John Paul Jones on July 1, 1905 and placement "in his magnificent crypt under the chapel since January 1913."
- Bachelor's degrees awarded for the first time in 1933
- Accelerated curriculum/graduations during World War II (to allow early graduation in response to the global crisis).
- Wesley Brown as the first African-American graduate in 1949
- The admission of women in 1976 (graduating with the Class of 1980)

Midshipmen in Action

In January this year (well before the COVID-19 pandemic diverted his attention), Maryland Governor Larry

Hogan kicked off the 175th anniversary year, presenting a citation at the historic Maryland State House to Academy Superintendent Vice Admiral Sean Buck. In his remarks before a small gathering of dignitaries and midshipmen, Hogan referred to the Academy, "just down the hill from here," as "the crown jewel of Maryland's capital city, Annapolis." Vice Admiral Buck then went on to say that "one of our most treasured traditions is our friendship with the great city of Annapolis and our home state of Maryland."

That "friendship" Admiral Buck noted has manifested itself in several different ways around this region and across the nation. Over the past 175 years, the Naval Academy has taken its "duty, honor, country" seriously, notably lending a hand wherever and whenever it may be needed, especially in this region.

Digging Out

One of the most tangible illustrations of Naval Academy midshipmen serving the civilian community is the Midshipman Action Group

(MAG), established in 1992. The MAG has four core objectives: Outreach to Youth, In-Kind Giving, Supporting Our Veterans, and Green and Rebuilding Projects. Amid the pandemic in March, midshipmen took part during their far-from-normal spring break in service projects across the country. Most notably, in the Chicago area, ten midshipmen spent spring break assisting at a local school and homeless shelter, along with supporting science, technology, engineering, and mathematics (STEM) initiatives in the region.

Perhaps the most memorable of a host of helping hands the Mids have lent here in Annapolis took place more than a decade ago in February 2010. Volunteers from the Academy spread out across the city to help dig out from the record-setting snowfall, measured in feet, that crippled the entire East Coast that year.

Midshipman Penetekoso Peau, from Pago Pago, American Samoa (a South Pacific U.S. territory obviously not known for its snow accumulation), said, "In the city there were countless elderly



Thomas J. Cutler holds the Gordon England Chair of Professional Naval Literature at the U.S. Naval Institute. Photo courtesy U.S. Naval Institute.

folks who were not able to clear their driveways, folks who needed to get snow off their roofs...We volunteered out in the City of Annapolis because it was the right thing to do..." Peau, a nose guard on the Navy football team, added, "We all did this not just as a good deed, but because there were people in need, and this had to be done." After graduating that May, Peau went on to serve as boatswain's mate of the watch and deck supervisor on board the guided-missile destroyer USS *Cole*. He is now living in Odenton, Maryland.

After 175 years, it would be impossible to imagine Annapolis without the Naval Academy, nor vice-versa.

40 Years after the “First Class”

While we celebrate the founding of the Naval Academy, and in keeping with commemoration of the Year of the Woman, 2020 also marks the 40th anniversary of the first women graduates in 1980. In her book, *Women*



in the Military: *An Unfinished Revolution*, (1982), retired Air Force Major General Jeanne Holm wrote that, after years of contentious debate, the law signed in 1975 by President Gerald Ford “required the services to admit women into their sacrosanct academies the following year.”

Exclusively for this story, we talked to Sharon Disher, an Annapolis resident and one of those Class of 1980 Naval Academy alumnae who broke through that sacrosanctity, writing the book *First Class: Women Join the Ranks at the Naval Academy* (1998).

Now, 40 years after graduation, what was it like to be one of the first women at the Academy?

Disher: Because no combat billets were open to women, we were limited in what we could do. I wanted to be a pilot my whole life. In February my senior year, they told me I was not physically qualified (NPQ). I was too short and I don’t have good depth perception. So I couldn’t fly. We women in 1980 were all NPQ for combat billets. It was crazy. We could fly non-combatant aircraft—like fuel tankers. Now, let’s see. If you were the enemy, what would you want to shoot

Above: Maryland Governor Larry Hogan and USNA Superintendent Vice Admiral Sean Buck at the USNA 175th Celebration Proclamation ceremony held in January of this year. Photo courtesy Governor’s Office. Left: An aerial view of the Academy ground during a snowy winter day.

down, one plane, or the tanker that fuels 50 planes?

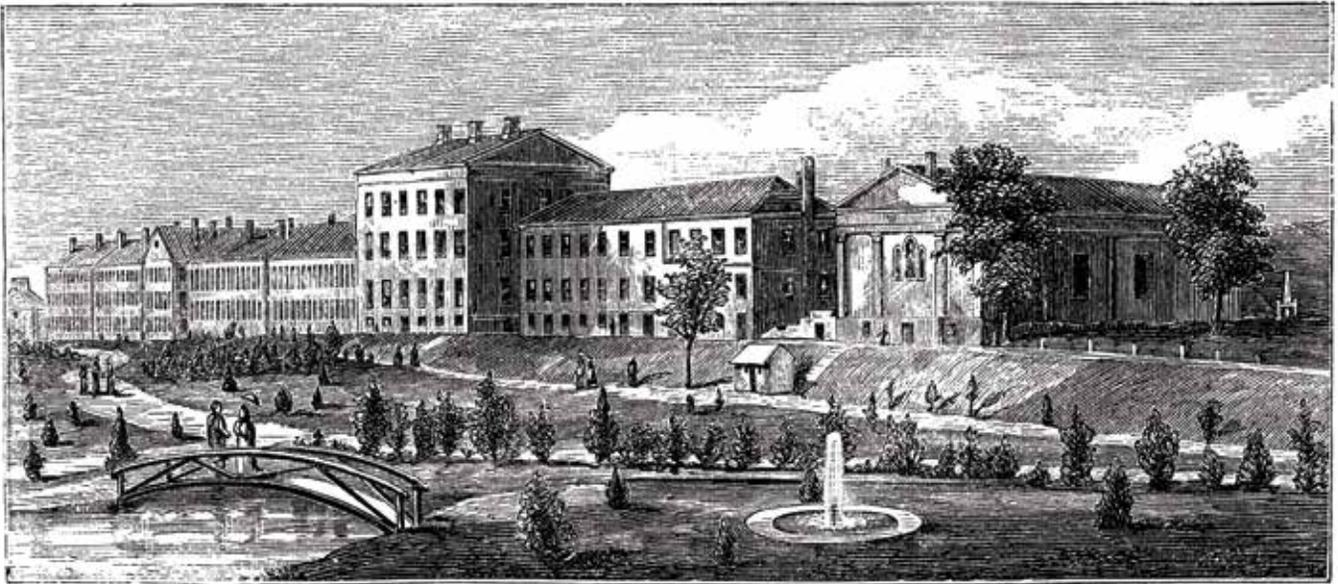
After learning you couldn’t fly, what did you do?

Disher: The civil engineer corps recruited me because I was the first female systems engineer at the Academy. I had gone out on a destroyer for my first-class cruise—the first time they sent women on combatant ships for summer training. An ensign who hadn’t gone to the Academy, another female classmate, and I ended up going into the Civil Engineer Corps, so it was three women on a ship with 350 guys. After two months, I knew then that I didn’t want to do that. Anytime you walked through the mess decks, there were cat

calls, and “Hey baby!” from the enlisted guys. And I was like, “Really?” Paving the way at the Academy was enough for me. So I was really lucky in the Civil Engineer Corps. I had great tours, and I had great people working with and for me.

Most were civilian contractors. And most of those were grandfatherly types. They just wanted me to succeed, as I oversaw multimillion-dollar construction projects. When I was 23, I was chief engineer of a 300-bed hospital. I had no idea what it meant to be in charge of a hospital—electrical systems, generators, operating rooms. I had this little division of 12 civilian guys who were electricians and carpenters and plumbers. They actually kept the whole thing running.

Over several years, I had three kids and a husband who was a submariner, and it just got to be too hard. Back then, we were told we could be super women and do it all. But we



Sharon Disher

women thought we could have two of three things—a profession, a marriage, and children—not all three.

Was it all worth the effort?

Disher: I understood we were paving the way, and that we were going to get a lot of grief. Nobody wanted us there. I was 17, and I just wanted to serve. My dad was a 26-year career Air Force pilot, and I really loved the lifestyle...All three of my kids went to the Naval Academy, so we're the first family to have all of our kids graduate from a military academy.

A lot of my female classmates have a hard time going back to the Naval Academy because of what we experi-

enced there. But I tell them, what we did was worth it because of who have come after us. These women are so incredible and impressive and strong and dedicated and motivated. And they won't put up with any garbage at all, like stuff that we would just try to let roll off.

Women today call me all the time. I keep contact with my classmates and a lot of female midshipmen. Because I'm in Annapolis, I'm readily available, and I'm up to date on what's going on. I think one the biggest compliments I ever got was just the other

day from a woman in the Class of '85, who said "You're like our mother. I come to you when I need to be boosted up." Truly, all the women in the Class of '80 are like moms to the women who came after us.

**Author's Note: According to Jennifer Erickson, director of Academy media relations, public affairs, at this writing, "We are unsure of our plans right now for an event in the fall, due to the changes with COVID-19...we aren't able to provide any info on fall events for the 175th Anniversary at this time."*

Above: An engraving from a Victorian-era encyclopedia depicting the U.S. Naval Academy in Annapolis. Below: Naval Academy plebes in June of 1976, which would become the first graduating class (1980) with women. Photo courtesy U.S. Naval Academy.



Notable News Highlights of 1845

The Naval School opens for classes in Annapolis

James Knox Polk takes oath of office as 11th President of the United States

U.S. Postal Service issues first postage stamps

Henry David Thoreau moves to Walden Pond

New York Yacht Club holds first regatta

Edgar Allan Poe writes *The Raven*

Patents granted for the first rubber bands, corrugated sheet-iron lifeboats, and the precursor of the adhesive bandage

First baseball team established as the New York Knickerbockers

HMS *Erebus* and *Terror* set sail to find the Northwest Passage—all hands lost

Texas admitted to Union
Scientific American publishes first issue

A talking parrot is removed from funeral of former President Andrew Jackson "for swearing"



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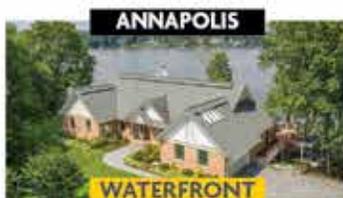
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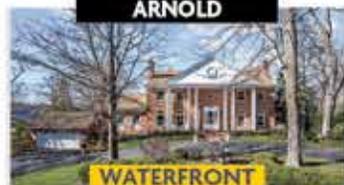


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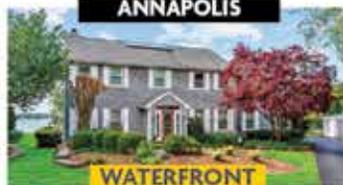


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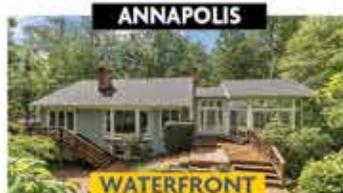
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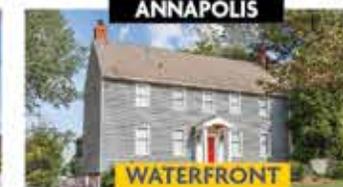


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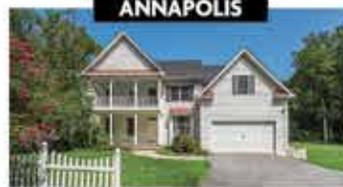


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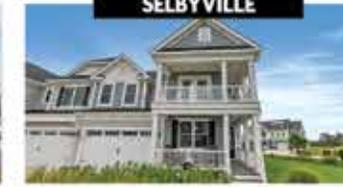


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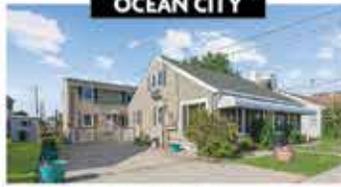
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OCEAN VIEW

\$725,000

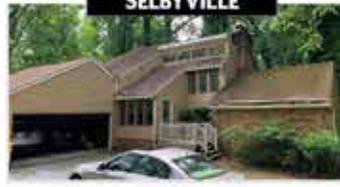
38608 INDIAN TRAIL



OCEAN CITY

\$700,000

104 BERING ROAD



SELBYVILLE

\$675,000

2823 SOUTHAVEN ROAD



HANOVER

\$675,000

1764 SIMMS LANE



HAVRE DE GRACE

\$675,000

1706 MOUNT PLEASANT COURT



DAGSBORO

\$649,900

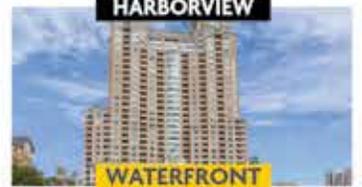
34968 ROYAL TROON COURT



OCEAN VIEW

\$640,900

30757 REDTAIL COURT

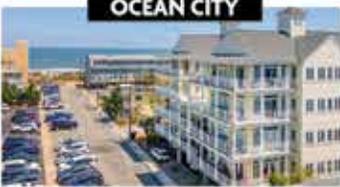


HARBORVIEW

WATERFRONT

\$625,000

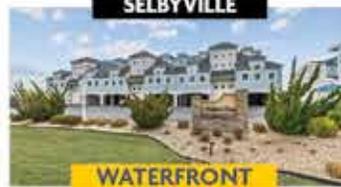
100 HARBORVIEW DRIVE #PH4B



OCEAN CITY

\$625,000

11 54TH STREET #102

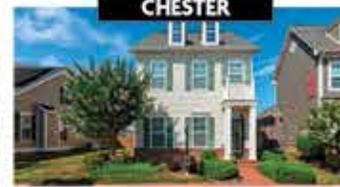


SELBYVILLE

WATERFRONT

\$535,000

37304 LIGHTHOUSE ROAD #10



CHESTER

\$525,000

231 EVELYNE STREET



GLEN BURNIE

\$515,000

326 WELLHAM AVENUE



HANOVER

\$460,000

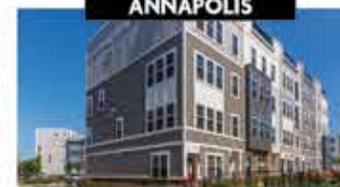
5990 FLOREY ROAD



OCEAN CITY

\$429,000

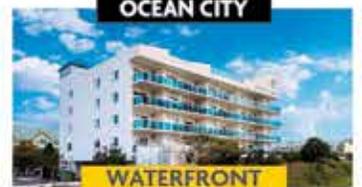
12 61ST STREET #404



ANNAPOLIS

\$400,000

407 MAHAN LANE



OCEAN CITY

WATERFRONT

\$379,000

105 63RD STREET #401



SEVERNA PARK

\$360,000

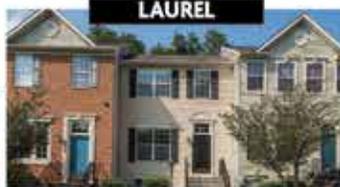
602 MCKINSEY PARK DRIVE #403



BERLIN

\$350,000

2102 POINTS REACH



LAUREL

\$325,000

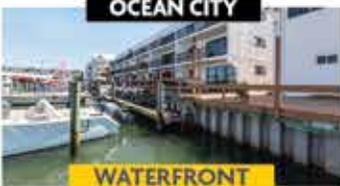
3340 YELLOW FLOWER ROAD



OCEAN PINES

\$319,000

9 COVENTRY COURT



OCEAN CITY

WATERFRONT

\$315,000

1223 EDGEWATER AVENUE #301



PASADENA

\$275,000

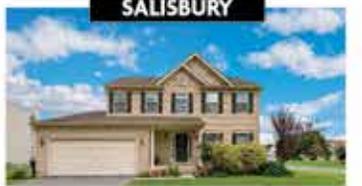
8195 MOUNTAIN ESTATE COURT



CALIFORNIA

\$255,000

21298 BETHMILL WAY



SALISBURY

\$250,000

1013 RORI COURT

La Vie Est Belle!

THE CRAFTING OF A TRADITIONAL FRENCH MANOR HOUSE

By Lisa J. Gotto | Photography by David Burroughs





If you ask any creative professional what their dream project would be, they will most likely say anything that allows them the freedom to create at-will—to have few restrictions when it comes to their imagination and design ideas. Complete freedom is a rare occurrence but it does sometimes happen. With this impressive custom home, the team at Purple Cherry Architects, of Annapolis, came as close to creative *carte blanche* as they may ever get.

The client, says Cathy Purple Cherry, is an incredibly unpretentious man, a widower, and father of three grown children. Because he is also an incredibly busy individual, he wanted something turnkey and he had just a few requests once the primary decision of the type of home was met. It was to be a French manor home of some scale, 9,000 square feet, and it needed to provide just the right scenarios to showcase some beloved furnishings and accents coveted by him and his late wife. So nailing down the architectural aspects of the home, was just one part of the plan that Purple Cherry would execute.

“We were hired to do the interior design, everything that physically attaches to the walls, cabinetry, tiles, lighting fixtures, countertops, all the mill work, et cetera,” Purple Cherry explains. “He hired us also to select all the furnishings and wall coverings.”

So our story of this French manor home begins with its prime position along the Tred Avon River on our inviting Eastern Shore. An expansive home like this could easily become imposing, but inspired material and design choices kept it from being so.

Stretching across nearly 128 feet of shoreline, the exterior of the two-story structure is constructed of personality-infused artisanal stone work and features steeply hipped roof lines with flared eaves. Copper metal accents appear on its dormers of stucco and its fireplace chimneys whose curves and clean lines are so reminiscent of French Country style.

“This is a house that is completely covered in living finishes,” Purple Cherry says, explaining that the roof is made of wood shake shingle. “There is just classicism and Old Worldly-ness that comes out of wood shake that you cannot repeat with any synthetic product.”

GREAT SCALE

The interior plan for the main level of this home is somewhat unique. Upon entry to the soaring two-story foyer past the home’s grand curved staircase with its antiqued hand-forged brass railing, one enters the home’s living room, which is showcased by a series of welcoming timber trusses and a two-story stone fireplace. This room flows into a V-shaped centrally-located kitchen, which then extends out considerably on the left toward the home’s gracious four-season entertaining space. A magnificent master suite and adjacent club room is located on the opposite end of the first level floor plan.

“This house has great scale to me, in terms of living in it, and not feeling overwhelmed,” Purple Cherry says. Adding trusses and other design elements to the main level were keys to achieving this feeling.

Entering the kitchen and dining area from living room, there's a gorgeous ceiling arch of stone overhead that complements the fireplace and marks the visual transition from space to space. This area, in the heart of the home, is designed not only with a generosity of flow, but with great care taken to incorporate one of the family's most cherished pieces, a gorgeous limestone-top table with mosaic pattern inlay that the client and his wife had chosen together; it required being the focal point in the room. Because this was a must-have item, but its style strayed from French Country, Purple Cherry says they needed to do some design work-arounds to make sure the table made sense where it was placed in the formal dining space just off the kitchen.

The workaround introduced a second color found on the tabletop, a rich dense federal blue, into the space to work with their first choice of creamy French white cabinets. This blue picks up again on the backsplash in the kitchen, which also features a unique center island with a curved wall into which a cozy cream-colored upholstered banquette was fitted. A modern round table and four cream upholstered chairs make this space perfect for informal meals and coffee conversations.

Light, knotty-pattered hardwoods help to bounce all the generous natural light about the room. Contrasting orange cushions as well as a clever mix of traditional and modern lighting elements lend the space visual interest and warmth.

As rich as the look is, Purple Cherry admits they didn't have to break the bank to get it. In fact, she cautions homeowners who are considering extensive tile projects to do their homework to ensure they are getting the right tile at the right price.



"Tile can be an incredibly dangerous thing," Purple Cherry says of the costs of some of the tile options out there. "Beautiful tiles these days can go up to \$380 a square foot." She suggests that by blending more economical variations with some of the more expensive options, you can still achieve great things. The glazed brick wall in this room came in well under \$380 per square foot yet it delivered the high-end look for less.

SUITE RETREAT

The first floor master suite is awash in a calming monochromatic scheme to allow for architectural elements such as the room's lustrous walnut coffered ceilings and moldings to take center stage. Storage in this room is efficiently and beautifully executed with a system of generous built-ins and the strategically placed windows offer peaceful views out to the river. An ample cozy reading chair and ottoman are perfectly placed, ready for the evening's wind down.

Adjacent to this room is the home's dedicated office space which overlooks pastoral farm land. The owner's private workout space and a fully-equipped media room are also conveniently located close-by.

Three additional bedrooms in the home are located on the second floor which has a balcony that overlooks the home's living room, providing an exceptional view of the trussed ceiling work.





design story all its own. Purple Cherry again got the go-ahead to create at-will and devised a coastal, cottage-like get-away for whoever was lucky enough to be invited to stay there.

The palette of the space carries the dominant creamy French white theme over from the main house in the wood trim and cabinetry, but the similarities end there. Cheery aqua subway tiles in the kitchen create an “on-holiday” vibe that extends into the open-plan living area, a generous space flooded by the natural light of three dormer-inset windows.

While you have probably seen dormer space used to create charming window seats in homes, Purple Cherry has a different take on what that space can provide.

All the upstairs bedrooms offer something special but one is uniquely designed to accommodate a family with children, as it is more like a suite with a specially designed playroom space. With three grown children, the owner anticipates many great family gatherings in the years to come and it was his wish to provide every convenience for those special visits.

FULL OF DESIGN SURPRISES

Along those lines, Purple Cherry’s firm was tasked with fitting out additional guest lodgings above the property’s three-car garage. What happened in that 1,100 square-foot space is a



TALKING TILE WITH CATHY

This home is an excellent example of how tile can add layers of style and substance to a project. One of the architect’s favorite rooms in the home was the first floor powder room in part because of its use of tile. The combination of rich hardwood floors, a primary wall treated with a herringbone print paper, and an accent wall of bronze fluorescent brick tile provides a look of understated luxury and sophistication.

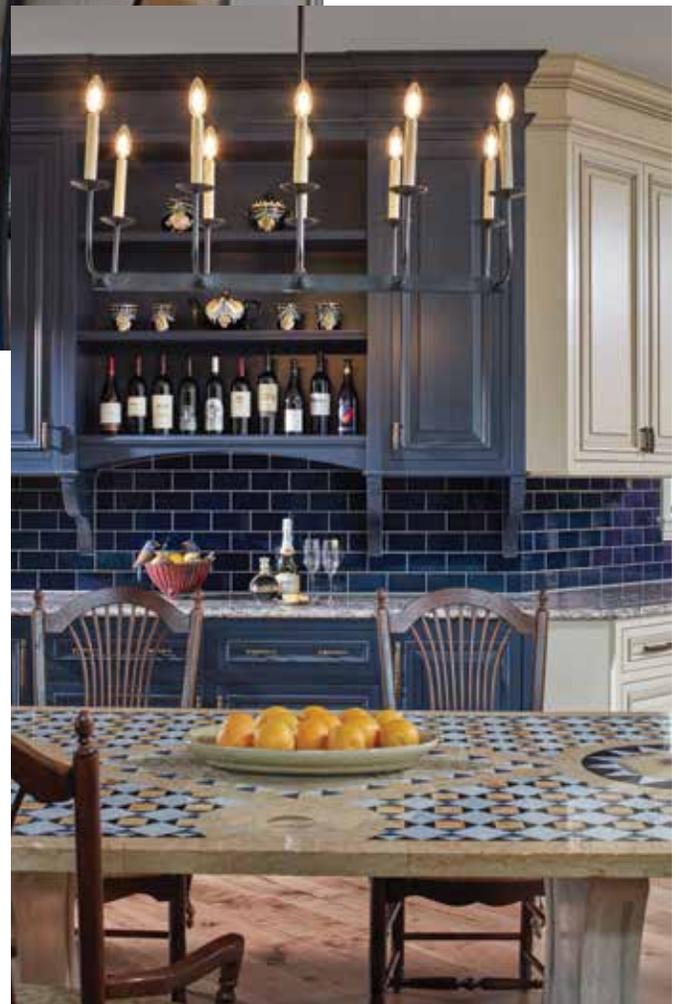


LIFE'S A BREEZE

Just a few steps down the back stair and across the covered breeze-way, with its tongue and groove barrel ceiling, back to the main house you'll find the room that provides for the owner's most personal of design requests.

"When it came to things like the laundry room and the mudroom," Purple Cherry says, "...all he cared about was having a place to sit and take off his boots."

And at the end of a long, hard day, who can say they blame him?



"To me a window seat is useless unless it is useful," she says of most of these features that are usually made too narrow for them to be of any real use.

Her solution: tuck a queen bed into the space and turn a guest suite for two into one that can sleep three to four. Purple Cherry says she has executed takes on this concept in many of their designs often using a twin bed turned on the horizontal and tucked into dormer space to create a much larger bench seat with considerable degree of utility.

Lustrous white Blendart porcelain tile flooring that expertly mimics the look of wood runs throughout the space making it appear even larger than it looks. The sweet eat-in kitchen also accommodates four for meals and adds creativity to its coastal motif with its modern take on overhead task lighting.

The guest suite is complete with an additional stand-alone bedroom fit for a king, and his bed, and a pretty private bath.



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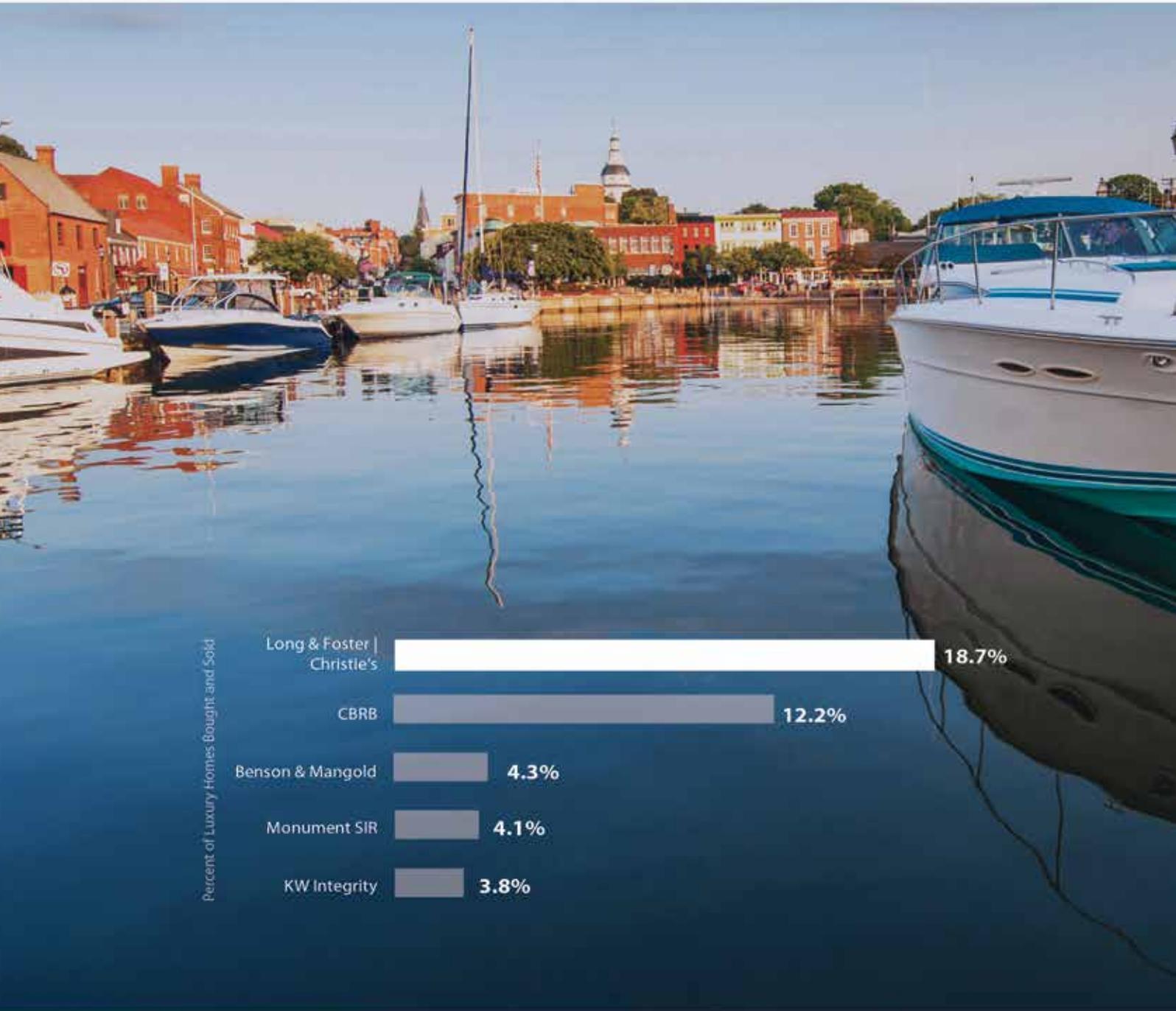


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Brent Allen

REALTOR®

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Brent Allen, a respected member of the Maryland real estate community who continues to cultivate a loyal, ever growing, and wide-ranging clientele following his start

in real estate in 2005. Known for his innovative use of technology and video in real estate and cutting edge marketing tactics. His keen negotiating acumen, patience, and honesty are evident throughout his referrals and repeat clients. Brent is a lifetime sailor and an avid boater, and he enjoys sharing his appreciation for the Chesapeake Bay with his family, friends and clients.



Emily Bell

REALTOR®

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Emily.Bell@lnf.com

Our homes are no longer just where we live. They are where we work, have school, host friends and connect remotely. Now more than ever, we need to

ensure that our homes can accommodate our new normals and realities. As a full-time working executive, wife and mother of three active children, I am acutely aware of the needs of families and homeownership. There is no better time to reevaluate and invest in a home that is sure to fit your all of your needs. I will work for you to ensure you have a positive homebuying or selling experience.



Michele Cordle

REALTOR®

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MicheleCordle@gmail.com

With 35 years of experience as a full time realtor I have had the privilege to work with over 550 buyers and sellers. I specialize in working with families, seniors and

investors. Working together with the Long & Foster Fine Homes I continue to have a great referral business. Raising my four now adult children in Annapolis has given me a huge prospective of the area. If you or someone you know needs help with their real estate needs, please call or email me today.



Teresa Dennison

REALTOR®

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TDennison@lnf.com

Working in real estate is fun but it is also a lot of hard work. Each day Teresa is charged with the responsibility of managing the details that are inherent in any real

estate transaction, nurturing relationships & doing everything to ensure that each transaction is smooth. Enthusiasm, attention to detail & tenacity have served her clients well, but what has really made the difference is listening & understanding her clients needs. An Annapolis resident for over 28+ years, Teresa knows the Annapolis area, its culture, its history and its futures.



Liz Heinsohn

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Liz Heinsohn, an Associate Broker at Long & Foster in Annapolis Maryland, has over 20 years of experience. An expert negotiator, she can help you accomplish

your goals Real estate is her full-time focus. Her commitment to her clients helps them secure the best deal – whether they are buying or selling. She loves working with people and often forms lasting friendships with her clients, helping them over the years with their real estate needs. She is a lifetime resident of Maryland, and has lived in Anne Arundel County for the past 30 years.



Sarah Martin

REALTOR®

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I am a career REALTOR who has a passion working with buyers and sellers. As a real estate agent, I take pride in helping my clients with

the very personal, and sometimes overwhelming, aspects of buying and selling homes. I live in the Annapolis area and I enjoy being involved in the community. I love this area and I want my clients to be happy here too!



Corey McGrath

REALTOR®

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Corey.McGrath@longandfoster.com

Raised in Charleston, SC, Corey made his journey to Annapolis in July of 2019 eager to help families find their homes. Corey is quickly learning the

lay of the land in Annapolis and has become quite fond of the beautiful bayside town. Corey has enjoyed making the charming city his home and establishing long lasting relationships. Corey is passionate about real estate and will genuinely and empathetically guide you through the homebuying process with your best interest in mind.



June Steinweg

REALTOR®

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June.Steinweg@longandfoster.com

June has been representing clients in the Anne Arundel County with steadfast dedication for the past two decades. Her

devotion to excellence allows her to exceed client's real estate expectations. Her aim is to provide clients with calm transition from one home to another. June's professional expertise combined with her instinctive ability to maintain dependable relationships provides a secure atmosphere for anyone looking to purchase or sell a home in the greater Annapolis area.

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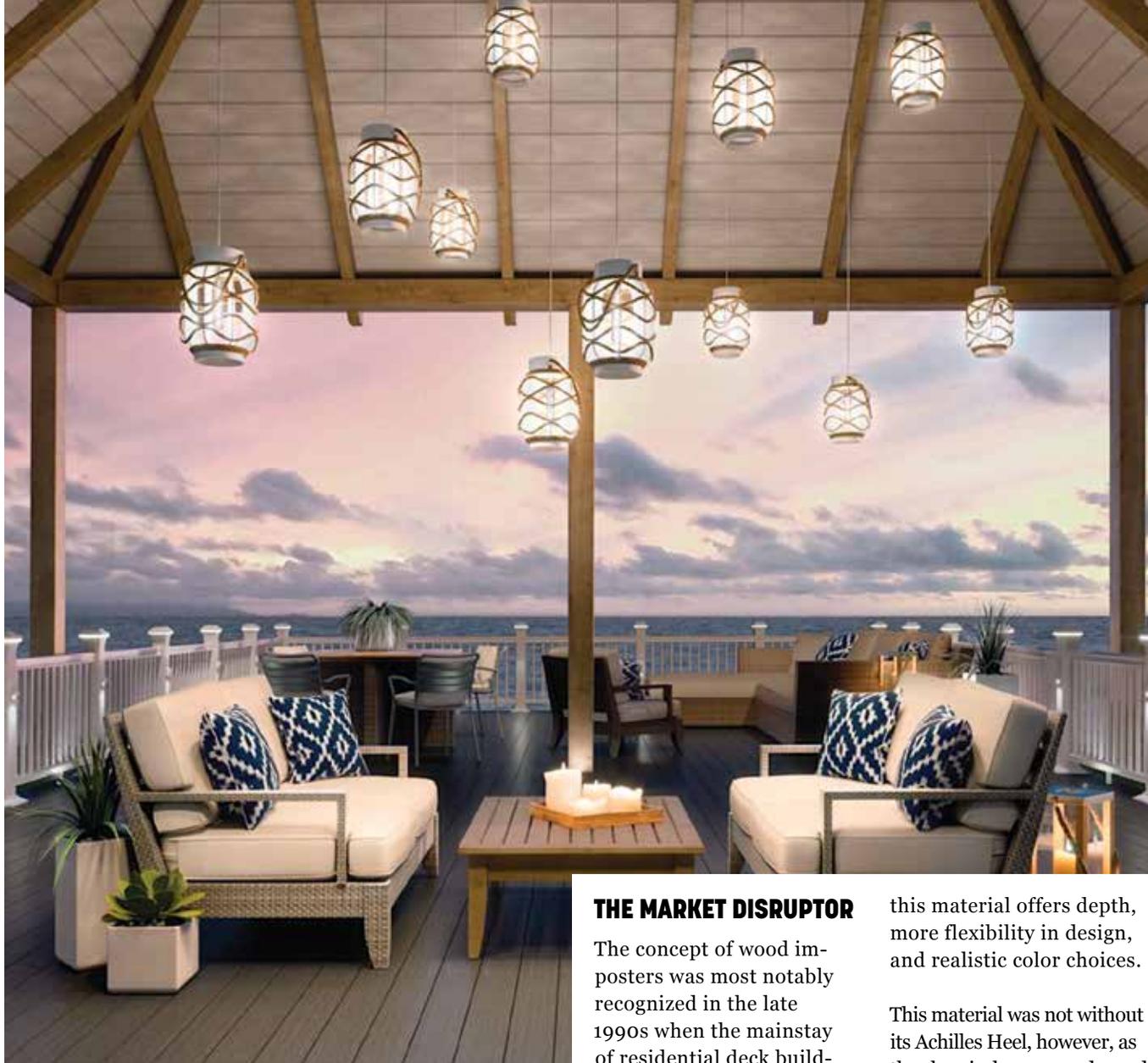
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HOME DESIGN

Great Fakes

THE LOOK OF WOOD WITH HALF THE HASSLE

By Lisa J. Gotto

The look of wood is always good, right? It's warm, it's natural, and there's a quality to it that's emotionally enduring—think log cabin. But is wood always the best choice? In almost any home scenario, there's a place where wood could be replaced to be more functional, with less upkeep, and more physically enduring.

Here are three ways wood can be replaced without a trace.

THE MARKET DISRUPTOR

The concept of wood imposters was most notably recognized in the late 1990s when the mainstay of residential deck building—pressure treated lumber—was challenged by a clever market disruptor—composite decking. At that time, this material became a game-changer for those who could afford the initial extra outlay (composite decking is about the twice the price of wood) to employ the material and deck-lovers everywhere were impressed with its durability—no splintering and no maintenance-staining every other season. As exciting as this new material was, it didn't look quite as good as genuine, freshly stained wood. Soon thereafter, however, improvements were made and now

this material offers depth, more flexibility in design, and realistic color choices.

This material was not without its Achilles Heel, however, as the chemical compounds used to create the material were later discovered to have an “off-gassing” effect and that did not sit right with environmentally-conscious consumers.

Thankfully, the next generation of these composites offer healthier alternatives that address environmental concerns. Eco-friendly manufacturers were not only able to develop similar products using recycled materials, free of harmful chemicals, they also developed sustainable processes to produce the materials. So now homeowners not only have the convenience of having the best of both worlds, they can help do their part environmentally from their own backyard.

PRACTICALITY IN PORCELAIN

It was probably one of those “a-ha” moments when homeowners were introduced to those first iterations of porcelain tile that, once installed, seemed indistinguishable from hardwood. This is another category of materials that is improving with age. Porcelain tile is part of the larger class of ceramic tiles that are made even more resilient through the firing process, making it a more dense, finer grained, smoother tile that is more moisture resistant than classic ceramic. Price-wise, porcelain tile is somewhat comparable to wood when considering the cost of materials, however, it tends to run a bit higher when it comes to installation costs.

This material, which is also improving with age, offers more options for pet owners who would like to stress less about the wear and tear on their floors, but still want a luxe look throughout the home. Unlike traditional hardwood which is susceptible to scratches and water damage, it can even stand up to pets with long nails and their humans in high traffic areas.

This material has become increasingly popular in mudrooms, bathrooms, and kitchens, but the best news is that it doesn't have to stop there. Interior experts agree that with today's variety of styles, colors, and patterns, you can have it take center stage in a living or family room, without losing any of the sophisticated vibe you're going for.



Photo courtesy of wayfair.com

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TOPS IN DURABILITY

The homey feel of a butcher block countertop is certainly a great way to bring warmth to your kitchen. While woods like maple make beautiful countertops, they are among the least practical when it comes to maintenance. There's a delicate balancing act that must be maintained when you employ wood as a countertop that has to do with water. You must protect any new water from getting in, which occurs quite often during food prep, and you have to keep the good moisture inherent in the wood from getting out. So these countertops require a specific cleaning process and treating technique using mineral oil. Wood is also susceptible to dents and scratches and stains easily with common use.

Granite is known, however, for its toughness and durability and as a natural stone that is stain resistant, heat resistant and scratch resistant. Fortunately there are some woody



Examples of Granite
 1. White Thunder Granite
 2. Tempest Granite
 3. Peregrine Granite
 4. Sequoia Brown Granite

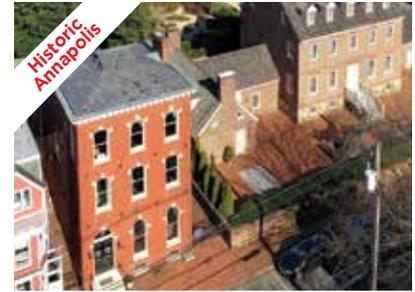
looking granite variations that deliver durability and warmth in the same material. There are four varieties of this type of granite that homeowners may wish to consider. They are Sequoia Brown, Tempest, White Thunder, and Peregrine C. They vary in tone and temperature with Sequoia Brown, a Brazilian granite, mimicking the natural wood look the best with its innate brown and grey tones. Tempest granite combines tones of dark brown, gold, yellow, and burgundy to create its luxe look.

Grey hues combined with white, black, and brown tones are characteristic of White Thunder granite, and Peregrine C features a light cream base with ivory and brown veining throughout.

So whatever color cabinets you have there's a shade and type of granite that can work beautifully and reliably for you for years to come.



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Dream's Point | Magothy River
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The Waterwitch FH | Annapolis
Sold for \$900,000



The North Shore | Magothy River
Sold for \$965,000



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

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

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



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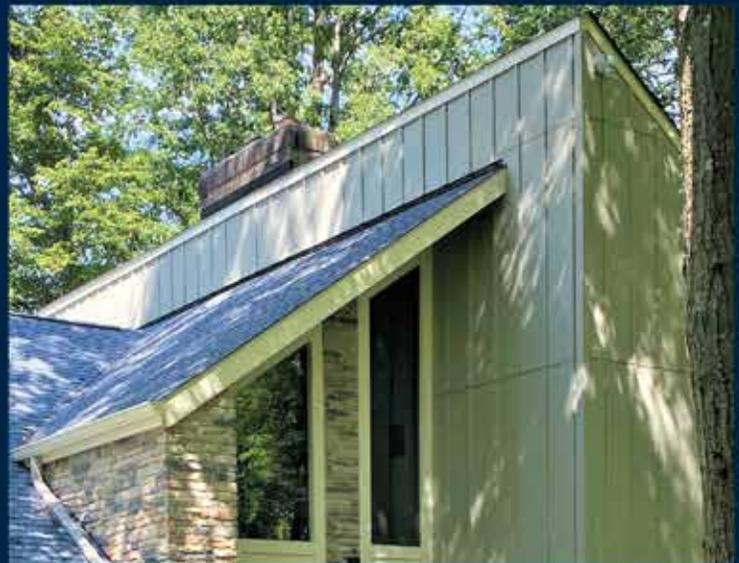




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A Rare Find in Murray Hill

By Lisa J. Gotto
Photography by Michele Sheiko

It isn't every day that you find a property like this with an idyllic view on a quiet street, yet is just blocks from everything. But just such a charmer awaits the new owners of this nearly 3,000-square-foot Craftsman-style home in the highly desirable Murray Hill neighborhood of downtown Annapolis.



Primary Structure Built: 2006
Sold For: \$1,400,000
Original List Price: \$1,595,000
Bedrooms: 4
Baths: 3 Full, 1 Half
Living Space: 2,900 sq. ft.
Lot Size: .08 acres

Picturesque, inviting, and well-appointed best describes this two-story home with its maple hardwoods, graciously arched doorways, and its series of casement-style kitchen windows that face the front of the home and overlook Spa Creek.

Speaking of the kitchen, it's large, gorgeous, light and bright, and recently remodeled with all white custom cabinetry. A gas cooktop is located in the color-contrasting center island, which is generous in size and offers additional prep or gathering space with two counter stools.

A comfortable, formal dining space is available just off the kitchen and flows through

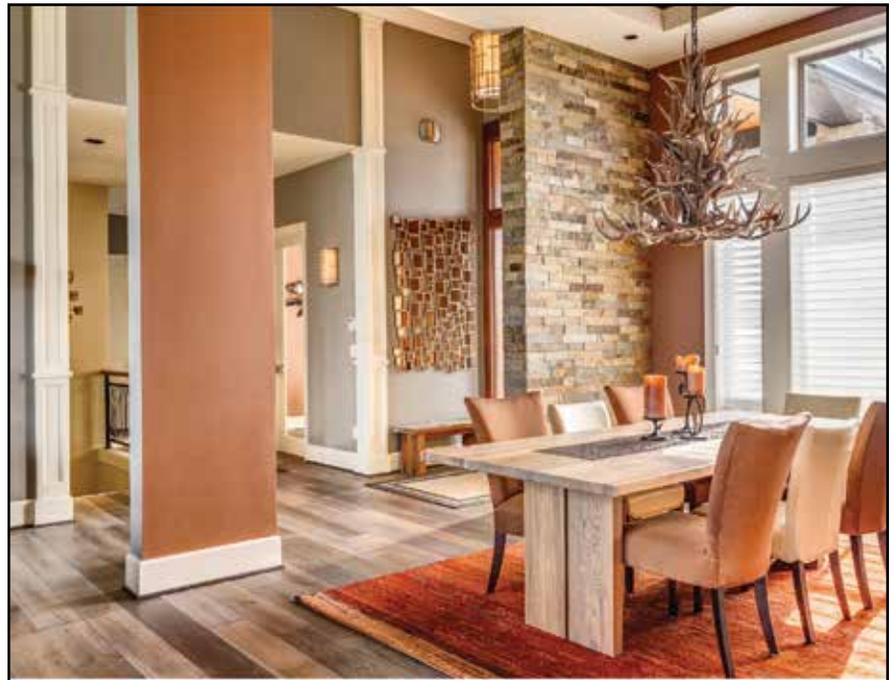
to the home's large living area with its character accent windows, a wood-burning fireplace of stone with cherry wood mantle and two sets of French doors. An additional half-wall of windows in the room make this a cheery space to gather with friends and family. The French doors open out to the large deck with pergola and pretty neighborhood views.

The home's upper level features a large, sunny master suite with separate seating area, a walk-in custom closet, and a master bath with a frameless glass shower and heated marble floors. Two additional bedrooms on this level offer tranquil Creek views. The extended stair landing area offers a great space for a home office and skylights on this level provide lots of natural light.

On the lower level, the home offers bonus independent living space perfect for an au pair or in-law suite. A one-car garage and durable Hardiplank siding make this an enduring home sweet home on Spa Creek.

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3. Follow the guidance of your lender. Stay on top of providing documents and statements they request to ensure your loan approval isn't delayed.

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Health & Beauty

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Debunking the Myths and Misconceptions of ADHD

By Dylan Roche

"Parents make way too many excuses."

"Stop trying to justify your unruly kid."

"It's because of all the TV they watch."

Do these statements sound familiar? It's not unusual for misinformed individuals to hold these perceptions of attention-deficit hyperactivity disorder, more commonly referred to as ADHD. Ever since the American Psychiatric Association named the condition in 1987, and both parents and doctors have become increasingly aware of its symptoms, diagnoses of ADHD have steadily risen.

Despite this, many people still don't fully comprehend ADHD. Some even dismiss it as behavioral problems masked with the name of a made-up (or over-diagnosed) condition.

This is one of the reasons that health experts dedicate ADHD Awareness Month—observed every October across the United States—to helping the general public understand what the condition entails and how they can appropriately interact with a child, or even an adult, who has it.

Here are a few common questions you might have about ADHD, along with the information you should know to clear up any misconceptions you've previously heard:

IS ADHD EVEN A REAL MEDICAL CONDITION?

Yes, according to experts with the National Institutes of Health, the U.S. Department of Education, and the American Psychiatric Association; all agree that ADHD is a real neurobiological disorder. In fact, ADHD is protected by the Americans with Disabilities Act, meaning it is against the law to discriminate against a person with ADHD.

And yes, experts also agree that it is as prevalent as diagnoses would indicate it is. The challenging part is that ADHD, like autism, is diagnosed based on symptoms rather than an evaluation like a brain scan or blood work; furthermore, the condition exists on a spectrum, so some children will have more severe cases than others.

Understood, a nonprofit organization dedicated to providing resources and support for people who think and learn differently, estimates that ADHD is one of the most common childhood conditions and it affects millions of American children and adults. The Centers for Disease Control and Prevention estimates that about 9 percent of children have ADHD.

DOES ADHD MEAN A KID WILL ALWAYS BE HYPERACTIVE?

No, hyperactivity is a common symptom, but it isn't one that every child exhibits. There are three types of ADHD experienced:

HYPERACTIVE: This is the type most people think of when they hear ADHD. It's marked by restlessness and difficulty controlling impulses or activity level.

INATTENTIVE: With this type of ADHD, children are more likely to daydream, get distracted, or easily become bored. They struggle to pay attention and stay focused, especially when they are

not interested in the task at hand. To complicate matters, people with ADHD might have hyperfocus on specific interests that appeal to them, so a child might struggle to focus on their homework, but they will be hyperfocused on a video game.

COMBINED: This type of ADHD is marked by a combination of hyperactivity and inattentiveness.

It's important for parents and educators to remember that although ADHD can cause problems for children who are trying to learn, it isn't a learning disability; however, certain learning disabilities, such as dyslexia, can still coincide with ADHD.



ARE PARENTS TO BLAME FOR NOT DISCIPLINING THEIR KID?

No. ADHD is not a result of anything that parents have done. A person with ADHD actually has a brain that functions and is structured differently. Researchers have not been able to identify an exact cause, but they have determined it to be a genetic condition marked by chemical imbalance in the brain.

Where parenting does come into play is how well a child copes and progresses with ADHD. Structure, for example, can be very important, but punishment for restlessness and hyperactivity can be detrimental. Parents can seek behavior therapy for their children to help them develop social and planning skills that are hindered by ADHD, and they can work with their child's teacher to stay in the loop about their child's performance in school.

CAN GIRLS HAVE ADHD, OR IS IT JUST BOYS?

Both boys and girls can have ADHD. In fact, ADHD doesn't discriminate—anyone regardless of their age, gender, race, religion, IQ, education level, and socioeconomic background can have ADHD. Statistically

speaking, boys are twice as likely as girls to be diagnosed. ADHD in boys might be more noticeable to the untrained observer because boys tend to have more trouble with hyperactivity and girls are more inclined to daydream or have trouble focusing.

CAN YOU CURE ADHD WITH MEDICATION OR GROW OUT OF IT WHEN YOU BECOME AN ADULT?

About 75 percent of children with ADHD grow up to be adults with ADHD. The condition can even worsen as they mature, and adults with ADHD could be affected by anxiety, mood disorders, substance abuse, and addictions. The struggles caused by ADHD mean that they could have trouble in social or romantic relationships as well as their professional endeavors, and it can even get them into financial or legal trouble.

Although medication is available for ADHD, it isn't a cure-all for every aspect of the condition. Medication can help a child focus and control their activity or impulsiveness, but it won't automatically teach them social skills or organizational skills—these are abilities that children must conquer on their own or with therapeutic help.



HEALTH & BEAUTY HEALTH

What Runs in Your Family?

THERE ARE REASONS YOU SHOULD KNOW YOUR FAMILY HEALTH HISTORY. HERE'S HOW YOU CAN START COMPILING THE INFO YOU NEED

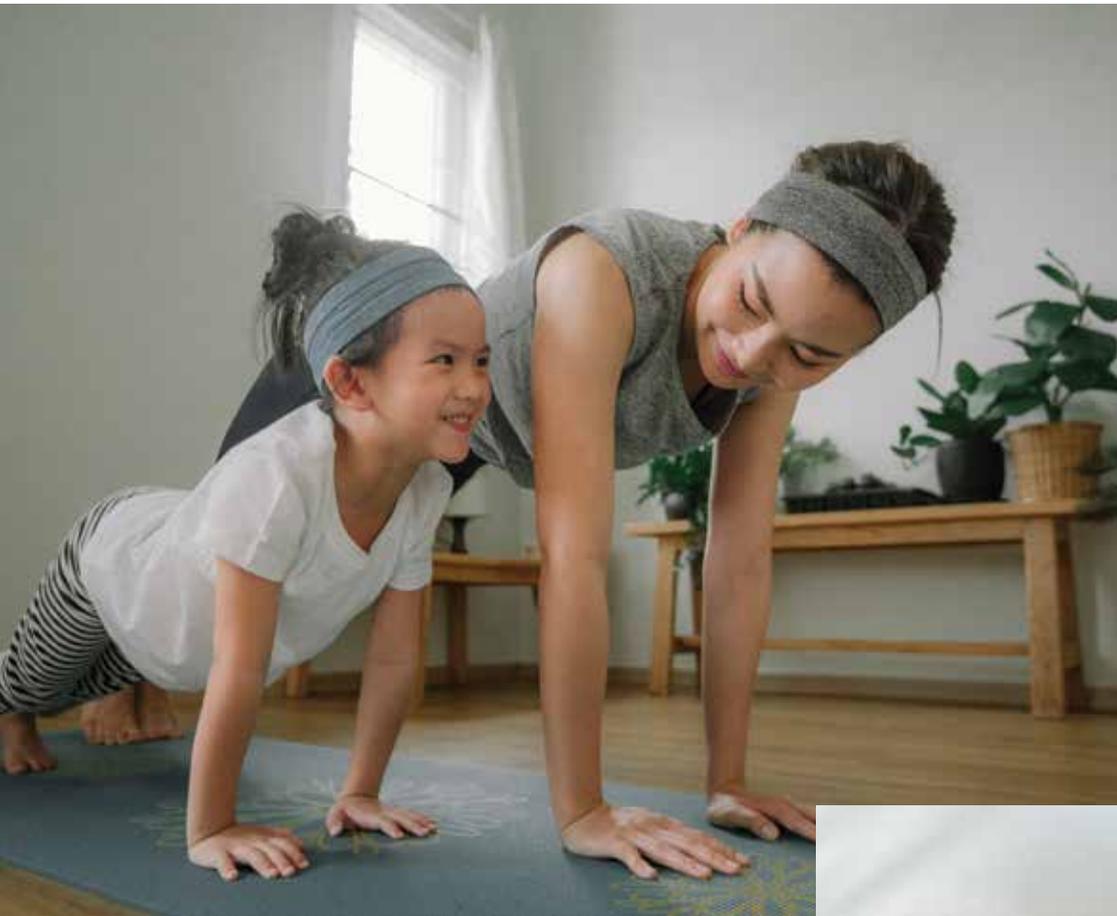
By Dylan Roche

Some people like to keep a record of how their grandparents met or what life was like for their ancestors when they arrived on Ellis Island. Those types of family records are great—but the more important record you should be keeping is your family health history.

If you aren't already keeping up with this trend, you should know that most health care experts—including those with the Centers for Disease Control and Prevention, as well as the National Institutes of Health—encourage it.

A family health history is exactly what it sounds like: a history of all diseases and conditions observed in your immediate and extended family. Back in 2004, the Department of Health and Human Services, along with Dr. Richard Carmona, then the surgeon general, launched the U.S. Surgeon General's Family History Initiative, which encourages all Americans to learn about any conditions that run in their family. That includes not only chronic conditions (like cancer, heart disease, and diabetes) but also details such as the age of diagnosis, cause of death, lifestyle habits (diet, exercise, smoking, and drinking), and environmental factors (for example, living in a community with bad air quality).





not want to share their medical history, and that's all right; respect their privacy and gather what information they are willing to give. Once you have all the information you need, take it to your doctor for discussion.

Remember, noticing a pattern isn't a cause for concern. All it means is that you now have a chance to work toward prevention.

Once you have a thorough family health history, be sure to maintain it in the years to come so it can be used by your kids and grandkids who might have questions of their own.

You can also compile every-



The idea is that when you're able to look at all of this information in front of you, and you can share it with your doctor, you have a better idea of your risk, what precautions you should take, and what screenings you should get regularly. You'll also know which precautions or screenings might not be as high a priority because your risk of certain conditions is lower.

For example, if you see that every man in your family has died around age 60, you might be a little bit worried—and rightfully so. If you're able to look at the specific cause of death, you might notice that, in each case, it's related to heart health in some way. This will indicate to your doctor that you should be screened for heart disease on a regular basis. Your doctor might

also instruct you to take up a consistent exercise routine, avoid fried foods, and start taking cholesterol medication. This way, you aren't resigned to the same fate as some of your family members, and you can be proactive about changing your health.

With the holiday season coming up in the next few months, now might be an ideal time to discuss compiling a family health history with not only your immediate family, but also your grandparents, aunts, uncles, cousins, and other relatives. Discuss the idea over Thanksgiving dinner or a Christmas party, and then create a document on a digital sharing platform (such as Google Docs or Dropbox) where everyone can review, edit, and add.

If possible, consider where you've seen these conditions in your family:

Alzheimer's disease, Cancer, Heart disease, Blindness/vision loss or deafness/hearing loss, High blood pressure or high cholesterol, Schizophrenia, Diabetes, Substance abuse (such as alcoholism), Pregnancy complications

You should also take into account these lifestyle choices:

How much each relative exercises, Which relatives smoke, Which relatives consume alcohol and how much, What kind of diet each relative follows, Any high-risk jobs that your relatives work

thing online by using the surgeon general's tool, My Family Health Portrait, which is available for free at phgkb.cdc.gov/FHH or by going to www.cdc.gov and searching "family health history."

Some of your relatives might



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from the grocery store or farmers market, look for ones that are firm with a smooth skin and a deep color to them. Ideally, their leaves should look fresh and not wilted. When you examine the beets, look for any bruises or any wet spots or softness that could indicate spoilage.

Once you get the beets home, cut away the leaves before storing. (If you wish, you can store the leaves separately and use them the way you

HEALTH & BEAUTY HEALTH

Fresh Take

BEETS

By Dylan Roche

When it comes to nutrients for cardiovascular health, you might say that beets are hard to beat.

Alright, forgive the lame joke—but the sentiment is true. These reddish-purple roots are packed with vitamins and minerals that are great for your heart, blood, and arteries and veins, as well as other systems of the body. Plus, they have a super sweet earthy taste that you'll love in soups and salads.

Beets get their distinctive color from a plant pigment called betacyanin, which helps your body fight carcinogens. And if that bold red hue reminds you of blood—well, that might be appropriate. The nitrate and potassium in beets help lower your blood pressure and improve your blood flow, and the iron is vital for carrying oxygen via your bloodstream to your cells.

Additionally, the high vitamin C content in beets helps your body absorb plant-based iron. And folate, a B vitamin found abundantly in beets, is needed for making both red and white blood cells. Studies have even shown that because beets do so much for your blood flow, oxygen transport, and energy production in your cells, regular consumption of these vegetables can improve your exercise performance.



Roasted Beet Salad with Walnuts and Avocado

INGREDIENTS:

- 4 cups arugula
- 4-5 large beets, cut into half-inch pieces
- 4 avocados, cut into half-inch pieces
- 1/2 cup crumbled goat cheese
- 1/4 cup freshly shaved parmesan
- 1/2 cup candied walnuts
- 1/2 cup cranberries
- 1 cup olive oil
- 1/2 cup balsamic vinegar
- 1/4 cup honey or maple syrup
- Salt and pepper to taste

DIRECTIONS:

Combine balsamic vinegar, olive oil, and honey or maple syrup for the dressing. Set aside approximately 1/2 cup for cooking the beets. Toss the cut beets with the half-cup of dressing you set aside. Once they are generously coated, spread the beets evenly across a baking sheet lined with parchment paper. Sprinkle generously with salt and pepper. Heat the oven to 400 degrees F and roast the beets for approximately 45 minutes or until tender. Set the beets aside in the refrigerator to chill for approximately three hours. Assemble the salad with the arugula, avocado, goat cheese, parmesan, walnuts, and cranberries, then toss with the chilled beets and remaining dressing.

Don't think it's just your cardiovascular system that benefits from beets. These vegetables also have fiber for a healthy digestive system, phosphorus for repairing tissues and cells, and lutein for protecting your eyes from cataracts and macular degeneration.

If you're looking to incorporate beets into your diet, opt for fresh beets, which have a much stronger flavor than the canned or jarred varieties you often see on store shelves. Beets flourish in cooler temperatures, and their season lasts late into the fall, though they can be grown all winter in milder or warmer climates. When you're selecting beets

would any other greens—raw in a salad or on a sandwich, or cooked up in a sauté or soup.) Beets should be stored in the fridge, and you should hold off on washing them until right before preparing and cooking.

When you start working with the beets in the kitchen, you might want to wear a pair of plastic gloves—the juice from the beets can temporarily stain your skin. If you don't have gloves and you do find yourself with a distinctive pinkish-purple tinge to your skin, simply give your hands a good rub-down with lemon juice to bring them back to normal.

If you've never cooked beets before, don't be intimidated—with a little bit of simple roasting or steaming, you'll have a vegetable that will work wonders in a variety of dishes. Here are a few ideas:

Pickled Beets

INGREDIENTS:

2 cups vinegar
2 cups white cane sugar
5 beets, cut into half-inch cubes

DIRECTIONS:

Combine vinegar and sugar in a saucepan over low heat and bring to a simmer. Stir, allowing the sugar to dissolve, then add beets. Simmer for five minutes. Remove from the heat and transfer the beets and sugared vinegar to a jar or glass food storage container. Chill overnight. Serve with brie or goat cheese and a drizzle of honey otop of crostini or crackers.



Borscht

INGREDIENTS:

2 tablespoons olive oil
1 garlic clove, minced
1/2 red onion, chopped
2 cups vegetable broth
1 large white potato, diced
1 large sweet potato, diced
1 teaspoon salt
1 teaspoon black pepper
2 cups beets, cut into half-inch pieces
2 teaspoons balsamic vinegar

DIRECTIONS:

Fill a large pot with 1 inch of water and bring to a boil over high heat. Set a steamer basket in the pot and fill the basket with cut beets. Cover the pot and steam the beets for approximately 10 minutes or until tender. Heat the olive oil in a large saucepan over medium heat. Add onion and garlic, allowing both to brown. Add the broth and simmer for about one minute. Season with salt and pepper. Add potatoes and raise the heat to high. When the broth starts to boil, reduce the heat to low and cover the pot. Allow the broth to simmer for approximately 10 minutes. Add beets and vinegar to the broth, then raise the heat to high again. Allow the soup to cook for approximately 5 more minutes. The broth should be a vibrant red color and the potatoes should be soft. Serve warm with a dollop of sour cream.



Is a Little Bit of Fear Good for our Health?

By Dylan Roche

It's that time of the year for ghouls and goblins! Even if you're no longer a kid looking forward to a night of trick-or-treating, it's hard to resist the appeal of a holiday where it's fun to be a little bit scared.

It turns out, however, that being scared is more than just fun—it might also be healthy for you. Now, bear in mind that this refers to short-term fear, the kind you get from watching a scary movie or going on a haunted hayride. Long-term stress and anxiety about real-world threats can take a negative toll on your health, resulting in such problems as fatigue, high blood pressure, and panic attacks.

But thrill-seekers looking for a little excitement can expect a small boost to their blood flow and even some psychological benefits. As it turns out, fear triggers the region of your brain known as the hypothalamus, which sends signals to the nervous system. This sets off several bodily responses similar to exercise: increased heart rate, increased oxygen consumption, and a redirection of blood to major muscle groups. In other words, you get an adrenaline rush.

This adrenaline rush is your body's natural way of providing you with the stamina you need to fend off a threat. In many cases, all of this happens faster than your brain can even process what's happening. That's why when you encounter "jump scares," such as when you hear a loud noise or an unexpected

figure pops up out of hiding, you involuntarily feel this way even though you're not facing anything dangerous or all that scary.

For most people, this rush can actually make your heart stronger and improve the efficiency with which your blood carries oxygen to your cells; however, for people with heart conditions, it might be dangerous, potentially even causing a heart attack or heart failure. (Because of this, scary movies might be physically unhealthy for people with heart problems.)

There's also a psychological benefit to getting scared for fun. Learning to face fears, even harmless ones like costumed performers jumping out of a cornfield, can increase your feelings of confidence. You feel braver for having coped with a scary experience, and that bravery transfers over to real life. You now feel better about taking risks or putting yourself in uncomfortable situations, such as speaking in front of a large crowd.

So, if you get invited to watch a horror movie this Halloween—go for it! After all, it's good for you.



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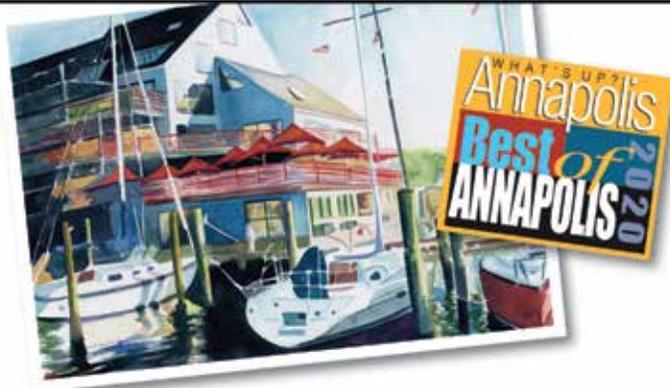
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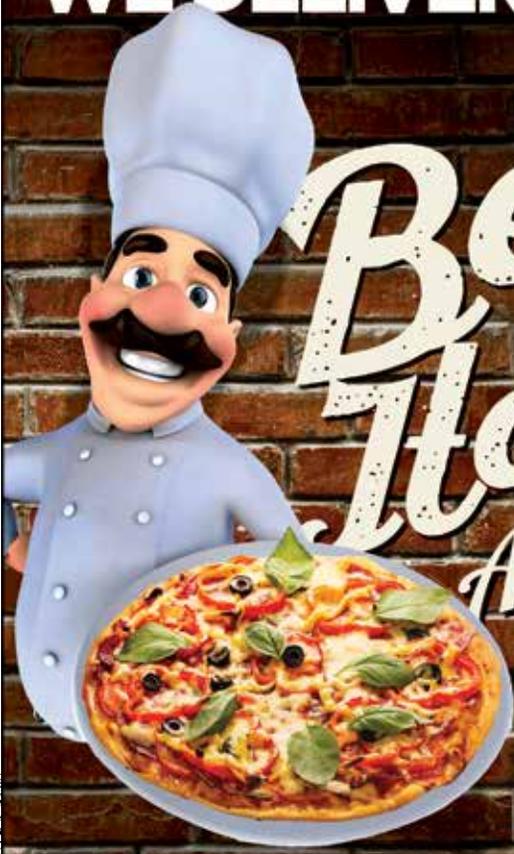
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Oh Sehr Gut!

By James Houck
Photography by Stephen Buchanan

I can enthusiastically state that after 25 some years of, personally, dining at Old Stein Inn in Edgewater that I still get giddy each and every (but few and far between) outings to the renowned German restaurant. It's that good. Knowing that I'd take the reins on this dining review had me eagerly anticipating a feast of wursts and mustards, spatzle and schnitzel, red cabbage and kraut, their outstanding crab soup with muenster cheese atop, and, of course, a beer to wash it all down.

But it had been a couple years since my last outing. Would my anticipation and hopes be justified? Has owner Mike Selinger continued his family's legacy of offering an authentic German experience? After all, his parents, Karl and Ursala, essentially built this real-deal restaurant shortly after emigrating from Rhineland-Pfalz (the German state just west of Frankfurt) in 1983 and quickly established Old Stein Inn as *the* restaurant in Anne Arundel County and beyond for all manner of *gemütlichkeit* (German for a state or feeling of warmth, friendliness, and good cheer) and delicious fare. Truth be told, Selinger has lived up to this legacy for some time, having taken over the restaurant from his parents some 15–20 years ago. In the time since, he's refurbished the interior several times over (while staying true to its cozy and Old-World roots and style) and built-out an expansive biergarten, perfect for al fresco dining on a crisp October outing.



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But it was not October during this visit and review (it was August). And the effects of COVID-19 were (and still are) dictating many dos and don'ts when it comes to dining out. So, what were my, and my family's, options? Thankfully, happily, many. Though our group, which included my immediate family (wife and two children) and in-laws, were precluded from dining inside (the elders being immunocompromised), for those wishing to do so, Old Stein Inn safely offers both indoor and outdoor seating—socially distanced, yet jovial all the same. In fact, you can reserve your table online easily via Old Stein's website, which itself is very informative and clued me in (glaringly at the top) that online ordering is also available for carry-out—the option we chose. Admittedly, I was very pleased to see Selinger and company adapt so well

to current affairs by giving diners all possible options to enjoy their atmosphere, food, or both.

And thankfully, the full menu was available online, as one would hope. Having rounded up my family's selections (which, oh by the way, has thick German immigrant ancestry), I selected and clicked my way through the ordering process, paid via credit card, and received instant notification that my order would be ready for pickup within 20 minutes. Pretty good.

When I worked my way down Central Avenue, it was nice to cruise past the elementary, middle, and high schools and reminisce about the many good friends and good times had there. Equally nice to think through the many great meals enjoyed at Old Stein. Anticipation was building. Surprisingly, the parking lot of Old Stein was busy-

ish. And when going inside for carry-out, I was amused to see happy diners here and there, munching their meals and quaffing German brews, of which Old Stein is renowned for having many classic, distinct, and authentic beers on tap. My visit wouldn't last long enough to enjoy one, however, so on-ward home I sped to deliver a feast to the fam.

The food. Two words—*sehr gut*. Very good. The adults each managed to slurp down a cup of Old Stein's cream of crab soup within the first several minutes of sitting down. The cream base had notes of sherry mixed in, there seemed to be a lump of crab within each bite, and traces of muenster cheese—usually a full slice draped across the top a la French onion soup, if memory serves correct—were delicately swirled within (a clever adjustment for to-go packaging). Not a drop was left.

Of course, for our mains we aptly ordered a fair representation of what Old Stein Inn—and German cuisine, in general—is known for; a smattering of wursts, schnitzels, spatzle, cabbage...even a Bavarian soft pretzel. More so, we ordered a Sampler Platter, which includes some of the aforementioned items, but also a Kassler Rippchen—a smoked, grilled bone-in pork chop. Some Americanized and local fare balanced our orders, with an a la carte crabcake, the Doner Kabob (a pita wrap, for which shrimp salad was the chosen star), and the kids' meals, one of which was a classic cheeseburger and the other, cheese spatzle, which pleased our wee-est one as “close-enough” to mac-n-cheese.

Wursts and schnitzel are my go-tos—specifically the Weiss wurst, and the chicken Jagerschnitzel, which must, in my opinion, be accompanied with a classic Hunter/mushroom sauce. The Weiss wurst, a veal sausage, with its smooth and milder flavor offers a subtle introduction to the world of wursts and doesn't sit heavy—nor taste it—like some of the more fatty and smoky sausages that are available.

It's why I enjoy them so...they taste mild but delicious, and I have room to enjoy other dishes or sides, of which the red cabbage and spatzle—yes, that small German egg noodle boiled, then sautéed in brown butter—shined. At home, when I make spatzle, I never seem to get the consistency for which Old Stein excels—even with my own spatzle-maker. Which is to say, if there was any spatzle left on anyone's plate, I went for it.

The Jagerschnitzel was ordered breaded and sautéed and, even with it nestled snug inside it's carryout carton for the trip home, remained tender yet crisp. The thinly-patted chicken had an even coating of, what seemed a combo bread crumb coating—perhaps traditional mixed with some panko—and was easy to slice. The mushroom-and-bacon sauce is the exclamation point for this dish and each morsel of chicken should be drenched in it to max out the schnitzel's potential. Old Stein obliged with a hefty cup of the sauce and, overall, this dish delivered—it's earthy, savory flavor and multi-texture made for the perfect comfort food fill-up.

Another stand-out at the table was the Kassler Rippchen—the thick-cut chop



with such a deep smoke 'n sear flavor profile that even a whiff of the bacony beast could cause pork hysteria (which I think lives within most of us). Each morsel was an intense hit of robust deliciousness. Balancing bites of German potato salad between each hammy hit was a smart move, and Old Stein's salad in this regard is a chunky, salt 'n sour addictive concoction. Top notch.

The crabcake proved itself a worthy candidate for any kitchen in Annapolis or Baltimore. It was quite fine—a classic combination of lump and backfin meat aptly held together with gentle binder of egg/mayonnaise. Not overdone, nor pretentious. Simply good. Same remarks were made for shrimp salad, which nestled within a pita wrap that felt more American than anything German on the menu,

despite its name Doner Kabob. And the children couldn't have been more pleased with the cheeseburger and cheese-spatzle. Something for everyone made the evening.

I, for one, greatly look forward to making a return visit—to dine in the biergarten this fall. After all, I left room for dessert (of which Old Stein has several tempting treats: Black Forest Cherry Cake and Hazelnut Torte among them). Or maybe, I'll take those extra calories by way of brew—there are more than enough unique German beers to get a fill.

By the time this review goes to print, the weather will have turned toward autumn's embrace. Perfect for evenings spent with family and friends, enjoying great food, quaffing delicious drink, and shouts of “Prost!” all around. Perfect for Old Stein Inn.

For the Love of Cooking

By Tom Worgo

Photography by Stephen Buchanan

Lino Chiavo grew up in Naples, Italy, and learned how to cook the old-fashioned way...from grandmother Ada Carannante. The first thing Chiavo brings up in an interview is his grandmother. He cherishes the years he spent with her in the kitchen.

“My expectations of what I am tasting and eating, I got from her because she was a really great cook,” Chiavo says. “Every time she cooked, it was like a beautiful dish and something special.”

Chiavo brought his family’s cooking knowledge and his eight years as a chef in his home country with him, when he came to America at age 30 in 2006. Once in the states, he spent three years as a chef at restaurants in New Jersey and, then, Carmine’s in Towson.

Three years later, he bought Bella Italia in Annapolis from his wife Maddalena’s family. Chiavo, now 44, made a lot of changes to the restaurant and, nowadays, business is booming. Customers love Bella Italia’s pizza, but the pasta and salads are customer favorites, too.

We recently sat down with Chiavo to talk about his grandmother’s influence, the restaurant’s best-selling dishes, and donating food to local schools during the COVID-19 pandemic.



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Your grandmother taught you a lot about cooking? Tell me about that.

We lived in the same apartment building. She lived on the second floor and I lived on the first. I would have lunch and dinner with my grandparents. I learned a lot by watching my grandmother cook. I spent a lot of time around her. The first dish my grandmother cooks for me when I go back home is meatballs. She is in her mid-80s and still cooks.

After your 12 years as a chef, did you feel more than ready to own a restaurant?

When I worked in Towson for a year and two years in New Jersey, I wasn’t just a chef. I was running the places. I really wanted to own a restaurant and use my ex-

perience from that. I was in New Jersey when my wife’s family called me. So, I came and saw this restaurant and I said to my wife’s brother, Luca Assande, “Let’s own it together.”

There are a lot of Italian restaurants in Annapolis. What separates your place from others?

It’s the food. We always try to improve. If we find something better, I switch my old way of doing something to a new way. If I find a better ingredient or better quality chicken from somebody, I will use it. If I have to spend more to buy better ingredients, I will do it. I have great relations with my employees. That’s why they never leave. Most of them have been here seven or eight years.



Fettuccine Bolognese

Sauce for four servings

Ingredients

4 Tbsp olive oil
 1 medium red onion, finely chopped
 1 medium carrot, finely chopped
 1 rib celery, finely chopped
 2 lbs ground beef
 28 oz can of crushed San Marzano tomatoes
 1 cup of heavy cream (optional)
 Half cup of red wine
 Salt, black pepper, and Parmigiano Reggiano to taste

Directions

Heat olive oil in a large skillet over medium heat. Sauté onion, carrot, and celery until onions are translucent, about 5 minutes. Increase heat to medium high, add beef and cook until meat is no longer pink. Stir in wine, allowing the wine to reduce slightly and stir in tomatoes. Add salt and black pepper. Bring mixture to a boil, reduce heat and simmer, uncovered, for 1 1/2 to 2 hours until most of the liquid has reduced. You want the sauce to be very thick and meaty. Stir in heavy cream and cook for a few more minutes. Remove from flame and toss with fettuccine and Parmigiano Reggiano.

Why did you want to buy the restaurant?

I thought it could be a great restaurant, and it's in a nice spot in Annapolis. We have grown a lot since we started this business. I didn't live in Annapolis before. I was working in Towson as a chef and basically running a restaurant. I started meeting people and people were coming to the place. The business kept growing, growing, and growing. I think we have doubled our business since we took over.

Tell me about your catering business?

We work with everybody. Schools, hospitals, and offices. We have made a lot of donations to hospitals and schools over the years. During COVID-19, we donated a lot of food for the kids. It's something I felt I needed to do.

Is a big part of your customer base the Naval Academy?

They are huge customers for us. We get big catering orders

from the sports teams. Football, lacrosse, and basketball. Many, many sports. A lot of people who work at the Naval Academy come here for lunch. Every Friday huge groups of Midshipmen come in here, too, and order everything. The catering business [with the Academy] has grown a lot over the years and it's a huge part of our business.

What physical changes have you made to the restaurant over the years?

We made a lot of changes and the place is like new. We put up nice walls that separate the sides of the dining room. We have parties on the one side. We also finished all the wood in the place. I put in bigger ovens, so we can cook more pizzas. The bathrooms and refrigerators are new. I basically remade everything.

What dishes do your customers crave the most?

Pizza with cheese and pepperoni are the most popular.

We make pizza that you can't find in any other pizzeria. The different ingredients and toppings make it special. Our tomatoes come from the Campania region of Italy and the parmesan cheese comes from Italy, too.

What else are customer favorites?

Salads. People love the chicken avocado salad. It has grilled chicken, bacon, and tomatoes blended with Mexican cheese. People will often come back in and buy it again.

You provided What's Up? Media with the recipe for Fettuccine Bolognese? What makes it special?

It's a traditional and old Italian recipe that we have also used in the family. We really make it the way it's supposed to be. It has onions, celery, and carrots all chopped up. You blend those things to make a cream sauce before you add ground beef and red wine to the pasta. We finish it off with pink sauce.

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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 Dely

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 🍷

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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; Lunabluofannapolis.com; Italian; lunch, dinner \$\$ ☎ 🍷 🍷

Metropolitan Kitchen & Lounge

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

Miss Shirley's Café

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

Rams Head Tavern

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

Sailor Oyster Bar

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

Stan & Joe's Saloon

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

Tsunami

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

Greater Annapolis

Basmati

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

Bean Rush Café

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

Blue Rooster Café

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

The Brass Tap

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

Broadneck Grill & Cantina

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

Bruster's Real Ice Cream

1409 Forest Drive, Annapolis; 410-295-0025; Brustersannapolis.com; Dessert \$ 🍷 🍷 🍷 🍷 🍷 🍷 🍷 🍷

Buffalo Wild Wings

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

Cantler's Riverside Inn

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

The Canton Restaurant

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

Cooper's Hawk

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

Chevys Fresh Mex

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

Chris' Charcoal Pit

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

Double T Diner

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

Eggcellence

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

Evelyn's

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

Giolitti Delicatessen

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

Gordon Biersch

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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 \$ 🍷 🍷 🍷 🍷 🍷 🍷 🍷 🍷

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Heroes Pub

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

Italian Market & Restaurant

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

Jalapeños

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

Julep Southern Kitchen & Bar

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

La Sierra

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

Lebanese Taverna Café

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

Lemongrass Too

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

Lures

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

Ledo Pizza

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

Maggianno's Little Italy

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

The Melting Pot

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

Mi Lindo Cancún Grill

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

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 \$\$ 🍴 Y 🍷 🍺

Paul's Homewood Café

919 West Street, Annapolis; 410-267-7891; Paulshomewoodcafe.com; Mediterranean; lunch, dinner, brunch \$\$ 🍴 Y 🍷 🍺 🍻 🐾 🍷

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 \$\$ Y

Rams Head Roadhouse

1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadgroup.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$\$ Y 🍴 🍷

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200 Old Mill Bottom Road, Annapolis; 410-626-7427; Redhotandblue.com; Barbecue; lunch, dinner \$ Y 🍴

Riverbay Roadhouse

1374 Cape St Claire Road, Annapolis; 410-757-2919; Riverbay-roadhouse.com; Steak, seafood; breakfast, lunch, dinner \$\$ 🍴 Y 🍷 🍺

Royal Karma

302 Harry S. Truman Pkwy, Suite K, Annapolis; 410-266-5006; Indianfoodannapolis.com; Indian; Lunch buffet, dinner \$\$ 🍴 Y 🍷

Sakura Japanese Steak & Seafood House

2625 Housley Road, Annapolis; 410-573-0006; Sakurasteakhouse.com; Japanese; lunch, dinner \$\$ 🍴 Y 🍷

Sam's on the Waterfront

2020 Chesapeake Harbour Drive East, Annapolis; 410-263-3600; Samsonthewaterfront.com; Modern American; lunch, dinner, Sunday brunch \$\$ 🍴 Y 🍷 🍺 🍻 🍷

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 \$ 🍴

Seyvern Inn

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

Sin Fronteras

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

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 \$\$ 🍴 Y

Union Jack's

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

Ziki Japanese Steakhouse

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

Zoe's Kitchen

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

Eastport / Bayridge

Adam's Taphouse and Grille

921C Chesapeake Avenue, Annapolis; 410-267-0064; Adamsgrilleannapolis.com; Barbecue; lunch, dinner \$\$ Y 🍴

Annapolis Smokehouse & Tavern

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

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 \$\$ Y 🍴 🍷 🍺

Boatyard Bar & Grill

400 Fourth Street, Annapolis; 410-216-6206; Boatyardbarandgrill.com; American, seafood; breakfast, lunch, dinner. \$\$ Y 🍴 🍷 🍺 🍻 🍷

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 \$\$ Y 🍴

Carroll's Creek

410 Severn Avenue, Annapolis; 410-263-8102; Carrolscreek.com; Seafood; lunch, dinner, Sunday brunch \$\$ 🍴 Y 🍷 🍺

Chart House

300 Second Street, Annapolis; 410-268-7166; Chart-house.com; Seafood; dinner, Sunday brunch \$\$ 🍴 Y 🍷 🍺

Davis' Pub

400 Chester Avenue, Annapolis; 410-268-7432; Davispub.com; American; lunch, dinner, late night \$ Y 🍷 🍺 🍻

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 \$ Y 🍴

Jack's Fortune

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

Lewnes' Steakhouse

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

Main & Market

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

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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; Adamsgrileannapolis.com; Barbecue; lunch, dinner \$\$ 🍷 🌿

All American Steakhouse

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

Bayside Inn

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

Bella Sera

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

Broadneck Grill & Cantina

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

The Bistro at South River

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

Chad's BBQ

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

Edgewater Restaurant

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

Fuji Steakhouse

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

Glory Days Grill

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

The Greene Turtle

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

Happy Harbor

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

Harvest Thyme Modern Kitchen & Tavern

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

Hispa Restaurant

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

Killarney House

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

Ledo Pizza

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

M Thai Restaurant

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

Mike's Bar & Crab House

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

Nova Sushi Bar and Asian Fusion

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

Old Stein Inn

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$\$ 🌿 🍷 🌿 🏆

Petie Greens Bar and Grill

6103 Drum Point Road, Deale; 410-867-1488; Petiegreens.com \$\$ 📞 🌿 🍷 🌿 🏆

Pirate's Cove

4817 Riverside Drive, Galesville; 410-867-2300; Piratescovemd.com; Seafood; breakfast, lunch, dinner, Sunday brunch \$\$ 📞 🌿 🍷 🌿 🏆

Plazuelas

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

Pier Oyster Bar

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

Red N Reel Restaurant

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

Saigon Palace

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

Skipper's Pier Restaurant & Dock Bar

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

South County Café

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

Stan & Joe's Saloon South

173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoessaloon.com; American; lunch, dinner, late-night \$ 🌿 🍷 🌿 🏆

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- 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

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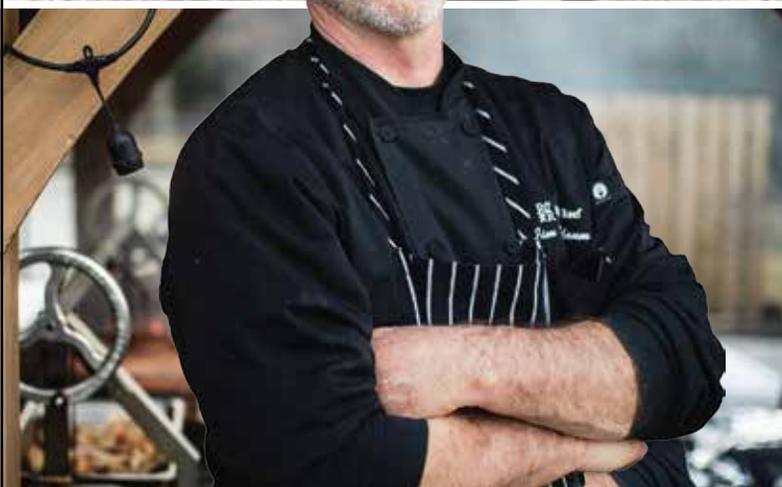


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Yellowfin Steak & Fish House

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

Arnold / Severna Park / Pasadena & Beyond

Adam's Ribs

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

Ashling Kitchen & Bar

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

Bella Italia

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

Blackwall Barn & Lodge

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

Brian Boru Restaurant & Pub

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

Café Bretton

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

Café Mezzanotte

760 Ritchie Highway, Severna Park; 410-647-1100; Cafemezz.com; Italian; lunch, dinner \$\$ 🍷 🌿 🍴 🎵

Donnelly's Docksides

1050 Deep Creek Avenue, Arnold; 410-757-4045; Donnellys-docksides.com.com; Seafood; lunch, dinner \$\$ 🍴 🌿 🍷

Founders Tavern & Grille

8125 Ritchie Highway, Pasadena; 410-544-0076; Founders-tavernandgrille.com; American; lunch, dinner \$ 🍷 🌿

Gina's Cafe

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

La Posta Pizzeria

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

Ledo Pizza

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

Lemongrass Arnold

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

Mamma Angela's

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

Mi Pueblo II

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



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DINING GUIDE

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Mother's Peninsula Grill

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

O'Loughlin's Restaurant

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

Park Tavern

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

The Point Crab House & Grill

700 Mill Creek Road, Arnold; 410-544-5448; Thepointcrabhouse.com; Casual contemporary American Seafood restaurant; brunch, lunch, dinner \$\$

Rico's Tacos and Tequila Bar

1266 Bay Dale Drive, Arnold; 410-571-3466; Ricostacos.co; Mexican; lunch, dinner, weekend brunch \$

Rips Country Inn

3809 N. Crain Highway, Bowie; 301-805-5900; Ripscountryinn.com; Rustic country cooking and Chesapeake eats; breakfast, lunch, dinner \$\$

Romilo's Restaurant

478-A Ritchie Highway, Severna Park; 410-544-6188; Romilosrestaurant.com; Greek; lunch, dinner \$\$

Severna Park Taphouse

58 W. Earleigh Heights Road, Severna Park; 410-793-5759; Severnaparktaphouse.com; American, sports bar; dinner \$

Sin Fronteras

7700 Ritchie Highway, Glen Burnie, 410-424-2022, Sinfronterascfe.com, Mexican; lunch, dinner, Saturday and Sunday breakfast \$\$

Twains Tavern

8359 Baltimore Annapolis; Boulevard, Pasadena; 410-647-5200; Twainstavern.com; American, sports bar; dinner \$

Vida Taco Bar

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

Regional

Bistro St. Michaels

403 Talbot Street, St. Michaels; 410-745-9111; Bistrostmichaels.com; Euro-American; brunch, dinner \$\$

Hemingway's Restaurant

357 Pier 1 Road, Stevensville; 410-604-0999; Hemingwaysbaybridge.com; Seafood; lunch, dinner \$\$

The Island Hideaway

14556 Solomons Island Road S, Solomons; 410-449-6382; Theislandhideawaysolomons.com; American; lunch, dinner

Knoxie's Table

180 Pier 1 Road, Stevensville; 410-249-5777; Baybeachclub.com; American; lunch, weekend brunch

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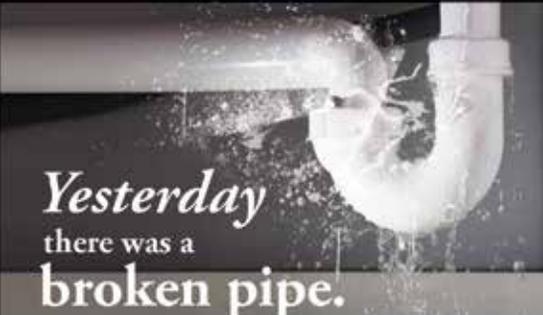


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Where's Wilma?

FIND WILMA AND WIN!

With autumn in full swing, our flying mascot Wilma is enjoying the cooler weather, seasonal changes, and the very best of Chesapeake Bay living. From outdoor activities and events to getting an early start on holiday shopping, Wilma is on the move! Where will she 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 for another opportunity to win a prize.

Congratulations to this month's winner: Ed Mirely of Crownsville, who won a \$50 gift certificate to a local restaurant.

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



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Would you like to sign up for our weekly eNewsletters, which brings you each weekend's best events and dining deals, as well as online-exclusive articles! Yes, please! _____ No, thanks _____

Entries must be received by October 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 Statues of Limitations

By Frederick Schultz



In the shadow of the historic COVID-19 pandemic, this nation's persistent racism has again reared its ugly head. It came into sharp focus following the death in May of George Floyd in Minneapolis under a police officer's knee, all captured on bodycam footage. Now, we're all obligated to consider whether statues and memorials should be removed or modified with revised or updated histories that acknowledge transgressions as much as accomplishments. What do you think?

Sculpted likenesses and architectural showpieces memorializing known racist figures from the country's past already have come tumbling down, some literally, in a murky cloud of revised history. Other inanimate objects—among them roads, schools, public and private buildings, parks, and military bases—are being, or already have been, renamed.

The question arises: Why don't we just stop naming things after people? Two long-time friends and former publishing colleagues and I have been informally discussing this issue and the glaring lack of "nuance" in our current national conversation. We first agreed that no human being is or has been perfect, and many of them—immortalized in bronze and granite and other art media—have been downright menaces to society.

We acknowledged that in the nation's early days, slavery was seen by many people of means as an economic necessity. It also had no real north/south boundary until much later, and the practice was often off-handedly referred to, tepidly and for the most part by politicians, as "the peculiar institution." In the discussion, we all strongly concurred that slavery was "as wrong as wrong can get." So, why does it continue to linger on the national conscience?

In that vein, we addressed the saga of Thomas Jefferson, at once the author of the Declaration of Independence and concurrently an owner of slaves himself. What a monstrous irony, we believed, thinking that Jefferson must have known he was doing something terribly wrong, even as he composed, as a member our little forum put it, "one of the planet's most powerful and far-reaching statements of enlightened government." We also agreed that "of all the problematic leading figures in American history, Jefferson best exemplifies the challenge we face in our efforts to make some sort of conscientious and honest sense of our past."

Our best idea is to "retool" the Jefferson Memorial in Washington with a dominant interpretive message about his forever troubling legacy. Thus, all those monuments, statues, memorials, and plaques erected so many years ago could well live on if all included the entire stories of the imperfect people they're meant to honor. This would, in effect, bring more attention

to the human failings of the person so spotlighted than if the memorial had never been erected in the first place.

My personal cautionary stance on all this can't help but be informed by having spent my entire early life in and around the national military park and cemetery at Gettysburg, Pennsylvania. For several years I was an editor for a monthly magazine titled *Civil War Times Illustrated*, grappling regularly with the characterization of the South as having fought, justly and valiantly, for a "Lost Cause." The key word here is "lost," with "cause" meant to excuse the Confederacy for seceding from the Union in the name of "states' rights." There was nothing "just" about it, of course. Even so, I'd hate to see the park's dynamic changed for the wrong reasons.

The mission at national military parks is to interpret the effects of the tactics ordered by the battle's commanders as they saw fit. Hence, statues now stand, and some roads are named, to mark those officers' combat positions. Removed from political context, Confederate General Robert E. Lee—who, after the battle, told the troops under his command, "It's all my fault"—sits on horseback atop the Virginia Monument along Seminary Ridge on West Confederate Avenue,

which follows the South's front line on the third and decisive day of the battle. The outcome at Gettysburg easily could have led to a full-fledged Southern invasion of the North and thus dramatically changed the course of history. If the markers and monuments were eliminated, there would be little reason to have the military park at all.

Recently, Anne Arundel County illustrated what is being discussed here and how it might work. This past July, an official ceremony was held to rename a park in the Fourth Ward of Annapolis, once a bustling business district when African-American residents occupied (or were segregated to) that sector of the city. The area had also been the site of the 1906 lynching of a jailed Black man accused of assaulting a White woman. The park, which for years was named for a White first chairman of the Anne Arundel County Council, John Whitmore, now includes commemorative plaques to interpret the history of what was known as "the jewel of the Black community" and "the Black Belt." Today, it is permanently known as "The People's Park."

How's that for nuance? What do you think?

What do you think and why?

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



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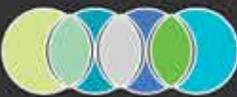
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