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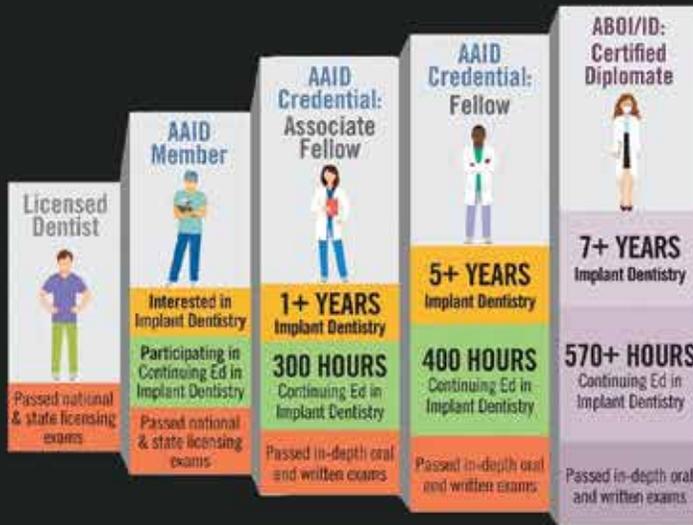
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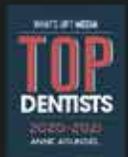
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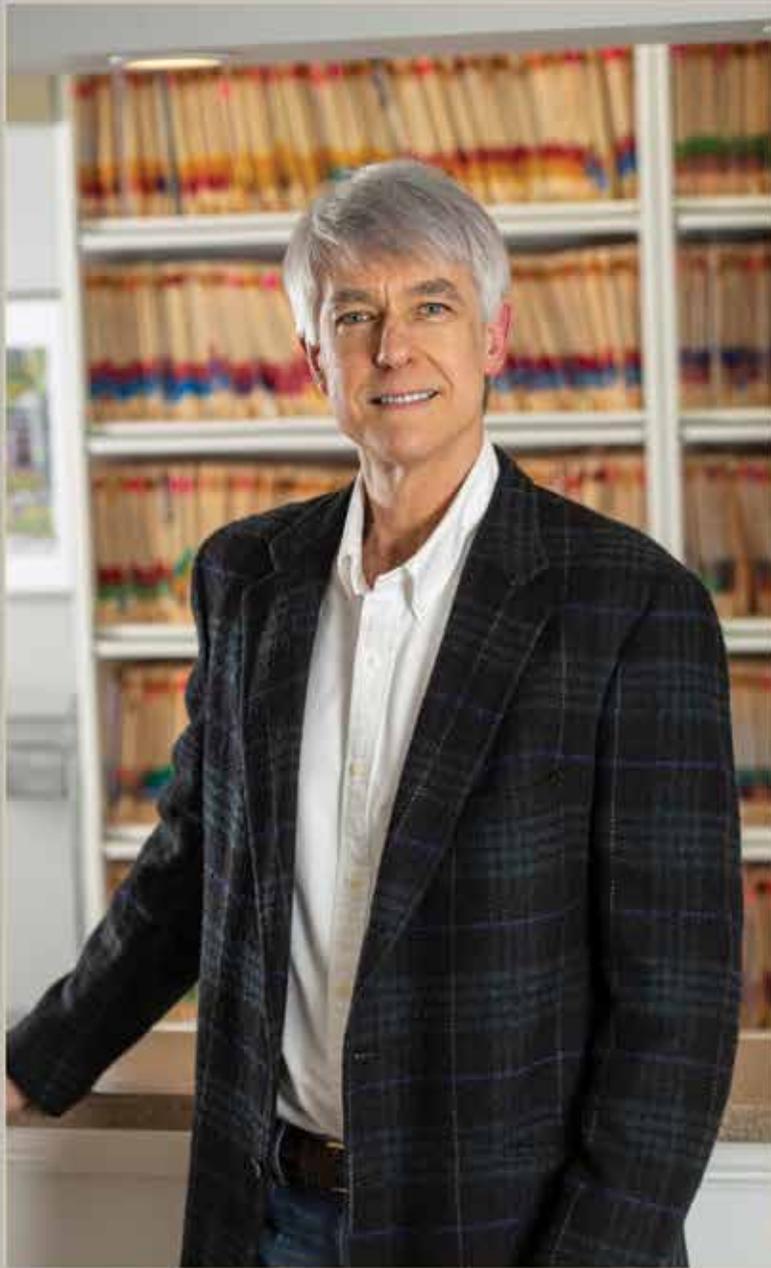


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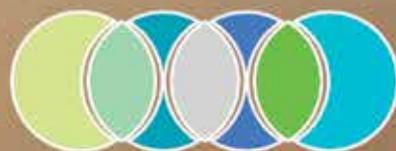
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**On the Cover:** Celebrate the holiday season with friends, family, and community. Design by August Schwartz. Contact *What's Up? Annapolis* online at [whatsupmag.com](http://whatsupmag.com). ♻️ Please recycle this magazine.

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Professional Sports  
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Generation of Investors  
2021 Private School Guide

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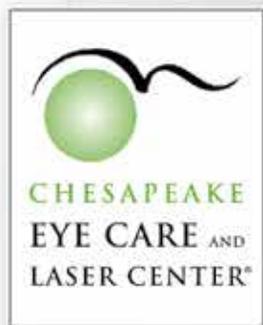
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# editor *From the*

“It’s time for  
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**M**y grandfather, John Schuyler, would roar with a hearty belly laugh and glint in his eye that knew the fantastical culinary delight that had been pan roasting for a quarter-day would soon be at the carving block, on the dinner table. Rested and ready for his display of knifing and forking, the tender, delicious beef would make its way to each plate of the 15 or so guests who awaited this feast as much as he did. Its was a Christmas Eve dinner tradition on my mother’s side of the family. A huge, festive roast beef dinner.

I reflect on memories like this all the time during the holiday season. Often from my youth, these memories are what I know the holidays to be. It’s all I know, with most of these nostalgic trips through time being very fond, fun, and a delight to reminisce. Christmas Eves, Christmas mornings, singing “Silent Night” at church. Not a whole heck of a lot of folks know this about me, but I was an alter boy for about six years in the Episcopal church. One Christmas Eve, I was set to serve as alter boy for the big show...the evening service. This was at St. Anne’s in Annapolis and just as we’re about to start the evening procession from the back of the room toward the alter, of which I led out everyone by carrying the U.S. flag...the flagpole snapped broken in my hands! I had probably my biggest freak-out moment of my life to that point. I thought Christmas Eve service wouldn’t happen because of something I had done or didn’t do. Thankfully, several congregants saw my dismay, worry, and profuse sweating and coached me up to carry-on, sans flag...to lead everybody to the alter for the start of the service. What an odd yet amusing memory to recall. A holiday hijinks of sorts.

There were, of course, presents. And the best present an eight-year-old growing up in the ’80s could ever...in the history of the world...be lucky enough to receive; a Nintendo Entertainment System. That was in 1987 or so, I think. I also remember as a young teenager receiving Pink Floyd’s *Dark Side of the Moon* and *The Wall* albums from my parents (me being the next generation to dig into them) and exclaiming to my mom, “These are the Bible to me.” I wore those CDs out. I look back at the gifts received and given over the years and think about how fortunate I have been.

The best gift of all? Well, I can confidently look back at them all and know in my heart that it wasn’t anything opened on Christmas day. My best present came two weeks early in December 2010; my first-born daughter who arrived in this world a special, beautiful, little preemie baby and made me a father a wee bit earlier than anticipated. I had the privilege and honor to love and watch her blossom into an innocent and, forever, remarkably happy little girl. She would have turned 10 years old this December, which is incredible to think about...for me at least. Our immediate family—my wife, daughter, and son—honor and remember her life on her December birthday each year by visiting Lights on the Bay at Sandy Point State Park. The twinkling holiday lights and displays along the shoreline, with the Bay Bridge as the backdrop, and holiday music trickling out of the car stereo, make for perfect reflection and create another endearing memory with my family. How lucky I am.

I’m sure many of you feel similarly this time of year, whether you celebrate Christmas, Kwanzaa, Hanukkah, or maybe just New Year’s. Reflecting on holidays past, good and circumstantial memories, and remembering loved ones—cherishing moments and lives spent together—can be easy or difficult. My hope is that love, laughter, empathy, and kindness prevail in each of our lives this season. We could use more of it, actually. And it isn’t always easy to achieve. It can be downright hard sometimes, especially this year. But remember—and I say this with a glint, cadence, and smirk that would make my grandfather proud—the path to anyone’s heart begins in the belly. So put a roast beast in the oven; smash some taters, grab a glass, and toast to those who hold the dearest space in your heart...and you within theirs.

James Houck,  
Editorial Director

# HAPPY HOLIDAYS



- from -

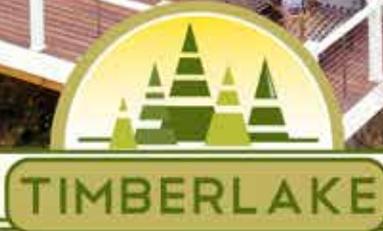
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# Out on the TownE

25 EVENT PICKS | 36 SALUTE | 38 SPOTLIGHT | 44 ATHLETE

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The SPCA of Anne Arundel County's 26th annual Lights on the Bay Holiday Light Show at Sandy Point State Park will be open through the entire month of December and closing January 2nd, 2021. The two-mile scenic drive through the park and along the Chesapeake Bay will feature about 70 animated and stationary displays to illuminate the roadway. This year's display will include lights inspired by Historic Annapolis, and even includes a display of USNA midshipmen tossing hats into the air. For more information, visit [Lightsonthebay.org](http://Lightsonthebay.org).



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## EASTPORT YACHT CLUB LIGHTS PARADE

Enjoy the beloved Annapolis tradition and see the magic on the water of the Annapolis Harbor. On December 12th, from 6 to 8 p.m., gather with friends and family to see the boats appear out of the cold winter night to illuminate the waterways with thousands of colored lights. The parade will take place in the Annapolis Harbor and Spa Creek above the Spa Creek Bridge. For more information, visit [Eastportyc.org](http://Eastportyc.org).



## ↑ Annapolis Chocolate Binge Festival

Gather on the first block of West Street from noon to 5 p.m. on December 6th to get your chocolate fix. The Inner West Street Association and the Annapolis Arts District have joined forces to bring back the popular, 6th annual Annapolis Chocolate Binge Festival for the holidays. The festival will feature family-friendly entertainment, chocolate, plenty of holiday shopping, and the festive West Street Holiday Light Canopy. For more information, visit [Annapolischocolatefestival.com](http://Annapolischocolatefestival.com).



## Vintage Christmas Market

Wildberry Farm + Market in Crownsville is hosting a Vintage Christmas Market on December 13th from 3 to 6 p.m. The outside vintage market will be hosting a variety of vendors, raffles, a social media scavenger hunt, and many other fun activities. For more information, visit [Wildberryfarm-market.com](http://Wildberryfarm-market.com).

## #GIVINGTUESDAY LIVESTREAM EVENT

Join Maryland Theatre for the Performing Arts for a livestream event for #GivingTuesday on December 1st at 10 a.m. The event will feature local artists, musicians, dancers, public officials, board members, and more. Find the event on Facebook to join the online celebration of charity and giving. Visit [Mtpa-annapolis.org](http://Mtpa-annapolis.org) for more information.

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## ↑ Christmas in St. Michaels

St. Michaels is celebrating Christmas all month, both online and in person with many events. Bidding closes December 8th for the Christmas in St. Michaels online auction featuring both gifts and experiences for everyone on your Christmas list. And this year, the Marketplace will be an online shopping experience. Pick a day that works best for you to get breakfast with Santa or order cookies to leave out for Santa on his big day. Pick up a Spirits with St. Nick package or celebrate the Yuletide at the Inn at Perry Cabin to benefit the Bay Hundred Community. There are plenty of things to do to celebrate the season in St. Michaels, find the full list at [Christmasinstmichaels.org](http://Christmasinstmichaels.org).

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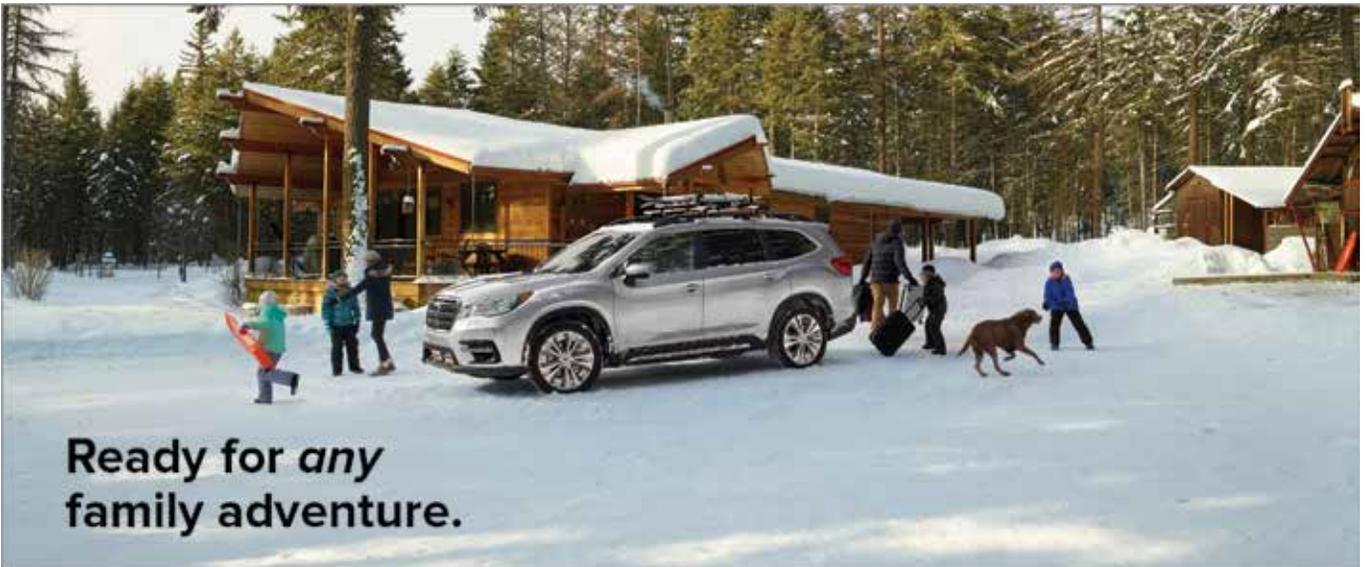
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## Santa's Drive-by Give Away

Instead of having Breakfast with Santa, this year, see Santa's Drive-by Giveaway. The Sistah's of Annapolis Social Club, King's & Queen's Corvette Social Club, and the staff of Annapolis Recreation and Parks are putting on an event for children ages infant to 11 years old. They will receive a gift from Santa on December 19th at the Pip Moyer Recreation Center. Register by emailing [Mnbrown@annapolis.gov](mailto:Mnbrown@annapolis.gov), then you will be given a time slot to come see Santa. New toys and monetary donations are accepted as well. For more information, visit [Annapolis.gov](http://Annapolis.gov).



## NEW YEAR'S EVE BOAT DROP

Downtown Cambridge is having their fifth annual New Year's Eve Boat Drop on December 31st on Popular Street. The boat is a replica of a trot-lining deadrise which is a traditional waterman's workboat. It will be launched down more than 60 feet of track at midnight. Everyone has their own way to ring in the new year, and Cambridge is honoring the locals with this tradition. For more information, visit [Downtowncambridge.org](http://Downtowncambridge.org).

## ↑ Christmas in Easton: Moonlight Madness and Holiday Parade

Join the City of Easton on December 4th and 5th for their Christmas Celebration through the streets of Downtown. On December 4th, from 4-10 p.m., find the perfect gifts for the holidays while indulging in live music, entertainment, carriage rides, and pictures with Santa. Come back at 6:30 p.m. on December 5th to see some of the most creative and decked out floats ever. The parade will include classic cars, marching bands, holiday characters, and of course, Mr. and Mrs. Claus. For more information, visit [DiscoverEaston.com](http://DiscoverEaston.com).





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## Midnight Madness

The madness is back in Downtown Annapolis on December 3rd, 10th, and 17th starting at 4 p.m. each day. Join the festive shopping tradition hosted by Downtown Annapolis Partnership and support our local businesses. This year, the festivities will start earlier, allowing shoppers to stagger their times better since the stores will only operate at 50 percent capacity. If you are not ready to go into a store yet, feel free to shop the local stores online or to buy a gift card to a local restaurant. Don't forget to visit Snowflake Alley while you are there. For more information, visit [Downtownannapolispartnership.org](http://Downtownannapolispartnership.org).

### HOLIDAY OPEN HOUSE AND GREENS SALE

On Friday, December 4th from 4:30 to 7:30 p.m., visit the Hammond-Harwood House for a special tour for any guest. From the garden, many volunteers have made boxwood wreaths. This year, you will also be able to decorate your own home for the holidays with the Boxwood Collection. Tour the garden and the home and continue the party in the historic kitchen, where there will be festive treats and wines. To reserve your Festive Boxwood Wreath, email [Info@hammondharwoodhouse.org](mailto:Info@hammondharwoodhouse.org) or call 410-263-4683 x10.



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TOWNE SALUTE

# Darlene Gamble

## Anne Arundel County Conflict Resolution Center

By Tom Worgo

**D**arlene Gamble traces her outstanding skills as a mediator back to her family life. Sometime along the line, she became her relatives' go-to referee when inter-familial conflicts arose. And she loved doing it.

"Those skills came to me naturally," Gamble says. "If there is a conflict in my family, everybody always calls me and gives me their side of the story. I have to be the one that is the peacemaker and say, 'No, they didn't mean it like that,' or 'Did you think about it this way?' or 'What if they mean this, this, and this?' That's what I have done my entire life."

Those skills have come in handy in her role as a standout volunteer with the Anne Arundel County Conflict Resolution Center in Annapolis. Organization officials say that even though she's not officially on staff, they consider her like a regular employee.

The 57-year-old Gamble, a retired federal website analytics specialist, mediates a variety of challenging cases and almost single-handedly manages the center's outreach program. It's even more remarkable that, aside from the extensive training she's gotten as a volunteer since joining in 2017, she has no professional background in conflict resolution. Except with her relatives that is.

The center handles a variety of disputes. From one day to the next, these may include divorces, separations, disputes between neighbors, child custody cases, workplace, and family issues.

Most of these cases are either self-referrals or referrals by government agencies, civic organizations, the court system, and other nonprofits. The center's method is called the co-mediation model, which uses two mediators in each session.

"Darlene really understands why mediation is so important," says Kate Bohanan, an AACRC board member.

"She does a lot to make sure people who handle conflicts in non-constructive ways are made aware of mediation. Her strength is her enthusiasm. The amount of time she dedicates is unbelievable."

The organization's executive director, Georgia Noone-Sherrod, has so much confidence in Gamble that she even has her take her place at school district committee meetings that Sherrod is unable to attend.

Noone-Sherrod says Gamble's value to the organization can actually be measured in dollars and cents. She points out that mediators working in the for-profit sector often charge relatively high rates—as much as \$250 per case.

"There's no way as a nonprofit we can afford to pay professionally trained mediators," she explains. "Often times they are lawyers or attorneys who are doing settlement conferences. That's what makes Darlene so valuable. She is a trained professional mediator that provides her services free of charge."

Regardless of the outcome of a two-hour case session, Noone-Sherrod says Gamble, a Mitchellville resident, always comes out smiling. She mediates 20 to 30 cases a year.

"Everybody tells me I have a calming presence," Gamble admits. "Even if you disagree with the other person, that's fine. It's okay. You don't have to agree with everything. Just hear them out."

Noone-Sherrod adds: "I haven't had a complaint about her in three years."

Gamble's favorite cases involve working with children. She handles a lot of child custody cases and spends time visiting elementary and high schools talking to students about race relations and racial bias.

“Anything with children I have a passion for because I want them to have stability and consistency,” she says. “A lot of my cases are about parenting and planning. That’s when couples have separated and, now, they have to work out a plan on how they are going to parent their children. The parents have to decide how they are going to pick them up, when they are going to see them.”

She also volunteers as court appointed special advocate in Prince George’s County for children in foster care.

“I am the voice of the child when they go to court,” she says. “I also spend time with the child during the month (leading up to court) as part of the team to help keep services on track for the child.”

Yet another key component of her volunteer work at AACRC is her community outreach to make more people aware of the organization and its services. She speaks at an event about once a month, talking with students at Anne Arundel Community College and local public schools.

Several county agencies—the Department of Aging and Disabilities, the Department of Juvenile Services, Anne Arundel County Police, and county Partnership for Children, Youth and Families—are also on her community outreach agenda.

“She is very good at creating relationships especially with people who aren’t familiar with the center,” Bohanan says. “She is an ambassador for us.”

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

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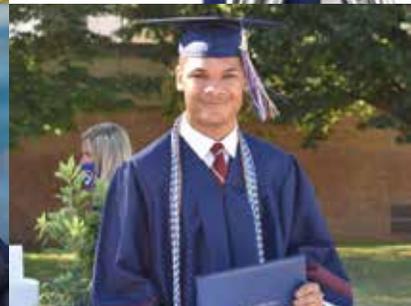
## SEVERN RIVER ASSOCIATION'S NEW PRESIDENT

The SRA recently announced that Erik Kreifeldt is now at the helm of the organization. Kreifeldt assumed the President's chair at the conclusion of the annual meeting September 3. Kreifeldt previously became SRA's Treasurer in 2019. A lifelong angler and waterway enthusiast, he is inspired by the prominence of the Severn River and is motivated to keep it healthy. Big-10 educated, Erik has a B.A. from Penn State and an MBA from the Kelley School of Business at Indiana University. His day job is an industry analyst for TeleGeography, covering the global market for international network services. A Broadneck resident since 2007, Kreifeldt also serves as President of the Pendennis Mount Association, as well as board member of the Pendennis Mount Boat Club (PMBC), of which he is Past President and captain of a 19-foot center console. A member of the Severn River Rod & Keg Club, Kreifeldt fished with a crew that won the white perch category in the 2015 Fish for a Cure tournament, fishing the Severn under the tutelage of Capt. John Page Williams, and he went on to captain a crew that won the category in 2018. Although fishing has been his foremost pastime, you're just as likely to see Kreifeldt cruising the Severn with family and friends or plying it in a 15-foot kayak.



## ↑ Chesapeake Conservancy Adds Virtual Tours of Tangier Island & Pocomoke River

The Chesapeake Conservancy released new virtual tours of Tangier Island and the Pocomoke River. The tours are similar to what people experience with Google Street View but from the perspective of the water rather than the street. Virtual visitors can see the beauty of the Chesapeake and explore these special places from their computer, device, or mobile phone. This project is part of a much larger and long-standing partnership with the National Park Service to protect and enhance a broad network of conserved lands and special places in the watershed and equitably provide access to recreation, culture, and nature. The Tangier Island and Pocomoke River virtual tours are part of the Chesapeake Conservancy's Riverview series, which includes 14 Chesapeake waterways and special places like Mallows Bay-Potomac River National Marine Sanctuary, Fones Cliffs on the Rappahannock in Virginia, Baltimore's Inner-Harbor, Werowocomoco on the York River in Virginia, and more. Visit [Chesapeakeconservancy.org](http://Chesapeakeconservancy.org) to view all 14 virtual tours and vignettes of special places in the Chesapeake.



Alexis Tackney (Top Left), Denaye Pritchett (Top Right), Eva Coleman (Bottom Left), and Robert Dewes (Bottom Right)

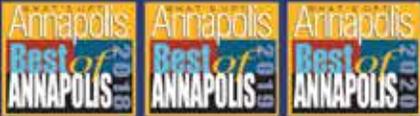
## ANNAPOLIS POLICE 2020 SCHOLARSHIP WINNERS

The Annapolis Police Department recognizes the importance of higher education and recently announced the Annapolis Police Scholarship Fund winners for 2020: Eva Coleman, Robert A. Dews, Denaye Pritchett, and Alexis Tackney. The scholarships are funded through several anonymous benefactors, Spring Fling fundraising efforts (the event itself was postponed until 2021), community donations, and partnership with the local Annapolis Papa John's Pizza locations. In conjunction with the 150th Anniversary of The Annapolis Police Department, the scholarship program was established in 2015, to award students from the City of Annapolis with tuition assistance. Students must have a 2.7 GPA, live in the City of Annapolis, and demonstrate financial need. Lt. Kevin Krauss of the APD Community Services Division stated, "While the pandemic may have caused us to postpone this year's fundraiser, we are extremely grateful to our donors for their unwavering support of our students."

For more information, visit [AnnapolisPoliceScholarship.org](http://AnnapolisPoliceScholarship.org).

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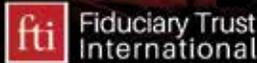
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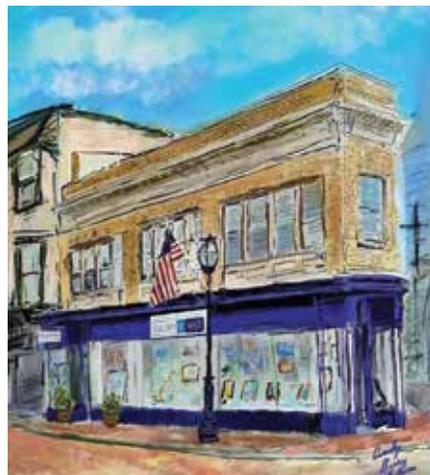


## Triple Crown of Charity Sailing Trophy Winner Announced

Chesapeake Region Accessible Boating (CRAB), The Leukemia & Lymphoma Society, and regional Hospice organizations awarded the 2020 Triple Crown of Charity Sailing Trophy sponsored by Weems & Plath on Thursday, October 22nd at The Market House in Annapolis. The jointly promoted charity sailing races, respectively known as The Leukemia Cup, The CRAB Cup, and The Hospice Cup, were held in August and September this year. Due to COVID-19 social distancing requirements, no post-race parties were held for any of the events. In 2018, the Triple Crown of Charity Sailing Trophy was created to promote greater skipper participation in all three charity races and to enhance fundraising support for the respective charities. The skipper with the best finish in all three races who also raises the most money for each of the three charities is presented with the stunning, repurposed trophy formerly the Power Squadron of Baltimore's Navigation Trophy. Peter Trogdon, former CEO of Weems & Plath, found the trophy and took possession and responsibility for bringing it back to its former glory. Weems & Plath's, President & CEO, Michael Flanagan made the trophy presentation along with representatives of the three charities to winner Dan Flagler, skipper of Flagfest, a Pearson 31, and his wife Sharon.

## ANNAPOLIS ARTS ALLIANCE'S NEW GALLERY OPEN ↓

A new art gallery, Gallery 57 West, showcases 27 diverse AAA member artists in a newly renovated space in the Arts District of Historic Annapolis. After extensive design improvements, Gallery 57 West is now a mix of modern and historic styling with sleek new flooring, contemporary fixtures, ethereal greys and maritime blues, set within the framework of an early-1900s building adorned with original tin ceilings. The vast array of juried artwork is truly a "fusion of the arts" and includes paintings in all media, photography, glass, sculpture, jewelry, and more. "After five years of seasonal pop-up shops, we're excited that the Annapolis Arts Alliance now has a permanent location to display the talents of so many members," says Elizabeth Ramirez, president of AAA. For more information, including current days and hours open, visit [gallery57west.com](http://gallery57west.com).



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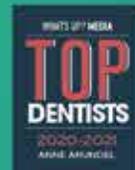
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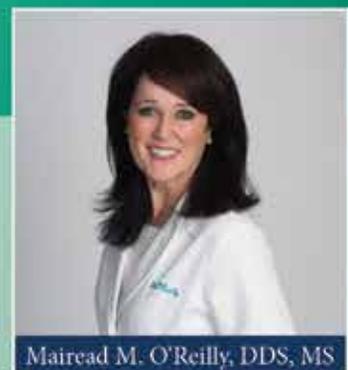


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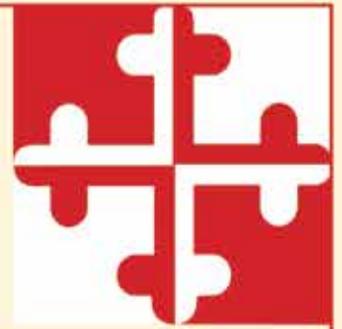
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TOWNE ATHLETE

# Jacob Darrow

Severn School  
Football, Lacrosse

By Tom Worgo

**S**evern School senior Jacob Darrow can't wait to play lacrosse at the Naval Academy. He verbally committed to the school in June. Five years ago, he wasn't certain he would even graduate high school, much less end up at the Naval Academy.

Doctors diagnosed Darrow, in seventh grade at the time, with Non-Hodgkin's Lymphoma and found a tumor the size of a deflated football in his abdomen. Fortunately, surgery in January of 2015, followed up by several months of chemotherapy, enabled Darrow to beat the cancer. But it was a grueling ordeal and he lost 20 pounds in the process.

"I remember after my first cycle of chemotherapy the doctors said they had great news," Darrow recalls. "They told me the tumor is down to the size of a softball. I asked, 'How big was it before?' They said it was the size of a football. I was like 'Oh wow, it was that big!'"

Darrow's recovery forced him to repeat the seventh grade, but he jumped back into sports. His last chemo treatment came in August of 2015—the same month he started lacrosse practice. In September, he began playing football again.

Playing sports again was part of the building block for him to later have a standout Severn sports career.

"Once I got back to school, I was tremendously weaker," he explains. "I lost a lot of weight from all the chemo. When I got back to all the physical activity, I didn't have as much stamina. I pushed myself to work out and get in the best shape possible so I could play sports that fall."

In addition to lacrosse, Darrow, who carried a 3.86 grade-point average, sees himself preparing for a career in cyber security. It's something he's been eyeing for a long time.

"I plan on majoring in cyber operations," Darrow says. "It would be a cyber security (job) through the government. Something along the cyber security track. It's an up and coming business in D.C. It's steadily growing and improving. I'd love to get in on that growth."

**"He plays a step ahead. He sees the game before it unfolds. He really has a high lacrosse I.Q. and he has closed the gap physically over the last two years."**

Darrow's success at lacrosse has come despite his size. The 5-foot-10, 175-pound defenseman hears about it from opponents during games.

"Sometimes you hear it on the field, someone saying, 'Oh, he is a small defenseman. He is probably the worst one,'" he says. "That makes you play harder and more physical. I play a lot bigger than I am."

Several other colleges beside Navy loved Darrow's game. Brown, Cornell, and Tufts also recruited him heavily.

"Navy has always been my number one school," Darrow says.

Darrow stood out on the Severn lacrosse field for his defensive skills and leadership qualities.

He played six years of club lacrosse for the Annapolis Hawks before joining the Severn junior varsity as a freshman.

He started the next two years on the varsity squad and ranked among the team leaders in ground balls as a sophomore. Darrow often found himself guarding the team's top offensive player.

“He plays a step ahead,” Severn Boys Lacrosse Coach Joe Christie says. “He sees the game before it unfolds. He really has a high lacrosse I.Q. and he has closed the gap physically over the last two years.”

Christie also raves about Darrow as a leader. “He’s really vocal,” he says. “He’s like a field general. He tells people where to be and what to do.”

Darrow also excelled on the football field. He was a dual threat, with the ability to make plays with his arms and feet. Darrow’s top performance came against Our Lady of Mount Carmel in a 41-12 victory in late-October (2019), when he threw three touchdown passes.

“It’s great having somebody with his mobility and speed,” Severn Football Coach Duane Tyler says. “He makes good decisions throwing the ball and getting it to the guys when they are open.”

Tyler first came in contact with Darrow at Severn, in seventh grade, when he coached the middle school football team. Tyler says Darrow’s attitude is what carried him through the cancer.

“He is that guy who moves forward,” the coach explains. “He is a very positive kid. He has the grit and the short-term memory.”

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



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**THE EASTERN SHORE'S FACE  
OF TECHNOLOGY**

# JASON LEE

Jason's Computer Services

9231 Centreville Rd  
Easton, MD  
410-820-9467  
office@jcscomp.net  
www.jcscomp.net

Some say that technology runs through Jason's veins. Jason Lee founded Jason's Computer Services in 1999 when he saw a particular need for specialized technology services on the Eastern Shore. A childhood Leukemia Survivor first diagnosed late 1984, he was sick for most of his childhood life, in and out of hospitals for almost 3 years. Jason eventually ended up at Children's Hospital in Milwaukee, Wisconsin, where his life would change forever with the ultimate gift of life.

With a less-than-1% chance to live from AML Leukemia, Jason needed an unrelated bone marrow transplant and, luckily, a female donor was found. The operation was a success and completed in late-1987. Jason has been cancer free for 33 years and is the longest living recipient of an unrelated bone marrow transplant with a still-living donor.

For the past 20 years, he has led his area in IT leadership and excellence. Ever since Jason was a young age, he loved anything technology, including computers, video games, cell phones, and networking. Jason is incredibly involved in his local community, its children's futures & local events.

# *Faces of the Chesapeake*

**WHAT'S UP? MEDIA WOULD LIKE TO CREATIVELY INTRODUCE YOU TO EXCEPTIONAL LOCALS THROUGHOUT THE CHESAPEAKE BAY REGION WHO ARE CONSIDERED EXPERTS IN THEIR VOCATIONS AND INDUSTRIES. WITHIN THE FOLLOWING PAGES, YOU'LL MEET, FACE-TO-FACE SO TO SPEAK, INDIVIDUALS AND COMPANIES WHO TAKE PRIDE IN OFFERING OUR READERS PROFESSIONAL, PERSONAL, AND COURTEOUS SERVICE. YOU'LL LEARN THEIR STORIES, THEIR CALLINGS, AND ABOUT THEIR BUSINESSES. INTRODUCING THE FACES OF THE CHESAPEAKE!**

**WHAT'S UP? MEDIA**

## **IN ORDER OF APPEARANCE**

Jason Lee—Jason's Computer Services  
David Orso  
Jason's Computer Services  
The DD McCracken Home Team—Coldwell Banker  
Titan Hospitality Group  
Anne Arundel Counseling, Inc.  
All Star Pain Management & Regenerative Medicine  
Chaney Homes  
Fichtner Services  
Blue Crab Cupcakes  
Patterson Law  
Church Circle Title & Escrow, LLC  
The Law Office of Andrea Ross  
George R. Roles, Attorney & Counselor at Law  
Benson & Mangold Real Estate  
Laughlin Plastic Surgery/Skin Wellness MD  
Annapolis Smiles  
O'Donnell Vein & Laser  
Scott Schuetter—Century 21 New Millennium  
Chesapeake Financial Planning & Tax Services, LLC  
ProMD Health  
Hospice of the Chesapeake  
Oral Surgery Specialists  
CPE Clinic, LLC  
Anne Arundel Gastroenterology Associates  
Londonderry On the Tred Avon  
Annapolis Area Christian School  
Baywoods of Annapolis  
Archbishop Spalding High School  
Severn School  
Christina Janosik Palmer Group  
The Arc Central Chesapeake Region  
Adoro Medical Spa  
Mission Escape Rooms  
Wye Trust  
Frame & Frame—Attorneys at Law  
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Solar Energy Services  
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FACES OF THE CHESAPEAKE 2020



**THE FACE** OF REAL  
ESTATE THE RIGHT WAY



# DAVID ORSO

[david@daivdorso.com](mailto:david@daivdorso.com)  
[davidorso.com](http://davidorso.com)

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

David leads a small team of experts which has been ranked #1 in Anne Arundel County, regardless of brokerage, for total sales volume for seven years in a row, 2013, 2014, 2015, 2016, 2017, 2018, 2019.

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

During the past 36 months, David has sold over \$200 million in real estate in Anne Arundel County.

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

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

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



FACES OF THE CHESAPEAKE 2020



THE EASTERN SHORE'S FACES  
OF TECHNOLOGY

# JASON'S COMPUTER SERVICES

9231 Centreville Rd, Easton, MD | 410-820-9467 | office@jcscomp.net | www.jcscomp.net



Technology is more important now than ever before. How does technology play a role in your life? Do you wish you made different tech choices along the way? Perhaps to have invested in higher-speed internet service, a better router, or a faster laptop? This year has been a test for us, making consumers think about the future and what role technology will play in it. This is where the role of a Managed Service Provider (MSP) comes into the picture.

Choosing the right MSP can be a difficult decision. Managed Service Providers are a type of company that handles your IT needs, from small to large. Whether you are a small business, three-person law firm, for example, or as large as an ACE Hardware Store with 25 computers and two servers, Jason's Computer Services is the clear MSP choice. With a combined 45 years of experience, the company can solve any problem presented to it.

In addition to being a full-service MSP, Jason's has a full service "showroom" that showcases over 500 brand new computers, including laptops and desktops, including Apple, Dell, HP, and Lenovo. Jason's currently does work for over 90 local businesses on the Shore and over 5,000 residential accounts yearly. Is your current MSP the right choice? On average, we convert three accounts per month that are not satisfied with their current MSP provider. Maybe you're overpaying and do not even know it. Call for a business consultation today. Jason holds a Computer Science Degree from Chesapeake College, including MCSE, MCP, CCNA, A+, and Net + Certificates. Jason's staff also holds specialized certifications. While some might look at cancer as a big setback in life and living with the complications that come as a long term detriment, Jason saw his second chance at life as an opportunity to build a successful business. Jason's Computer Service understands the demands of technology in today's world. It is clear to see why Jason is the Eastern Shore's Face of Technology.



FACES OF THE CHESAPEAKE 2020



**THE FACE OF  
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FACES OF THE CHESAPEAKE 2020



THE FACE OF AN INDUSTRY TITAN



# JAMES J. KING

Founder & CEO  
Titan Hospitality Group

Titan Hospitality Group, founded by James J. King has become a leading innovator in the restaurant industry in this region since the COVID-19 pandemic began. As co-owner of Blackwall Hitch (Annapolis, MD and Alexandria, VA), The Blackwall Barn & Lodge (Gambrills, MD), and the all-new Smashing Grapes Kitchen & Wine Bar (Annapolis, MD and Gambrills, MD). King has used the pandemic as a catalyst to innovate and reinvent his restaurants.

Beginning with his work ethic and his unwavering dedication to establishing a culture in which his employees are considered family, his facilities are tended to as castles and his guests are treated like royalty, King has reinvented the team mentality. Over the past seven months, the Titan brands have reimagined their dining spaces, re-written the training playbook and reinvigorated their staff to attack every guests needs with reckless abandon.

Unique and challenging times call for unique and creative approaches to an industry that has operated with the same norms for decades. King has emerged as a leading innovator to change the way the industry thinks and acts. King has implemented new technology to provide a contactless experience - one that is both expected by the guests and welcomed. He has sourced systems that not only make the experience better for the guest, but provides a better working environment for the employee, focused on safety, sanitation, efficiency and savings.

King and Titan Hospitality are making long-term investments in the communities that surround his establishments and in the 350 employees that he has been able to retain throughout the pandemic, a feat he is most proud of. "Our employees are equally as important as our guests, without them we have no business model, our customers can feel that mentality when they dine with us and are extremely appreciative of that mindset.", King said. James King has truly emerged as a Titan in his industry!

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# REBECCA MITCH MCKEE

PhD, LCPC,  
CFC, BC-TMH

Anne Arundel Counseling, Inc.

For nearly two decades, Anne Arundel Counseling (AAC) has established itself as a dynamic team of seasoned professionals dedicated to providing comprehensive evaluation and treatment to children, adolescents, and adults through individual, family, and group sessions. Under the leadership of Dr. McKee, executive director, clinical/forensic psychotherapist, and board-certified telemental health provider, AAC has solidified its reputation as a premier mental health and wellness practice in the community.

Dr. McKee's expertise has enabled her to create a diverse team of experienced, skilled clinicians who are committed to your well-being and empower you to achieve personal growth in a warm, inviting, supportive atmosphere, which allows you to develop an enhanced, enriched relationship with your provider.

Making your mental health a priority is essential to achieve a balanced, healthy lifestyle. We can help you embark on your personal journey of wellness and provide you with the tools necessary to improve your overall quality of life.

To schedule an appointment at one of our six locations, call 410-768-5988, e-mail [info@annearundelcounseling.com](mailto:info@annearundelcounseling.com), or visit [www.annearundelcounseling.com](http://www.annearundelcounseling.com). TeleHealth services are also available statewide.

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FACES OF THE CHESAPEAKE 2020



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Founded in 2017, 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.

Our founder, Dr. Zamfirov (Dr. Zed), has extensive experience in regenerative medicine and has built a successful practice with the goal of helping his patients obtain relief from arthritis, neck and back pain, sports injuries, and chronic pain due to an orthopedic condition with minimal side effects and downtime. Our treatments are designed to repair injured tissue, and Dr. Zed's innovative, comprehensive approach utilizes your own healing potential as a means of providing pain relief.

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# **KAREN SCOTT**

**PA-C, MSHS**

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All Star Pain Management is pleased to announce the addition of its new wellness center, which opened in the fall of 2020. At All Star Wellness & Regenerative Medicine, we take a whole-body approach that encompasses diet, exercise, sleep, and other factors that form the foundation of good health.

Our Wellness Specialist Karen Scott works with each patient to develop an individualized treatment plan and provides a variety of services that are customized to meet their specific needs and goals, including weight loss management, IV therapy, peptide therapy, and much more. 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.

Our founder, Dr. Zvezdomir Zamfirov (Dr. Zed), who opened his practice in 2017 with the mission of providing a comprehensive approach to pain relief, is pleased that Karen has joined his team of professionals to offer wellness options for patients.

To discover how we can help you improve your overall quality of life, schedule a consultation today.



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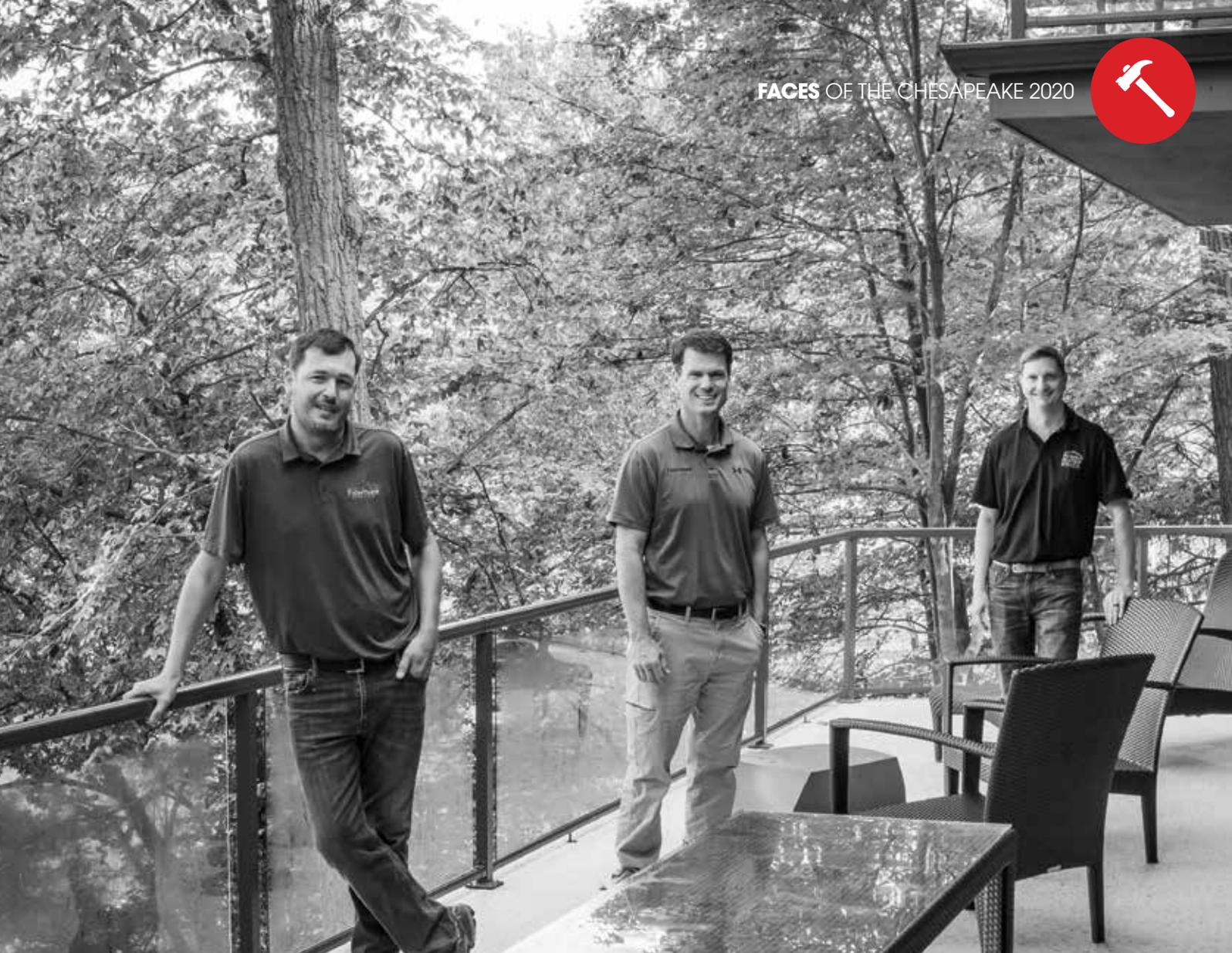
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Meet our construction management team: Bob Hanna, Tom Fichtner, and Nolan Redd. Shortly after starting the company in 1994, Tom hired Bob and then Nolan to help run the business. Over the years the trio has seen their tool pouches get a little dusty as their desk time and management tasks increase. Bob's focus is now on managing the company's supervisors, crews and vendors for the roofing and siding projects. Nolan specializes in the windows, doors, decks and painting divisions at Fichtner Services. We are not sure what Tom does (other than a little bit of everything)!

Since 1995, Fichtner Services has been providing high-quality, custom home exterior renovations to Annapolis and Anne Arundel County residents. Fichtner is known for its expertise in all of a home's exterior systems. From full exterior replacements to repairs, historic renovations to custom new construction homes, Fichtner has the experience and skills to handle any project small and large. Customer service, value and quality are at the forefront of every project completed by Fichtner.



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Blue Crab Cupcakes is a boutique bakery specializing in cupcakes, mini cupcakes, weddings, special occasion cakes, and custom cake pops. Their bakery is conveniently located off Route 50 in Annapolis, Maryland.

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For as long as we can remember, we've wanted to help people. Recovery for the client is the goal of Patterson Law. George and Maria Patterson help their clients recover from life disrupting events following truck, car, and motorcycle accidents, injuries due to medical mistakes, and injuries from dog bites.

Over 20 years ago, the Pattersons began their legal careers together at the oldest law firm in Prince George's County. They spent over a decade litigating on behalf of the major automobile insurance companies and defending personal injury claims. 100+ jury trials later, they decided to apply their knowledge and experience to help injured people recover and obtain the most fair, just, and equitable results from those insurance companies.

George is board-certified in Civil Law, Civil Pretrial Law, and Truck Accident Law by the National Board of Trial Advocacy. Maria currently serves on local boards including the Anne Arundel County Board of Appeals, Anne Arundel County Judicial Nominating Committee, and the Peer Review Committee for the Maryland Attorney Grievance Commission. Both George and Maria have been designated the "Best of the Best" by Maryland and Washington, D.C. *Super Lawyers*.



**THE FACES OF  
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Church Circle Title & Escrow, LLC

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[loandocs@cctitle.net](mailto:loandocs@cctitle.net)

Jehanne McIntyre Edwards, aka "Jan," is the owner and primary settlement officer for Church Circle Title & Escrow, LLC, a full-service title company that offers residential and commercial settlements for purchases and refinances. Jehanne is assisted by one other attorney and an experienced staff of 5.

Church Circle Title & Escrow is independently owned and operated which means there is an attention to detail and personal accountability to each buyer, borrower, agent and lender. In these uncertain and changing times there is an even greater need for knowledgeable and experienced professionals to guide buyers and borrowers through the highly regulated loan and purchase process.

A lawyer and businessperson for over 30 years, Jehanne also reviews and drafts contracts and leases, prepares deeds and other legal documents pertaining to real estate and property.



**THE FACE OF BANKRUPTCY LAW  
ON THE EASTERN SHORE**

# ANDIE ROSS ESQ.

The Law Office of Andrea Ross

800-758-9265  
129 N. West Street, Suite 1  
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AndieRossLaw.com | Andie@AndieRossLaw.com

Bankruptcy attorney Andie Ross has dedicated her practice to providing dignified and tailored solutions to individuals and businesses throughout the region. Andie's goal is to empower her clients, and she can often be heard saying "You've Got Options!" The people who come to her to get out of debt and start a new life are more than just clients – they're her Eastern Shore neighbors and friends, who deserve her personal attention every step of the way. Andie's devotion to her clients has been recognized by the Pro Bono Resource Center of Maryland, Mid Shore Pro Bono, the Maryland General Assembly, the U.S. Congress, and Super Lawyers. The greatest accolades, admittedly closest to Andie's heart, and what makes her the "Face of Bankruptcy" on the Eastern Shore are her 100 five-star reviews on A V V O.

*We are a debt relief agency. We help people file for bankruptcy under the Bankruptcy Code*



**THE FACE OF  
EASTERN SHORE DEBT RELIEF**

# GEORGE ROLES, ESQ.

George R. Roles  
Attorney & Counselor at Law

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101 South Commerce St., 1st Floor  
Centreville, MD 21617  
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I have spent my entire legal career helping people, their families, and their businesses climb away from financial despair. Despite what we all hear on the news today about the chugging economy and the happy consumer, financial pressures certainly continue to mount. Folks still struggle, houses fall into foreclosure, businesses fail, and families lose income. Whether it is divorce, unemployment, uninsured catastrophe, or gradual building of debt load, making the decision to file a bankruptcy case can be devastating.

Here at my law firm, we know the lay of the land in debt relief, bankruptcy, and debt settlement. We care, empathize, and treat clients with utmost compassion and understanding. Receptive and responsive, here in Centreville, you'll find no ridicule, and we make no judgments, only personal service and quality advice. Our job? Help people, their families, and their businesses get a fresh start, and we are very proud to have helped thousands of people along the way. Get out of the weeds today. We're happy to help.



**THE FACE OF MID SHORE  
REAL ESTATE**

# CHUCK MANGOLD JR.

Benson & Mangold Real Estate

410-924-8832 (mobile)  
410-822-6665 (office)  
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chuck@chuckmangold.com

Chuck Mangold, Jr. has been a top producer on the Eastern Shore for 20 years. Chuck joined Benson & Mangold in 2001 after a 13-year career in the retail automobile business. As a 5-star Zillow Premier Agent, he prides himself on being in all things Eastern Shore Real Estate, including inland, waterfront, and commercial properties in Talbot, Queen Anne's, Caroline and Dorchester Counties.

Chuck is a strong supporter of his community. He serves on the Board of Directors for several organizations, including the Academy Art Museum. He has also served as a past board member of Habitat Choptank, The Country School, the Talbot County Chamber of Commerce, and The Mid Shore Board of Realtors.

Chuck, his wife of over twenty years, Lauren, & their three sons Charlie, Robbie, & Peter reside in Easton. Chuck enjoys spending time with his family, boating and fishing.



FACES OF THE CHESAPEAKE 2020



**THE FACES OF  
INTEGRATED BEAUTY**

# **LAUGHLIN PLASTIC SURGERY SKIN WELLNESS MD**

Dr. Daniel Laughlin and Kelly Sutter, RN, CANS

127 Lubrano Dr., Suite 102  
Annapolis, MD 21401  
410-205-5629  
[www.laughlinplasticsurgery.com](http://www.laughlinplasticsurgery.com)

Laughlin Plastic Surgery and Kelly Sutter RN, CANS are collaborating to bring you all your skincare /laser and surgery needs.

Dr. Daniel Laughlin is a Board Certified Plastic Surgeon who specializes in aesthetic plastic surgery. Dr. Laughlin brings more than 2 decades of experience, serving patients from in and around the Annapolis region. Dr. Laughlin is a proud member of The American Society for Aesthetic Plastic Surgery and The John Staige Davis Society of the Plastic Surgeons of Maryland.

Kelly Sutter is a Certified Aesthetic Nurse specialist and holds certification in laser physics. She has extensive experience with cosmetic lasers such as Sciton BBL, Micro-Laser Peel, Halo and Hero. Kelly is a member of The American Society of Lasers in Surgery and Medicine as well as The International Society of Aesthetics and Plastic Surgery Nurses. Kelly is also proud to be a part of the Allergan Medical faculty and an AMI instructor.



**THE FACES OF  
COMPREHENSIVE DENTISTRY**

# SCOTT FINLAY, DDS & HA LIM, DDS

Annapolis Smiles

1460 Ritchie Highway, Suite 203  
Arnold, MD 21012  
New Patients: 410-989-7132  
Current Patients: 410-757-6681  
[www.annapolisdentistdds.com](http://www.annapolisdentistdds.com)

For more than 33 years, Annapolis Smiles has been providing the highest level of dental care for individuals and families in the greater Annapolis area. Dr. Finlay's office 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 in late 2018. 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. Dr. Finlay has written articles and is featured in books related to Functional Aesthetics and Dental Reconstruction. Annapolis Smiles 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. Please call us today!



THE FACE OF CONFIDENCE

# KELLY O'DONNELL M.D.

O'Donnell Vein & Laser

ANNAPOLIS  
O'Donnell Vein & Laser  
166 Defense Hwy, Suite 101  
Annapolis Maryland 21401  
877-461-1564  
[www.odonnellveinandlaser.com](http://www.odonnellveinandlaser.com)

EASTON  
O'Donnell Vein & Laser  
499 Idlewild Avenue, Suite 101  
Easton Maryland 21601  
877-461-1564

Kelly O'Donnell, M.D., a Maryland native, is proud to provide her medical and cosmetic patients with the confidence that they are receiving the absolute best care possible. Dr. O'Donnell is a board certified vein specialist with offices to serve both the Western and Eastern Shore in Annapolis and Easton, MD.

Dr. O'Donnell earned her medical degree from the University of Maryland School of Medicine, completing her internship in general surgery at the University Hospitals of Cleveland and her residency in anesthesiology and critical care at Johns Hopkins Hospital. She spent a decade practicing cardiovascular and critical care anesthesia in the Washington, DC area, before turning her focus to vein care.

After being certified as a Registered Vascular Technologist (RVT) and a Registered Physician of Vascular Interpretation (RPVI), Dr. O'Donnell earned board certification in venous disease from the American Board of Venous and Lymphatic Medicine. She is an active member of the American College of Phlebology and the American Society for Laser Medicine and Surgery.



**THE FACE OF PERSONAL AND  
PROFESSIONAL REAL ESTATE**

# SCOTT SCHUETTER

CENTURY 21 New  
Millennium

1730 West Street, Suite 200  
Annapolis, MD  
410-271-3445 (Office)  
410-900-7668 (Mobile)  
[www.scottschuetter.com](http://www.scottschuetter.com)

Personal and Professional ~ I have always focused on people, not houses. It was clear to me from the beginning, that it doesn't matter if a home is 200,000 or 6 million, it is a huge deal for EVERY client. My wife and I joke all the time about it, but I truly feel that I am a psychologist in disguise. Every transaction, whether buying or selling, involves a series of complex personal decisions layered with emotions, finances and stress. My military background and training taught me to be calm in any and all circumstances. Those skills have been finely tuned daily in real estate. When things are most chaotic, it is even more important to be the calm and guiding voice. Buying or selling a house is not the same as calling in an air strike in Fallujah, but to my clients, it may feel like it.

People need to know that their advocate is going to be there for them, has their best interests in mind, and will guide them through one of their most important life decisions. Marketing trends, advertising, community connections, staging a home, market expertise, etc. is obviously a huge part of my business, but in the end it all comes back to people.



**THE FACE OF WEALTH & RETIREMENT PLANNING**

# ELIZABETH BENNETT

**CFP<sup>®</sup>, MBA**

Chesapeake Financial Planning & Tax Services, LLC

410-974-0410  
71 Old Mill Bottom Road North #201  
Annapolis, MD 21409  
admin@chesapeake-financial.com  
www.chesapeake-financial.com

Elizabeth is a CERTIFIED FINANCIAL PLANNER<sup>®</sup> and a fiduciary working in her clients' best interest.

Elizabeth approaches working with her clients in a consultative partnership. Educating as well as listening to her clients is vital. Beginning with a financial plan, she is able to understand the client and their current situation and help them put a plan in place to achieve their goals. She also incorporates and includes her clients' other advisors, such as estate planning attorneys and CPAs, when necessary. Money and investing are very empowering. Recommending what is in the best interest of each client is a top priority. Elizabeth's vision for her practice is to continue to provide her clients with peace of mind knowing that they have a plan in place. In today's digital age, she is able to help her clients no matter if they are local or across the country. She brings passion to what she does every day.

*"A goal without a plan is just a wish." - Antonine de Saint-Exupery.*

Family Wealth Management and Strategies • Personalized Recommendations  
Asset Allocation & Protection • Wealth Management & Retirement Planning  
Income Planning • Divorce Planning • Estate Planning • IRAs & 401(k) Rollovers



**THE FACE OF  
COSMETIC INJECTIONS**

# ProMD HEALTH

166 Defense Highway  
Suite 302  
Annapolis, MD  
443-333-4940  
[www.promdhealth.com](http://www.promdhealth.com)

ProMD Health is a state of the art medical facility specializing in non-surgical treatments and procedures to help patients Look and Feel Younger. Dr. Gavrilu and his team of innovative professionals all pride themselves in the most advanced skills and techniques to help their patients Look and Feel great. ProMD Health specializes in cutting edge and in demand procedures including Botox, dermal fillers, laser treatments, PDO thread lift, hormone replacement therapy, facial rejuvenation, vaginal rejuvenation, and body contouring.

They tout some of the most advanced devices such as HydraFacial, Viveve, and Sciton Halo. ProMD Health uses its complete suite of treatments to cater to each patient's unique needs to help them Look Younger on the outside and Feel Younger on the inside. Whether your goals are prevention, treating a skin condition, looking like you did 10 years ago, or feeling like you did 10 years ago, ProMD Health has something for everyone.



FACES OF THE CHESAPEAKE 2020



**THE FACES OF COMMITMENT**

This image has been edited: Each person was photographed individually.

**REGINA MOODY  
SHAUNA CHABOT  
MIKE BRADY  
ERIC BUSH, MD**

Hospice of the Chesapeake

410-987-2003  
[www.hospicechesapeake.org](http://www.hospicechesapeake.org)

During an unprecedented time in history that is filled with uncertainty and anxiety for so many in our community, Hospice of the Chesapeake has turned 2020 into a time of tremendous growth and commitment.

While pivoting to keep pace with the constant changes brought on by the ferocity of the COVID-19 pandemic, we have cared for almost 600 hospice patients each day, which is a number never seen before in our 41-year history. As well, we expanded care through our Chesapeake Supportive Care program that now includes primary complex illness care, expanded geographically with the acquisition of Hospice of Charles County, launched virtual community outreach and adapted our grief support programs to meet all needs.

Through the expertise, innovation, dedication, and commitment of our team led by Mike Brady, Acting CEO; Eric Bush, MD, RPh, MBA, Chief Medical Officer; Regina Moody, Chief Operating Officer; and Shauna Chabot, Chief Advancement Officer; we have continued to be there when our community needs us most in ways our founders might never have imagined in 1979.



**THE FACES OF DENTAL  
IMPLANTS & ORAL SURGERY**

# ORAL SURGERY SPECIALISTS

Annapolis, Pasadena,  
Kent Island, Waugh Chapel  
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As Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers manage a wide variety of problems relating to the mouth, teeth, and facial regions. Drs. Walzer, Sullivan, Hlousek, Jones and Chambers practice a full scope of Oral and Maxillofacial surgery with expertise ranging from dental implant surgery and wisdom tooth removal to corrective jaw surgery. This also includes techniques designed to rebuild bone structure with minimal surgical intervention and optimal patient comfort. They have focused their practice on creating beautiful smiles and restoring healthy function to the teeth and jaws!

Additionally as Board Certified Oral and Maxillofacial surgeons, Drs. Walzer, Sullivan, Hlousek, Jones and Chambers are the only dental specialty licensed to provide intravenous (IV) general anesthesia in their state-of-the-art office setting. Their practice mission is to provide Excellent Care with Art, Science, and Technology, creating an Outstanding Experience with Compassion, Courtesy, and Respect for all.



**Michael J. Labellarte, M.D.**



**Sarah Reading, M.D.**



**Stephanie Streb, DNP, PMHNP**



**Julie Butchart, DNP, PMNHP**



**Theresa P. Shank, Ph.D.**



**Magda Rodriguez, Psy.D.**



**Samuel Greenberg, Psy.D.**



**Shannon Senefeld, Psy.D.**



**Laura Frazier, Ph.D.**



**Meghan Kyle, Psy.D.**



**Wendell Lee, M.Ed.**

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The pandemic has increased anxiety, depression, demoralization and feelings of insecurity in children, adolescents and adults. We have all struggled.

You shouldn't have to suffer from mental health issues that can be treated and improved. Let us improve your mental health so you can live your best life.

Attention issues, anxiety, OCD, BFRBs, behavior problems, depression, learning and development challenges, mood disorders, relationship issues and family dynamics, bipolar disorder, POTS/dysautonomia and Tourette's can all be improved when treated.

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Let us help you prepare for the future and change the course of your life with good mental health.

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**THE FACES OF  
GASTROENTEROLOGY**

**ANNE  
ARUNDEL  
GASTROENTEROLOGY  
ASSOCIATES**

410-224-2116 • aagastro.com  
 820 Bestgate Road, Annapolis, MD 21401  
 8109 Ritchie Hwy, Suite 102, Pasadena, MD 21122  
 4175 N. Hanson Court, Suite 304, Bowie, MD 20716  
 1215 Annapolis Rd. suite 201 Odenton MD 21113  
 130 Love Point Road, Suite 106, Stevensville, MD 21666

Anne Arundel Gastroenterology Associates provides expert care for disorders of the digestive tract including colon and rectal disease, ulcers, stomach disorders, Crohn’s disease, colitis, irritable bowel syndrome, and liver and pancreatic disease. Our board-certified, fellowship-trained gastroenterologists are committed to providing you the treatment you need which will get you back to your best health.

Colon cancer is the third most common cancer diagnosed in the United States for both men and women. Colonoscopy is the only test that detects and prevents colon cancer. At Anne Arundel Gastroenterology Associates, our 9 board certified physicians perform over 13,000 colonoscopies each year. AAGA gastroenterologists detect precancerous polyps in 42.5% of screening colonoscopies compared to the national standard of 25%. For patients with risk factors such as a personal history of colon polyps, colon cancer, or family history of colon cancer, colonoscopy remains the gold standard in screening for colon cancer. Without risk factors, the American Society for Gastrointestinal Endoscopy recommends colon cancer screening starting at age 50.

AAGA physicians have been consistently voted the top gastroenterologists in Anne Arundel County over the past several years by our patients and peers.



**THE FACES OF RETIREMENT  
ON THE EASTERN SHORE**

# IRMA TOCE & RACHEL SMITH

Londonderry on the Tred Avon

700 Port Street, Suite 148  
Easton, MD 21601  
410-820-8732 or 800-752-8732

Londonderry on the Tred Avon CEO, Irma Toce, and Director of Sales and Marketing, Rachel Smith, have been working together for more than five years at the independent-living cooperative community on Maryland's Eastern Shore.

Irma and Rachel believe that a vibrant and active lifestyle coupled with a strong community and sense of belonging is the key to happy and healthy aging. While a move later in life can be challenging, Irma and Rachel have each witnessed the improvement in quality of life residents experience after relocating to Londonderry and engaging in the community.

Irma has been leader for more than 30 years in the aging field and Rachel has extensive experience in senior housing sales and marketing. They both look forward to welcoming new residents and their families to Londonderry's beautiful waterfront campus that features a range of housing options for adults 62 and over.



**THE FACES OF ANNAPOLIS AREA CHRISTIAN SCHOOL**

# BEN & TARA PEDDICORD

Annapolis Area Christian School

Lower School - Annapolis - 410-846-3504  
710 Rigely Avenue, Annapolis MD 21401

Middle School - Annapolis - 410-846-3506  
716 Bestgate Road, Annapolis MD 21401

Lower School - Severn - 410-846-3505  
61 Gambrells, Severn MD 21144

Upper School - Severn - 410-846-3507  
109 Burns Crossing Road, Severn MD 21144

[www.aacsonline.org](http://www.aacsonline.org) • Leaders in Christian Education

Cue the cows! Ben and Tara Peddicord have seven live-in grass mowers on their 40-acre farm--not one of them was willing to mosey into the camera's view during the photo shoot. Farming is in the Peddicord's DNA, dating back to the 1600s when the family arrived from England. Ben, who serves as the Middle School principal at Annapolis Area Christian School (AACS), his wife Tara, and their two daughters, who attend kindergarten on campus at AACS, are not phased by uncooperative cows. "They are motivated by food," laughs Ben. "Every winter, at least one the herd breaks the fence in search of greener pastures. I receive a call from the local precinct informing me that my 600-plus-pound grazer is blocking traffic on Route 2."

Rescuing a lost cow is a metaphor for discipleship. Peddicord softly recites Proverbs 22:6, "Train up a child in the way he should go; even when he is old, he will not depart from it." He turns his attention to his sweet girls, Ellie and Alice, playing by the tractor. "This verse resonates with me first as a father. When we trust divine sovereignty, we are free to parent courageously in harmony with church and school." Guiding a cow back to the safety of the farm is no easy task. Raising children to rely on Jesus in an increasingly secular culture is even more challenging. At AACS, Peddicord and his teachers humbly and prayerfully partner with parents and local churches in the eternal work of equipping the next generation of godly learners and leaders, changing the world one child at a time.



FACES OF THE CHESAPEAKE 2020



THE FACES OF WATERFRONT  
RETIREMENT LIVING

MANY ONE  
BEDROOMS  
APARTMENTS  
TO CHOOSE  
FROM

# PARKER & PATTY WILLIAMSON

Baywoods of Annapolis

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Annapolis, MD 21403  
443-837-1208

[baywoodsofannapolis.com](http://baywoodsofannapolis.com) 🏠 🐕

Meet the Williamsons:

Patty and Parker, North Carolina natives, ventured into the Annapolis area via their sailboat named "Second Wind." While keeping their sailboat a few doors down at Bert Jabin Yacht Yard, Patty and Parker discovered BayWoods of Annapolis and were immediately taken by the luxurious waterfront retirement community right on the Chesapeake Bay. BayWoods proved to be close to their sailboat and all of the world class charm that is associated with the surrounding Annapolis area.

"BayWoods became the perfect launch for our retirement adventure," states Parker. "We discovered luxurious, yet affordable accommodations and amenities, access to excellent medical care, local Annapolis entertainment all within easy access to Washington and Baltimore."

"I enjoy walking our dog Briny at Quiet Waters Park across the street," states Patty, who also is an active volunteer in the greater Annapolis community with Hospice of the Chesapeake. This is an active lifestyle filled with adventures every day, all in a pet friendly continuing care retirement community with equity ownership.



**THE FACE OF EXPLORING  
YOUR FUTURE**

# ARCHBISHOP SPALDING

High School

8080 New Cut Rd  
Severn, MD  
410-969-9105  
[www.archbishopspalding.org](http://www.archbishopspalding.org)

Mr. Dan McGrain, Social Studies Department Chair, shares his love of learning in numerous ways. He teaches World History, Advanced Placement Government and Advanced Placement Macroeconomics. Mr. McGrain moderates the Academic Bowl Team and coordinates an annual trip to the Berkshire Hathaway Shareholders Meeting, which provides an extraordinary experience for Spalding students. "I think the most important part of my job is making sure what I teach is relevant and meaningful to my students. Social studies classes are about explaining the world around us, I work to ensure that students see the connections. Teaching economics is all about helping students develop a clear and factual perspective. I believe good work takes time. Learning is a process, it takes time, work and revision. Learning doesn't happen on my schedule or anyone's schedule, I try to be sure that we are always giving enough time and space for students to build their own knowledge and skills; and then give them many opportunities to share what they've learned."



**THE FACE OF PASSION  
AND PURPOSE**

Photo by Perry Carsley

# MARY ELLEN CARSLEY

Severn School

201 Water St.  
Severna Park, MD 21146  
410-647-7700  
[www.severnschool.com](http://www.severnschool.com)

A professional artist, Ms. Mary Ellen Carsley lives by the philosophy that creativity is a habit of mind. As an Upper School visual arts educator, she encourages her students to develop strong creative habits and embrace every challenge as an opportunity to grow. Ms. Carsley teaches drawing and painting, introduction to architecture, and visual arts principles.

Selected as an expert in the field of architecture by the Malone Schools Online Network and one of four Severn teachers in the program, Ms. Carsley teaches online architecture classes to students across the country, including participating Severn students. MSON allows independent school students to take extension courses outside of their school's curriculum, while teachers like Ms. Carsley share their expertise with the larger educational community.

She also serves as faculty advisor for the Van Eney '09 Fellows Program where she helps students transcend the traditional academic program and pursue a year-long intellectual project that reflects their growing passions.

Living her artistic philosophy each day, Ms. Carsley demonstrates what true creativity looks like, even during times of uncertainty and struggle. She adapted seamlessly to online learning in the spring of 2020 and shifted enthusiastically to hybrid learning in the fall. Ms. Carsley's love of teaching art brings a palpable energy to her classes, whether through the screen or in the studio. "Exploring a new medium of learning together is an adventure. It's not a problem or a limitation. It's only as limited as our creativity."



**THE FACE OF EXTRAORDINARY  
REAL ESTATE**

# CHRISTINA JANOSIK PALMER GROUP

of Keller Williams Flagship of Maryland

Christina Palmer, Associate Broker  
Team Leader, The Christina Janosik Palmer Group  
Graduate, Realtor Institute  
Keller Williams Flagship of Maryland  
231 Najoles Rd. Suite 100 | Millersville, MD 21108  
Cell - 443-938-3379 | Office 410-729-7700  
cjpalm@kw.com



Serving Anne Arundel County and surrounding areas.

Hello there...I am Christina Janosik Palmer, a career Realtor and Associate Broker, with 27 years of real estate expertise specializing unparalleled marketing and unprecedented customer service.

In 2016, I decided to expand to a team. We are now a strong group of eight team members at the Christina Janosik Palmer Group of Coldwell Banker Residential Brokerage. We are ready to serve you with over 100 years of combined real estate experience. Our clients are more than just clients, they become friends and family that stay friends and family long after the transaction is completed.

If you need to list or buy a home, experience how easy we make it for you with our knowledgeable guidance and unprecedented service.

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THE FACES OF DETERMINATION

# THE ARC

Central Chesapeake Region

Headquarters & Program Operations  
1332 Donald Avenue  
Severn, MD 21144  
410-269-1883  
[www.thearcccr.org](http://www.thearcccr.org)

Jonathan has a great job, great friends, and is working his way to financial independence. And he is determined not to let the pandemic slow that down.

At the beginning of the shutdown, Jonathan took some time off from work to get comfortable with rigid social distancing and stricter hygiene protocols, like showering and washing his clothing immediately after every shift. He was determined to return to work, knowing that he is doing everything he can to keep his roommates and staff healthy.

With the support of his Team Lead and Job Coach, Jonathan returned to work at Defensor Security over the summer. He is determined to help others get comfortable with living, working, and playing in the community as safely as possible.

Since September, Jonathan has helped his friends get jobs, and has taught virtual classes to his peers on maintaining COVID-19 safety protocols.

Jonathan is one of 686 people supported by The Arc Central Chesapeake Region in Anne Arundel County and Maryland's Eastern Shore. At The Arc, we are determined to continue to create a community where people, like Jonathan, have the opportunity to thrive.



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medical spa

ELBA M. PACHECO, M.D.



**THE FACES** OF EYES, FACE,  
AND BODY REJUVENATION

# ELBA M. PACHECO M.D.

Adoro Medical Spa

692A Ritchie Hwy - Suite 2B  
Severna Park, MD 21146  
410-647-0123  
[www.myeyelids.com](http://www.myeyelids.com)

Dr. Elba Pacheco founded Adoro Medical Spa to bring excellence, expertise and an artistic eye to the intersection of surgical eye lifting and non-invasive rejuvenation. After heading The Wilmer Eye Institute's cosmetic service (1997-99), Dr Pacheco decided to settle her practice in the Annapolis area, where she and her family reside, to fully realize her vision.

From liquid face lifts, to laser skin photorejuvenation and Adoro medical grade skin care, to non-surgical face lifting, and to full-body contouring, Dr. Pacheco has developed a personal-touch, custom, patient-focused Medical Spa with excellence as the only guide.

*Open your eyes to the possibilities..... and go beyond your state of the art laser eyelid surgery.*



**THE FACE OF FUN,  
INTERACTIVE ENTERTAINMENT**

# MISSION ESCAPE ROOMS

## **Annapolis**

40 West Street,  
Annapolis, MD 21401  
410-263-3333

## **Waugh Chapel**

1405 S. Main Chapel Way, Suite 105  
Gambrills, MD 21054  
410-721-6666

## **Arundel Mills**

7000 Arundel Mills Circle, Suite 200  
Hanover, MD 21076  
410-553-4850

Mission Escape Rooms (MER) offers a real-life escape experience designed for groups of 2-10 people. During the experience, participants work together to solve puzzles and riddles using clues, hints and strategy. While the customer experience is designed to be fun, MER takes safety very seriously. "MER now offers private bookings only and with contactless check-in options," said owner Jason Cherry. "In addition, all rooms are disinfected between reservations."

MER, which builds a new escape room every five weeks, has been voted #1 by *What's Up? Magazine* readers in the "Customer Service", "Game Play", "Girls Night Out", "Guys Night Out", and "Family Outing" categories for all locations since 2016, voted the "#1 Fun Activity" by *Tripadvisor*, and voted a "Family Favorite" by *Chesapeake Family Magazine* readers since 2018.

As MER enters its fifth year, it's clear that its success is also due to the wide variety of groups that participate. "We not only receive bookings for families and groups of friends, but also for Friendsgiving gatherings, holiday parties, corporate events and more," said Jason. "The Mission Escape Rooms experience truly puts a fun, interactive twist on any type of celebration."



**THE FACE OF WEALTH MANAGEMENT**

# WYE TRUST

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

Chris Parks,  
Tom Saxton, Talli Oxnam,  
Lora Davis (not pictured)  
16 N. Washington Street  
Easton, MD 21601  
410-763-8543

Neil Zurowski  
1101 Maiden Choice Lane  
Baltimore, MD 21229  
800-309-8124

Wealth Management and Trust services are offered through Wye Trust, a division of Shore United Bank. Shore United Bank and Wye Trust are not registered broker-dealers.

Wealth management, corporate trustee services and administration and custodian services are all services that Wye Trust offers through Shore United Bank with a caring and professional customer-focused approach tailored to each client's individual needs.

We offer actively managed investments and progressive strategies by partnering with a limited number of established portfolio managers, partnering each client with a tailored solution to best serve their needs. Our specialized partnerships expand our wealth management expertise to a significant team while continuing our commitment to local control and excellent service.

Our approach is to care for our clients in all stages of the wealth management journey. We offer comprehensive financial strategies and exceptional service tailored to meet individual and business needs. Together, our team of experienced Financial Advisors and Certified Financial Planners are dedicated to helping our clients navigate toward their financial goals.

We care about our clients and our communities. We appreciate our relationships and provide exceptional service, empathy, and transparency.

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**THE FACE OF  
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# TARA FRAME

Frame & Frame - Attorneys at Law

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102 Old Solomons Island Rd.  
1st Floor  
Annapolis, MD 21401  
410-505-7275

Pasadena  
8562 Fort Smallwood Rd  
Pasadena, MD 21122  
410-505-7275

Stevensville  
721 Main Street  
Stevensville, MD 21666  
410-505-7275

Schedule a private  
consultation by visiting  
[www.FrameAndFrame.com](http://www.FrameAndFrame.com)

Tara Frame grew up watching her father provide legal guidance to people in their community for over 50 years! Today, Tara and her team carry on that long tradition by serving many generations of the same families, for thoughtful planning and during times of crisis. The firm provides personalized legal services for wills and trusts, estate planning, elder law, guardianship, probate, long term care and Medicaid planning, family law, and personal injury.

Tara reflects, "It is very rewarding to assist families with some of life's most important decisions and to provide guidance that literally takes the weight off their shoulders."

Tara was recently awarded the *SBA Award for Maryland Attorney Advocate of the Year* and is also recognized as a premier *SuperLawyer*, along with many years of recognition as a "*Best Of Lawyer*" by her local community and media publications! She also believes in giving back to the community in which she lives and works and participates in year-round initiatives through her involvement in Thrive! Arundel.

Today, Frame & Frame is one of the only estate planning firms that offers clients a proprietary platform so that every decision, document, and resource is available instantly. Their exclusive ePlan365™ puts the Plan in Your Hand™.



**THE FACE** OF FINANCIAL FREEDOM,  
FINANCIAL EMPOWERMENT

# PROSTATIS FINANCIAL ADVISORS GROUP

7580 Buckingham Boulevard, Suite 180  
Hanover, MD 21076  
410-863-1040  
[www.prostatisfinancial.com](http://www.prostatisfinancial.com)

Our approach at Prostatif Financial Advisors Group is simple: We provide accountable retirement, tax and estate planning, which we pair with clear and constant personal contact with each of our clients. Our team believes in diversification, along with developing sensible, conservative long-term asset allocation strategies.

We work side-by-side with clients to build complete financial plans, giving them peace of mind as they transition toward retirement.

If you're experiencing a financial transition, you need to move forward with confidence and a team that shares your values and understands your goals. Our goal at Prostatif Financial Advisors Group is to help our clients implement an investment strategy that allows them to maintain their lifestyle throughout retirement, providing an income they will never outlive.

Whether you are thinking about retiring or already in retirement, you need a sound plan to ensure the safety of your investments.



**FACES OF THE CHESAPEAKE 2020**



**THE FACE OF  
INSPIRATIONAL TEACHING**

# INDIAN CREEK SCHOOL

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Mike Willey is the new store manager at 84 Lumber Annapolis, and he's excited for his role to grow store sales and manage his new team of associates. 84 Lumber is the nation's leading privately held supplier of building materials, manufactured components and industry-leading services for single- and multi-family residences and commercial buildings.

Mike started with 84 in 2011 at the Cambridge, MD store. He quickly was promoted to Co-Manager in 2012 at the Annapolis store, and in 2014 became Manager at the Curtis Bay location. In September of this year, Mike transferred back to the Annapolis store to continue his stellar management and proven track record of success.

In addition to supplying building materials, 84 Lumber Annapolis specializes in windows, installation and kitchen and bath design services. Mike and his team of experienced associates at 84 Lumber Annapolis can help with services ranging anywhere from building a new deck and replacing windows to designing your dream kitchen and bath.



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Haven Ministries

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Queenstown, MD  
[www.haven-ministries.org](http://www.haven-ministries.org)

### Haven Ministries Headquarters Offers Hope

With increased demands for its food pantries and overall services, Haven Ministries has relocated its food pantries and Resource Center to the Haven Ministries Headquarters in Queenstown. Haven Ministries has created a more centralized location to provide services, improving efficiencies for everyone. Two dedicated Haven Ministries employees, Mary Jeeter, Resource Center Manager, and Chris Perkins, Food Pantry Director, work at the Headquarters which assists clients in meeting their needs for food, housing assistance, job placement, and other wraparound services.

Mary sees the desperation of residents who are falling behind with their bills during the recent pandemic and needing a variety of services. Being able to see residents leaving with a glimmer of hope that their needs have been met is the reward of serving her clients. For Chris, relocating Haven Ministries' food pantries to a new centralized operation has improved the task of feeding the community. With a storefront shopping model, clients can now select food items once a month, preserving their dignity and eliminating food waste.



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For Ann Alsina, principal at CovingtonAlsina, the basic tenets of financial planning are relationships and client education. After working for years in this male-dominated industry while raising children and managing a household, Ann founded CovingtonAlsina in 2012 to further her passion for providing advice to other strong, successful women.

While she works with clients of all genders, her firm is dedicated to helping women overcome the confidence gap in investing. Recognizing that our financial lives have become incredibly complex, CovingtonAlsina offers free to low-cost seminars covering a myriad of topics, such as Adulting 101 and insurance to divorce and retirement. Over the last twelve years, her signature monthly workshop, Women, Wine & Wisdom, has helped hundreds of women with its roundtable discussion format, tackling issues women face in financial planning.

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Fiona Newell Weeks is celebrated for her fearless use of color.

She is drawn to pairing gentle, watercolored tones with sophisticated, juicy punches from nature's palette, like sky blue, fresh tangerine, and lemon yellow. Her clients run the gamut, from modernist city dwellers to country-estate traditionalists.

Inherent in Fiona is the gift to see the finished product before the design process begins. "I can see the end result easily," explains Fiona. "I thrive on the challenge of completely reinventing a space by adding new life with color and texture and even architectural detail."

Since 2008, Fiona has owned and operated Dwelling & Design, a home furnishings boutique in historic downtown Easton, Maryland. Take a casual stroll down Goldsborough Street and you'll instantly be drawn to the colorful vignettes featured in the windows and unique showroom space. The store maintains a loyal following, with clients making regular treks to the Eastern Shore from Annapolis, DC and VA, Rehoboth, Philadelphia and New York.

Fiona's designs have appeared in the likes of Home & Design, Southern Accents, House Beautiful, and Traditional Home.

## PEOPLE LOVE MAGAZINES.



*what % of US adults say they read magazines in the last 6 months?*

# 91%

This includes **95% of those under 35** and **95% of those under 25.**

(MRI-Simmons, Fall 2019)



*when advertisers were asked which medium offers the highest ROAS, which was the highest overall?*

## MAGAZINES.

THE MAGAZINE ROAS OF \$6.51 WAS **DOUBLE THAT OF THE TV ROAS** OF \$3.23, AND MORE THAN DOUBLE OF THE DIGITAL ROAS OF \$2.43.

(NCSolutions 2005-Q12019)

*HOW MANY ADULTS AGES 18+ READ MAGAZINES?*

# 228.7 MILLION

THAT'S AN INCREASE OF 18 MILLION SINCE 2012.

(MRI-Simmons, Fall 2012-2019)



### THE PRINT MAGAZINE INDUSTRY IS GROWING

**139 new print magazine brands** with a frequency of quarterly or greater were introduced in 2019

(Samir "Mr. Magazine"™ Husani Monitor 2020)



MAGAZINES REACH **PREMIUM AUDIENCES IN HIGH-INCOME HOUSEHOLDS\***

At a greater rate than newspapers, internet, radio or TV

\* Household income \$250K+

(MRI-Simmons, Fall 2019)



**WOMEN AGES 18+**

(MRI Media Fusion)



## PRINT READERS REMEMBER MORE.

- **PRINT STIMULATES** EMOTIONS AND DESIRES
- **PRINT IS PREFERRED** BY THE MAJORITY (EVEN MILLENNIALS)
- PRINT READERS EXPERIENCE **MORE FOCUSED ATTENTION AND LESS DISTRACTION**, WHICH DRIVES SENSORY INVOLVEMENT CONTRIBUTING TO GREATER READER IMPACT, COMPREHENSION AND RECALL.

(MPA, Scott McDonald, Ph.D. Nomas Research)



WHAT'S UP? MEDIA  
DIGITAL MAGAZINES EVENTS





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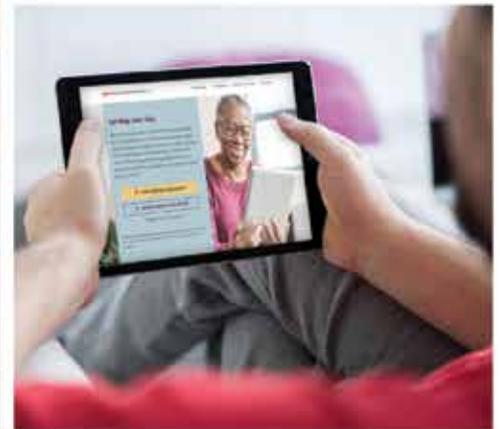
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# 100 Years from Now

Will women's accomplishments of the past century propel equality for generations beyond?

By Ellen Moyer

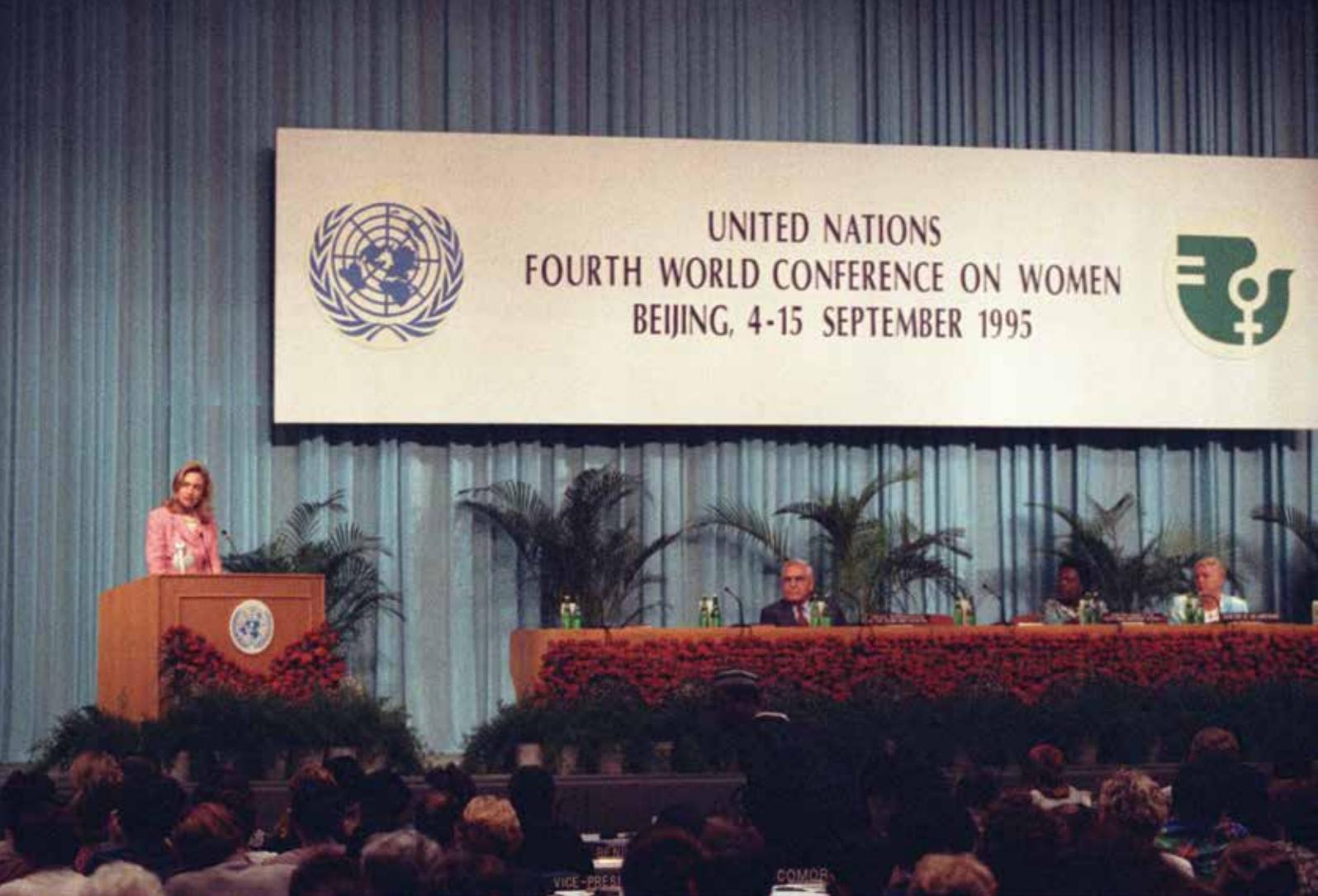
**O**n September 5, 1995, First Lady Hillary Rodham Clinton made a speech before the Fourth World Conference on Women in Beijing, China. Controversial and blacked-out by Chinese radio and TV, she declared that “human rights are women’s rights and women’s rights are human rights.” Galvanized by her challenging message, representatives from 189 nations signed on to a platform for action committed to “the full and equal participation of women in political, civil, economic, social, and cultural life.”

“Women’s rights are human rights,” repeated over and over for 25 years since Beijing, is not a new phrase. In the 1830s, the Grimke sisters, the first nationally known white female advocates for women’s rights, were preaching about human rights under the Authority of the Bible, in “parlor meetings” and in a national lecture tour. In letters on the “equality of the sexes,” Sarah Grimke wrote, “I know nothing of man’s rights or woman’s rights; human rights are all I recognize.” Her younger sister Angelina agreed, writing, “Whatever is morally right for a man to do is morally right for a woman to do. I recognize no rights but human rights.”

Their advocacy was condemned by ministers of the Congregational Church. One hundred seventy five years later, Senator Phil Gramm, of Texas, would declare the World Conference attended by First Lady Clinton as one “shaping up as an unsanctioned festival of anti-family and anti-American sentiment”—remarks that parallel those heard around America 150 years earlier after the first conference on women’s concerns in Seneca, New York in 1848.

Inspired by the message of the Grimke sisters (Sarah wanted to become a lawyer like her father, a South Carolina Supreme Court Justice, who didn’t support women’s equality but acknowledged that “had she been a man, she would have been a most excellent lawyer in South Carolina”), the First Women’s Rights Conference drafted 16 sentiments calling for the rights: to college education, to debate and speak out, to own and control property, for protection against domestic abuse, for equal pay for equal work, and for the right to vote on laws that shaped economic and cultural policies. These were rights that did not exist for women at the time.

The 1848 action plan unveiled at the First Women’s Rights Conference was signed by 69 attendees including men. It would take seven decades of marches, arrests, and organization



**"The rights of women and girls is the unfinished business of the 21st century."**

Hillary Rodham Clinton addresses the Fourth United Nations Conference on Women at the Beijing International Conference Center in Beijing, China.

before the right to vote would be confirmed by the action of one man and one vote in the Tennessee Legislature in August of 1920.

Colleges did open their doors, though professors would still sully women's participation in their classroom as taking the space of a more worthy male (as attested to by Supreme Court Justice Ruth Bader Ginsburg). It wouldn't be until June 10, 1963, approximately 120 years after its advocacy, that President John F. Kennedy signed into law the equal pay act abolishing wage disparity based on sex. Over these many years, little by little, the sentiments expressed in the First Women's Rights

Conference were addressed in our nation. Not so much in the world at large.

In Beijing, Hillary Clinton made the empowerment of women worldwide a cause to be dealt with. As Secretary of State, the "Hillary Doctrine" focused on women's rights and violence against women as a national security issue. Research by independent firms began to show evidence that gender inequality and violence against women were linked to the stability of a nation, and the best predictor of a nation's peacefulness. Clinton and others declared that when women are disempowered and dehumanized, extremism grows, leading to potential authoritarian political power and security challenges.

The Hillary Doctrine produced some changes for women around the globe. Twenty-five years ago, domestic violence was a crime in only 13 countries—today it is illegal in over 100. Twenty-two countries have a female head of state—an increase of 10 since 1995. Though less than 25 percent of representation, women, nonetheless, have been elected to national parliaments. One hundred five women are

members of the U.S. House of Representatives, where Nancy Pelosi, as Speaker of the House, is the first woman to break the marble ceiling.

On September 5, 2020, the 25th anniversary of the Beijing speech, which is rated among the top 100 speeches of this century, citizen Hillary Clinton spoke up again about women's rights, saying, "It is no longer enough to talk about women's rights. We need to talk about women power...embracing the concept of women's rights is not the same as achieving full equality...It is no longer acceptable to talk of human rights and woman's rights as two separate topics...The rights of women and girls is the unfinished business of the 21st century."

Deep seated biases, however, are harder to change than passing anti-discriminatory laws. So, what's ahead for women in the next 100 years? I don't have a crystal ball, so I looked to the predictions of past crystal ball seers.

Edgar Cayce, a very religious man and a proclaimed clairvoyant, said that when asleep, he saw issues he never saw when awake. His responses to thousands of questions asked of him in the 1930-40s are collected and researched for accuracy in predictability in the Association for Research and Enlightenment in Virginia Beach, Virginia.

There were no specific questions about women's rights that I found, but Cayce did predict 1,000 years of peace that would follow a spiritual battle between the forces of light (the Spirit of Love, Joy, Kindness, ) and forces of darkness (the Spirit of Hate, Lovers of Self and Power, and anti-Christ). In 1940, he saw a future humanity in danger of being consumed by the forces of darkness that could be averted if, through individual free will, humanity changes its behavior to embrace "your neighbor as yourself." If, as research shows, women empowerment leads to stability for the family of humans and a more peaceful and prosperous world, then the predicted Golden Age of 1,000 years of peace, whenever that comes, should insure women's rights as human rights.

Four hundred years earlier, Nostradamus, in his book *The Prophecies*, written in 1555, did allude to a feminist revolution during the latter years of the 20th century according to author Manuela Masceti. In her book, published in 1995, she interpreted Nostradamus' third



**"Whatever is morally right for a man to do is morally right for a woman to do. I recognize no rights but human rights."**

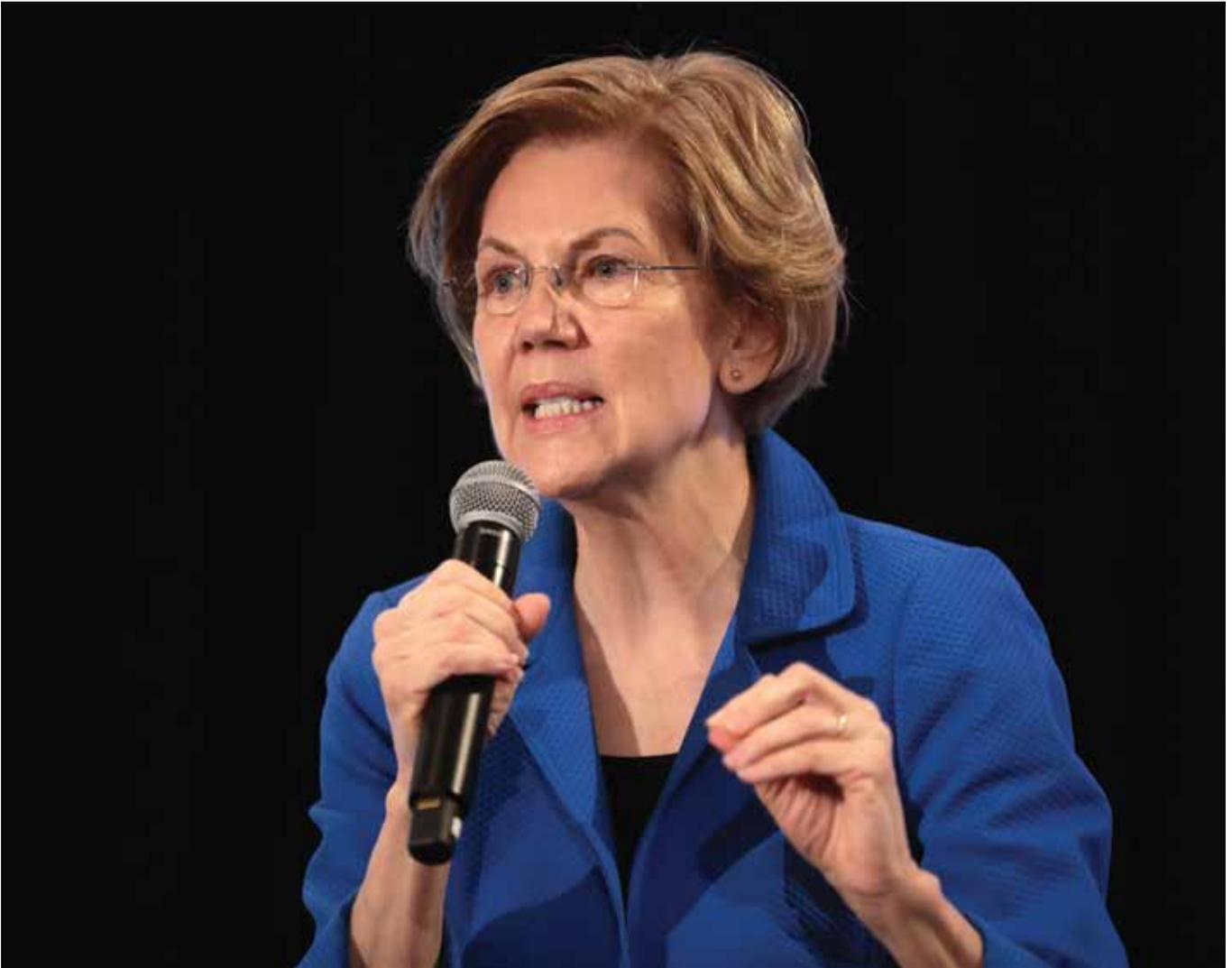
volume to describe "dramatic new power at the dawn of millennium (across Europe) to establish rights that have been denied to women."

So again, what is ahead?

The current pandemic could have catastrophic impact on women, the caregivers of families and mankind. They are first to be fired and low on the wage scale. The impact of social unrest has pushed women's concerns to the back burner. Domestic abuse seems to have increased. Health and access to contraception and insurance and employment is under attack. There are struggles ahead to recover and gain what has been recently lost.

But as we pass through a perceived Armageddon assault on the values many women hold dear for themselves, family, friends, and community, there is optimism ahead. In the City of Annapolis, which realistically is ahead of so many other places in respect for women, long-time community activist Anna Greenberg and protector of our environment Kate Fritz see an increase in the number of women in elected leadership positions, and even a female president of the United States within the next 100 years.

Angelina (left) and Sarah Grimke. In the 1800s, the two sisters became the first nationally known female advocates for women's rights.



**"You don't get what  
you don't fight for."**

U.S. Senator Elizabeth Warren champions for women's rights.

Greenberg suggests that as more women are engaged in science, medicine, and politics, women may even master the dynamics of humanity. (Perhaps ushering in the 1,000 years of peace.) And why not? In 2018, 102 women were elected to create the most culturally diverse Congress of all time. This year, 2020, 301 women who survived primary battles are on the Congressional Ballot, a substantial increase in women of color as well as Republican women with viewpoints generally more moderate than their party. The energy for women in elected office, what some call the "heart of resistance," seems here to

stay. By 2050, census data predicts there will be no dominant race in America. Women leaders that represent the issues of concern in their districts—addressing issues overlooked by men who didn't have the experience of shuffling between the work place and child care—will expand women's rights, bringing reforms in health, schooling, and caregiving.

Fritz believes women will lead the policy changes necessary to mitigate climate change and that executive leadership roles in nonprofits will lead the way for women empowerment. Women

are generally more collaborative in governing style than the pyramid hierarchy style of men. This could elevate inclusivity for “all voices to be heard at the table.” Transparency and representative government could get an uptick as women in leadership roles increases.

Despite America’s leadership on equality of the sexes, income disparity still exists and representation on corporate boards is still way behind European countries, where laws insure parity. We have a way to go to achieve parity in America and to overcome cultural sexism. But as Senator Elizabeth Warren has said again and again, “You don’t get what you don’t fight for.”

On September 5, 2020, Hillary Clinton further suggested that to break down the inequality plateau, women need to invest in ourselves and sisterhood, to call out sexism, and to transform the devaluing of care giver work.

Of note, women in occupations as teachers, and within childcare and elder assistance are counted for economically on Social Security payout. Women who stay at home and provide those same services receive no economic benefit. Additionally, as COVID-19 has decimated the caregiver industry, more women will leave the workforce to provide schooling and other caregiver services at home. They may have left paying jobs, but currently there is no compensation for stay-at-home care-giving women. Within the next 100 years, we could see a future benefit be advanced for stay-at-home caregivers. Closing the gender pay gap in the workforce, economists predict, could benefit the global economy by trillions of dollars within five years (at a time when the economy is nearing collapse). National economic benefits could be a catalyst to move women forward in the workplace.

In 2017, millions of women marched to protest sexism and misogyny and how to confront the imbalance in power and decision making that impacts female quality of life. Mary Beard, writing in *Women Power: A Manifesto* explores misogyny that has shaped the world for centuries and suggests we need a different view of power; one that views “the ability to be effective, to make a difference in the world, and the right to be taken seriously, together as much as individually.”

How to break deep seated biases is our challenge over the next 100 years. Reaching parity



in the world of economics and politics and providing stability to the security of nations is the goal. Achieving gender equality requires recognition of the responsibility we all share with one another and that human rights are the standard for all.

Will the business of the next 100 years to form this most perfect union—breaking down bias, achieving economic security, achieving parity, and gender equality—be effective. The jury is out. But “you don’t get what you don’t fight for.” For Generation X, Millennials, Generation Z, and beyond, I believe they are up for the fight to make a difference.

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## Editor’s Note

*This article concludes our year-long “Year of the Woman” project and article series. What’s Up? Media would like to thank the many contributing writers who gravitated to this project and told many of the stories and history of women’s suffrage in the United States (and a few stories abroad). We also thank our graphic designers who brought these stories to life on the printed page. To read all 12 “Year of the Woman” articles, visit [Whatsupmag.com](https://whatsupmag.com).*

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

**yearofthewoman.net**

Many things have  
changed in 2020 but  
**the FLU hasn't**



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# Voices That

# Sung

Meet several dynamic African American literary heroes that call Maryland home *By Janice F. Booth*

“The ultimate measure of a man [or woman] is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

—*Dr. Martin Luther King*

We, Americans all, have moved forward into a time when we are challenging ourselves to look at each human being for his or her unique gifts and strengths. Among those we can turn to for insights are our artists, and among these artists are poets. The Black poets you are about to meet devote their lives and their creativity to displaying and pointing out the strength and beauty that is in every human being. Grace Cavalieri, Maryland’s Poet Laureate, observes, “Our state is made better by these voices who shine with beauty and truth,

especially now, in a trying time. These poets rinse off language, making everything brighter.”

These six wordsmiths create beauty using the medium of language—language carved and polished until it, the poem, gleams with truth and wisdom. These poets have been pursuing their art for most of their lives. They have been recognized with awards; they have traveled to distant lands to share poetry; they have studied and taught others to package truth in beautiful parcels—poems. These poets are Black, and proud, and wise.

In a recent “Letter to Black America,” Tracy K. Smith, former U.S. Poet Laureate, wrote, “We [Black Americans] are a language so deep it has no need for words. And we are words that feint, dart, and wheel like birds...We are fire. Like God, we are that we are.”

Hiram Larew, poet and activist, says of the six poets featured here, “During these times when disease and racial divides are rife, so many of our region’s beloved African American poets and their voices have soared through the e-waves. In countless virtual poetry readings—from Ireland

to Charlottesville, to points beyond and in-between—these poets always proudly and beautifully represent our region’s richly diverse poetry heritage and life. Their words of concern, anger, pride, sorrow, joy, and fun arouse the listener and provide balm to all, near and far.”

I am honored to introduce you to these Black poets along with brief samples of their work: J. Joy “Sistah Joy” Matthews Alford; Sylvia “Ladi Di” Beverly; Hoke “Bro Yao” Glover III; Monifa A. Love; Diane Wilford Parks; and Andre Brenardo Taylor.



# J. Joy

## “Sistah Joy”

### Matthews Alford

*I've always felt poets should speak to issues of significance in the community and society at large. Every culture is documented through the Arts. The poet, in particular, has a responsibility to represent the people through the Arts. I want to educate, inform, entertain, and, also, celebrate poetry as an art form; it's a responsibility of the poet, particularly the Poet Laureate, the people's poet. It is essentially a service position. It is an honor, one that carries with it a serious responsibility.*

J. Joy Matthews Alford, “Sistah Joy,” is Prince George’s County’s first Poet Laureate. “Sistah Joy” is her pen

name. Since her appointment as Poet Laureate of Prince George’s County in 2018, Alford has set herself the task visiting each of the County’s nine districts. Prior to the pandemic, for each of these performance-visits, she brought other poets with her, along with musicians and visual artists.

Since March, she has redesigned these presentations for the Zoom platform. She used and continues to use these performances to encourage citizens of every age, every generation, to get involved with poetry, with the arts, with language. Alford works with the residents of the County offering free, quality

programs for audiences of all ages to encourage literacy, particularly through poetry by providing opportunities for participants to try writing poetry and/or honing their skills as writers and poets.

Alford’s focus on poetry as communication is equally apparent through her numerous accomplishments. Her nationally recognized, local-access cable television program, “Sojourn With Words,” has aired for 15 years. (She received two *Telly* Awards from the Television Academy for Excellence in Cultural Programming). Alford has been recognized for her work as creator, host, and participant in this deep dive into writing poetry and literature. She also served as Poetry Editor of *ACE Dialogue*, a nationally distributed, literary quarterly. As “Sistah Joy,” she founded “Collective Voices,” an ensemble of poets, and was an honored guest reading from her poems at the International Women’s Day Conference: “In Celebration of My Sisters,” held in London,

England. “Collective Voices” published a chapbook of their work titled *Experience, Expression, Expansion*.

“To Heal A Wounded World,” Sistah Joy’s inaugural poem for the new decade, was published in February 2020. She is a charter board member of CAAPA (Coalition for African Americans in the Performing Arts, Inc.), a member of the Prince George’s Truth Chapter of the Association for the Study of African-American Life and History (ASALH), and a lifetime member of the Prince George’s African American Museum and Cultural Center (PGAAMC). And if that weren’t enough, Sistah Joy serves as President of the Poetry Ministry and Poet Laureate of Ebenezer A.M.E. Church, Fort Washington, Maryland. Sistah Joy has authored three collections of her poetry: *Lord, I’m Dancing As Fast As I Can*, *This Garden Called Life*, and *From Pain to Empowerment: The Fabric of My Being*. You can learn more about her work at her web site [sistahjoy.com](http://sistahjoy.com).

#### Excerpt from “Neither Knees Nor Pandemics” By Sistah Joy Alford

Through rage we shout at the sun  
Pray to the son  
Bury too many young  
Give our innocent pre-adolescent children “The Talk”  
While wiping away tears, shaking our heads  
No longer will distraught and bereaved mothers  
Merely wring hands while tsk-tsking about  
Corrupt cops and court systems  
Designed to maintain in lockstep  
A march as steady and deadly as Auschwitz  
Too many young Black men and women  
Succumb as they struggle to breathe  
Struggle to have their voices heard  
Struggle to catch hold of a promise  
That was never intended for them



# Sylvia

## “Ladi Di”

### Beverly

*With a group of other Black poets, I was invited to tour Woodland plantation near Mt. Vernon, Virginia. I had never been there before, never visited a plantation. I found the experience sad, strengthening, freeing, and powerful...We were invited to express ourselves about those conditions that never should have been...I wrote the poem “Something Came Over Me.”*

Sylvia Dianne Beverly is called, affectionately, “Ladi Di” by friends and admirers.

Her power, she knows, is the power of love. “In my poetry, love always shows up.” She speaks of her parents’ love of language and fondly remembers that her dad would wake her for school each morning reciting Paul Lawrence Dunbar’s “In the Morning.” (She can still recite the poem for you, if you ask.) By the sixth grade, Beverly was writing poetry, and her poem was chosen to be read at her graduation ceremony. Forty-six years later, she was invited back to her elementary school

as the keynote speaker. After she spoke to the graduates, they recited in unison her poem, “It’s Up to Me.” Beverly went on from her auspicious beginning and studied English at the University of the District of Columbia. Her poetry has been featured at the Smithsonian’s Museum of American History, the National Museum of African Art, and the Hirshhorn Museum. Her work is housed in the Gelman Library at George Washington University.

In 1998, Beverly and four other Black poets who were members of “Collective Voices,” were invited to London to perform poems from the Harlem Renaissance for the Women’s History Month Conference. From that event, Beverly’s poem, “Loves Been Here All the Time,” was included in *Whose Equality?: An Anthology of Poets*. Recently, she was invited to join an Irish poetry forum. Fifteen Irish poets and five Ameri-

can poets meet on Zoom to recite and discuss their work. Beverly has published two books: *Forever In Your Eyes* and *Cooking Up South*.

While Beverly relishes her success as a poet, she is equally proud of her work encouraging and supporting poets and poetry. She was a founding member of poetry ensembles including “Collective Voices” and “Anointed PENS” Poetry Ministry with the Ebenezer AME Church. She founded and directs a group of four poets, “The Dazzling Poetesses.” She has facilitated a variety of poetry writing and study groups for teens and young adults, including founding the “Girls and Boys With Hearts Youth Poetry Group.” Sylvia “Ladi Di” Beverly lives her passion and encourages in others the love of language and poetry. You can find out more about Beverly’s poetry and her performances on her Facebook page, “Sylvia Beverly.”

#### Excerpt from “Something Came Over Me” By Sylvia “Ladi Di” Beverly

Wondering how would I have responded  
Like Queen Leader I am today  
Like Harriet, going back and forth to  
Get away  
To be strong, to help others, to accept  
No wrong  
Like Fannie Lou Hammer, sick and tired  
Of being sick and tired  
Something came over me, there is still  
Superiority  
We must stand strong to remain free.  
Do not be intimidated, Do not be afraid  
Be true, Be real  
Share righteous goodness of Life  
Say your prayers, Do what you feel  
Golden opportunities, Accept them  
Replace Fear with Faith  
Listen, Trust, Obey!



# Hoke

## “Bro Yao” *Glover III*

*Part of the African-American predicament is trying to resolve the problem with the philosophy that caused the problem...Looking at power, African-Americans are placed in a position where they have to cultivate their own power... For 14 years I have been studying the ancient Chinese art of Taiji, which teaches about the Yin, softness and*

*passiveness, and the Yang, external energy...I think we can triangulate knowledge, applying Chinese philosophy to issues of power faced by African-Americans.*

Mr. Glover is immersed in language and the power of words. He spends his professional life teaching, parsing words and guiding young minds as they learn

to apply logic and engage in thoughtful discourse. After taking his MFA at the University of Maryland, College Park, Glover accepted a post as an Assistant Professor in the Department of English and Modern Languages at Bowie State University.

Glover writes under the pen name, “Bro Yao.” His works of fiction, nonfiction, and poetry have been published in *Ploughshares*, the *African-American Review*, and other publications. His non-fiction essay, “Hospital for the Negro Insane,” was a finalist for the *Crab Orchard* John Guyon Non-Fiction Literary Prize. His poetry collection, *Inheritance*, is published by Africa World Press.

In 1993, Glover founded Karibu Books, a chain of six bookstores in Maryland specializing in work by Black writers; the bookstores flourished until the Great Recession of 2008. In 2006, Glover became interested in Taiji, the Chinese martial art. His thinking and his writing have been influenced by the teachings of this ancient philosophy of martial arts. In 2017, he spent his sabbatical studying at Central China Normal

University (CCNU) in China, and returned there for a month in 2018 to deepen his studies. “I admire the philosophy that teaches one to be in harmony with nature. I know it takes decades, a lifetime to gain any true understanding of Taiji, but I am drawn to the power of this philosophy. African-Americans have been underground, traumatized by their experiences. The same is true of people in some Asian cultures. We [African-Americans] are on a long-distance run.”

Bro Yao Glover’s most recent work has been with *koans*; they are paradoxical statements that encourage one to consider the truth underlying the paradox, sort of like a puzzle. (His koan #23, “falling away” follows.) Hoke “Bro Yao” Glover III has recently published a collection of poems based on the *koan* form, *One Shoe Marching Toward Heaven*, published by the African World Press. “For me, the *koan* echoes the voice of African-American wisdom... Through Taiji I’ve come to understand that trauma can provide a root experience that is beyond words, that can be used to refine language,” Glover observes.

### Excerpt from “The Minder Speaks of the Underground”

By Bro Yao

I mined  
I minded  
I minded the mines  
I minded the mines forever  
Mining forever is hope  
The tired religion  
The tried and tired religion  
I tried the tried to sing on top

### koan #23: falling away

By Bro Yao

lord, forgive me  
i done stole something  
from myself  
used it to pay  
the man  
who stole from me



# Monifa A. *Love, Ph.D.*

*I believe in the power of words. When I'm working with intention, I pray that the work I offer goes out into the world and does the work it's supposed to do...I have a little, tiny piece of the garden to cultivate with respect, intent, and humility. I am hoping my work as a poet, writer, and teacher contribute to thinking profoundly...I am interested in things being 'used'—culture in some way is what's missing from the environment emotionally, spiritually, physically. Art places into culture what is missing.*

These are the reflections of Monifa A. Love, Ph.D., Associate Professor in the Department of English and Modern Languages at Bowie State University. Dr. Love spends her life working to supply

what is missing—through her poetry, her teaching, and her charitable work, specifically in Ghana. She earned her BA with Honors from Princeton University and went on to study poetry with Pulitzer Prize winning American poet, Galway Kinnell. She received her doctorate in English from Florida State University where she was a McKnight Doctoral Fellow. Two collections of her poetry are in publication, award winning *Dreaming Underground* and *Provisions*.

Love attributes her early affinity for language to her parents. She began to read at two, when her parents asked her to read the newspaper at dinner. She visited the library on Saturdays where she met “a world that was vast, a place where life was big. I

came to believe that poetry was a means where language might actually meet the vastness of what we could live,” Love recalls. When young Monifa began music lessons at Howard University’s Junior Preparatory Program in piano, she saw, heard, and felt the convergence of music and words. Her life has been devoted to following that astounding convergence.

Speaking of her admiration for the great American author Toni Morrison, Love observes, “I always remember her [Toni Morrison] saying she was working to create characters as large as life. Our salvation comes, I think, if we can treat everyone as they are—as large as life, not smaller. We are programmed to make snap judgements on how we appear. We are caught in terrible loops that we must interrogate.” Love is interested in Afrofuturism, which explores the intersection of history and technology, particularly as they

apply to themes taken from the African diaspora. She was a National Endowment for the Humanities Summer Fellow at the African Cinema Institute in Dakar, Senegal. “I am interested in Afrofuturism as an ‘escape hatch’ from the past. Afrofuturism in art can create an imaginative slingshot to ‘the other side’ where life opens to our capacities.”

While she explores cultural aesthetics based on the future, Love keeps her feet firmly planted in the present, and the needs of people struggling in today’s world. Along with her husband, Nana Kwaku Carr Asante, Love has worked for 30 years on development projects in Ghana where they have built a medical clinic, funded village wells, a library, and a women’s literacy center. Their most recent projects are the restoration of two schools and the delivery of “100 Shoes for 100 Children.” The Temple of Nyame Dua can be contacted at [templeofnyamedua.org](http://templeofnyamedua.org) if you’d like to help.

## Excerpt from “Rain in Due Season: for Rev. Dr. Jeremiah Wright”

By Monifa A. Love

He says, a piece of the main  
A measure of the continent  
He says  
I can never be what I ought to be  
Until you are what you ought to be  
This is How  
God’s universe is made

His annulation:  
We are born out of love for love;  
And you will bring those who have known long  
years of hurt and neglect  
And you will reach out your arms  
And take them close to you and chant your offering  
Then, you will feel it for yourself—the rain.



# Diane Wilbon Parks

*As an African-American poet and artist I have a responsibility to give voice to what I see—the social injustices. I have a platform on which to speak; I represent those who didn't and don't have a voice...My writing is reflective of my experiences and observations; it will always include hope, pain, love, light, and strug-*

*gle, which are subject to change. My heart feels the isolation of the pandemic, feels the heaviness and hope of the Black Lives Matter movement, and knows the tapestry of my skin is still not accepted or protected. It's hard to believe that in 2020 I'm still judged for something I cannot control; the plight of my brown skin*

*can become a prison or a death sentence. My skin and I are chosen by God.*

These are the observations of poet Diane Wilbon Parks. Raised by her mother, a “praying woman,” Parks was inspired to be courageous and wise. She knew from age 11 that she could “birth words.” She joined the United States Air Force, which “has a reputation for ‘thinkers’— where the intellectual work is done,” Parks says with a chuckle. The Air Force influenced her life. While her career as a Sr. IT Program Manager fills her days, poetry is a constant force in her inner life. “My poems are full of imagery; they come to me like photographs.”

In addition to writing poetry, Parks inspires others to explore their own poetic

voices. She is the founder of *The Write Blended Poetry Circle* as well as a member of *Voices of Woodlawn*, groups of poets sharing their work with the larger community. Her poem “Voice of Hunger” received an honorable mention for the Poetry X Hunger Project. She also works with high school and college students, helping them discover their own writing. Diane Wilbon Parks has published two collections of her poems, *Rearview Thoughts* and *The Wisdom of Blue Apples*. She has also written a children’s book, *Grandma Doodles Dances with Reindeer*. You can hear Parks’ interview with Maryland’s Poet Laureate, Grace Cavalieri, from the Library of Congress, “The Poet and the Poem,” at [gracecavalieri.com/poetLaureates/featuredpoet\\_dianewilbonparks.html](http://gracecavalieri.com/poetLaureates/featuredpoet_dianewilbonparks.html).

## **Excerpt from “Mirrored Moon”**

*By Diane Wilbon Parks*

I am bald, naked, and broken  
I have taken my skin off.  
I will leave it here with you on this page...

## **Excerpt from “An Empathetic Life”**

*By Diane Wilbon Parks*

A symposium of loss that silence the will  
to introspection, that calls the wilderness of hearts  
to love, to behave, to un-earthen what winters it to  
empty; theirs is a brown that keeps splitting into death  
where it hollows the living into graveside song...

## **Excerpt from “Her”**

*By Diane Wilbon Parks*

It only takes a whisper to bend inwardly  
and know that her gone is not gone.  
She is here. I wish her in.  
I dress her shadows in silk scarfs,  
and wait for her skin to breathe, to stay...



# Andre Brenardo Taylor

*I feel an overwhelming responsibility to present word as the sacred gift it is... the word that was in the beginning and then became... comes to me to create these poems I call mine. Applause feels good, but these poems are more than verses to entertain. I feel I have a responsibility to feed those who hunger for knowledge,*

*to speak against injustice, to bring light to darkness, to help the hurting heal. Sometimes it's harsh; it's hard.*

Andre Brenardo Taylor is grappling with explaining his calling. His passion is apparent in these words. Since he was a teen, Taylor has been a wordsmith—preacher, teacher, historian, troubadour, all

rolled into a poet. He uses his middle name, Brenardo, as his moniker, and he is energized by the mission he's set out to fulfill. "I view these poems as seeds, accessible to everyone. My mission is to distribute them to express feelings and ideas."

The eldest of four children, Brenardo recalls his earliest memories at his grandmother's house reading stories and nursery rhymes from *Mother Goose* and *The Brothers Grimm*. He loved those magical tales' happy endings. Brenardo remembers, "Doctor Seuss blew me away with his rhymes...I was raised pretty much by my mother, who did the best she could as a single, black, female in the 1960s. She sought to give me a better life and sent me to Catholic school. It was hard being the only Black child at St. Theresa's Elementary School. It was crazy for me, coming home from school in a shirt and tie, trying to fit into the Projects where I lived. I had

no one to talk to, particularly no father present, and my mother worked long hours to support us. Writing let me express my feelings." And so it began, a lifelong passion for words, and particularly words in poetry, rich with rhythm and rhyme.

Brenardo began meeting other poets and performing his poems before live audiences with the former D.C. Poet Laureate Dolores Kendrick. He met regional poets, including Ladi Di and Sistah Joy, and he joined "Collective Voices" and "Anointed PENS" Poetry Ministry. Brenardo has performed at a variety of venues, from South Africa to Puerto Rico to Jamaica, with poets including Sonya Sanchez, Saul Williams, and Amiri Baraka. One of the crowning moments of his career was opening a show for activist Dick Gregory. To learn more about Brenardo Taylor's work visit his Facebook page, [facebook.com/brenardo.taylor](https://www.facebook.com/brenardo.taylor).

## Excerpt from "My Voice"

By Brenardo

I can't flow like you flow  
Go like you go  
Blow like you blow—See  
My instrument is tuned in be—To or not to  
What have I got to lose  
By choosing to play the rifts of bliss  
That exist, in the midst of the gift I was blessed with  
I was born to blow my own horn  
So, stop chasing the cows in the corn  
And comeback baby comeback  
Cause even a hump back whale  
Has got a tale  
And a place to swim, in the place that he's in...

It took some time—But now I find  
That this is my voice, this is my voice, this is my voice

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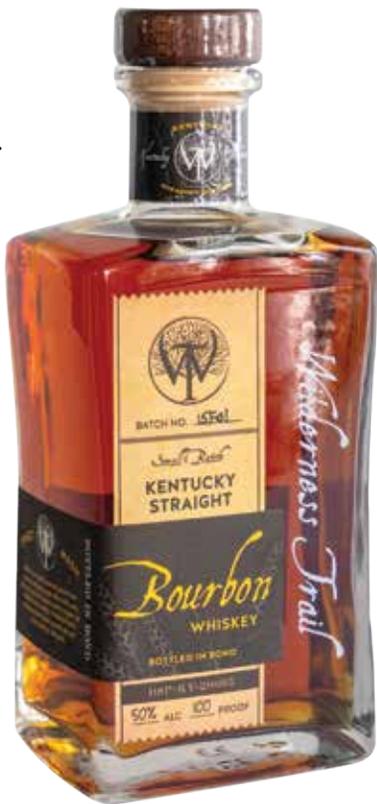
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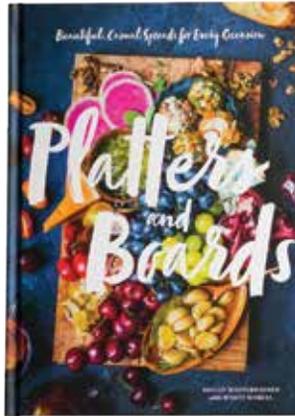
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**16. Annapolis Bouquet Blitz** is a flower creation and delivery service designed to engage the participants, artists, and volunteers at GiGi's Playhouse now, during COVID, and beyond. 100% of all donations go to GiGi's Playhouse in Annapolis. \$21 for 5 flowers, \$42 for 10 flowers, and \$63 for 15 flowers. Flowers held by Ronald Woods. Annapolis Bouquet Blitz 443-584-3696 annapolisbouquetblitz@gmail.com

**17. Subtle seduction and uncompromising comfort.** This Holiday, treat yourself to this elegant bra and panty set made entirely of French Calais Leavers Lace from Aubade or be Santa's helper and add this to your a la mode wish list. \$265. A La Mode Intimates | 1910 Towne Centre Blvd #115, Annapolis, MD 21401 alamodeintimates.com

18.



19.

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21.



22.



**18. Get Crafty.** Give the gift of the area's finest craft beers in a 64oz Growler paired with a gift card for sampling delicious libations served fresh and cold from 12 rotating taps at Fishpaws Marketplace. Need your order delivered? We've got you covered! Fishpaws Marketplace | 954 Ritchie Hwy. Annapolis, MD | 410-647-7363 | fishpawsmarket.com

**19. Board Bundle.** Take the guesswork out of your gift list with our signature board bundle. We've paired our popular reclaimed wood charcuterie board with the bestselling, how-to "Platters and Boards" book. Add in a stainless silver cheese spreader and cutter and you may just want to keep it for yourself! Revival Home & Gifts | 101 Annapolis Street Annapolis, MD 21401 | 443-949-9200 | hello@revivalannapolis.com revivalannapolis.shop @revivalannapolis

**20. The Gift of Beauty is Priceless.** Give the gift of relaxation at Jackie's Design. We specialize in Hair Color, Balayage, Keratin, Hair Extensions, Skincare, Lash Extensions, Airbrush Makeup, Wedding Styles and more. Jackie's Design Hair & Skin Studio | 4 Annapolis Street Annapolis, MD | 410-263-0777 | jackiesdesign.com

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**22. Penny Lane Lifestyle Photography** Kids are unpredictable, hilarious, adorable, salty, sweet and everything in-between. In these spirited black & white portraits, photographer, Lindsay Sadler, captures all of your child's personality traits. The perfect gift for the person that has everything. PennyLaneLifePics.com PennyLaneLifePics@gmail.com | 410-294-4000 Annapolis, MD

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**1. Pop of Purple.** *Blue Crab*, 8x8 by Frank Robertson, \$150. *Snowflake ornament* - \$10, *Crab ornament* - \$15 by Julie Heath, *Purple Peony* - \$275 by Wayne Laws.

**2. Bird's Eye View.** 2 *Red Journey Birds* - \$25 each by Carly Piel. *Birch Trees in Winter*, Framed giclee - \$50.00 by Barbara Burns. *Raven* - \$225 by Susan Gillig Grube. *Birds and Waves* - \$45 by Kathy Strouss.

**3. Splashes of Color.** *Heron in the Tree* - \$85 by Kathy Dennin Meagher. *Craighill Light Reflections*, matted - \$15 by Bill Mish. *Coral Lariat Necklace with Sterling Silver Chain* - \$80. *Tibetan Bead Earrings with Sterling Silver Ear Wires* - \$40 by Sonja Holleman.

**4. Treasures in Every Nook.** *December Birth Month Flower* - \$40.00 by Cindy Berry Sullivan. Large beeswax "Wrap For the Wild" series is called "Crab En garde" - \$15 per wrap by Audrey Fanjoy. *AA County 1878- Second District*, Framed print on canvas - \$90 by Elizabeth Ramirez.

# Helping Hands Lift the Homeless Back on Their Feet

*How stories of despair are mitigated by the many organizations with the collective goal to end homelessness*

By Janice F. Booth

*The information in this article was compiled before the emergence of the COVID-19 Pandemic and the ensuing health crisis and economic uncertainty. The circumstances of homelessness have worsened drastically since March of 2020. "At our food pantry [Haven Ministries in Chester, Maryland] we are feeding 100 percent more people in July than we did in January," says Director & Founder Krista Pettit.*

There's Carl, moving from shelter to shelter during the long, winter months. He lost everything after his wife died of liver disease, leaving him with thousands of dollars in medical bills he couldn't pay.

There's Devon, a professional painter, who broke his pelvis and ribs when he fell from a ladder. He is trying to learn a new trade, but meantime, he's homeless.

And then there's Sam. He moved here from Texas with his wife and daughters to attend Johns Hopkins University School of Medicine on a full scholarship. He had a Master's Degree and a good job in Texas, but he knew he could do more, and medicine was his passion. During his second year of med school, Sam suffered an aneurysm and meningitis. He lost his scholarship, was left penniless, and unable to continue his studies.

Eventually, he lost his wife and daughters, his home, and his future. While living in shelters, he has been studying to become a mental health worker and hopes to establish his own nonprofit to help other folks that have suffered.

These are only a few of the people behind the label, "Homeless."

Steve Hays, coordinator for the Winter Relief Program at First Presbyterian Church in Annapolis, has gotten to know some of the men and women who seek shelter through the program's more than 60 Houses of Worship. He listens to the stories of the homeless and shares their stories with the community, encouraging all of us to appreciate how fragile the safety net is that keeps any of us from a cot in a shelter on

a cold winter's night. (Editor's note: the names of the homeless mentioned in this article have been changed.)

"People who are struggling, who may be homeless or face losing their homes, want to be seen. They want the dignity of being acknowledged," observes Sarah Ryan, Volunteer Programs Administrator at The Light House. Dignity is what many organizations and individuals are working hard to offer the men, women, and children in our community who are without a place to live. From the County level, to private and publicly funded organizations, many people in Anne Arundel and Eastern Shore counties are acknowledging those in need and recognizing their value to the community.

There are three dimensions to homelessness; the unsheltered or chronically homeless, the homeless who are being housed temporarily or long-term, and those at risk of homelessness. For each group of homeless folks, there are ways to lend a hand.

## Just the Facts, Please

In 2017, (the most recent figures available) over 7,000 men, women, and children were homeless in Maryland on any given day. This number does not include those who were homeless and "couch surfing," moving in with a friend or relative on a temporary basis; nor does it include the transient homeless who find shelter in hotel rooms and automobiles. Of our state's 7000 homeless people, almost one-third or more than 2,100 were military veterans. We also know that 1,300 children in Maryland were without permanent shelter, a number large enough to fill two elementary schools.

Anne Arundel County's homeless population was 1,600-plus according to the 2017 survey. A "Point In Time" survey by the County's Social Services on January 29, 2020, conducted by Social Services, counted 314 homeless people; of those, 48 were children. The eight counties that makeup the Eastern Shore counted almost 1,800 homeless citizens in 2016.



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The struggle to house the homeless is the struggle to provide safe, affordable, long-term housing while residents overcome the circumstances that left them homeless initially. National and State agencies monitor programs, provide statistics, and support federal, state, and local approaches to helping the homeless. Among the organizations monitoring and fighting for the homeless are; the National Alliance to End Homelessness, which includes the Homelessness Research Institute (HRI) and the Center for Capacity Building (CCB), the Maryland Interagency Council on Homelessness (ICH), and the National Coalition for the Homeless, an advocacy group of activists who were themselves formerly or are now homeless. These and other organizations keep statistics on issues facing the homeless and advocate for better regulations, laws, and programs to eliminate homelessness across the country.

Affordable housing gets harder to find in America as property values and rental costs rise while hourly wages remain static in most regions of the country. According to The National Low-Income Housing Coalition, the 2017 *Housing Wage* (the hourly wage at full-time employment necessary for average housing costs that represent 30 percent of one's income) is estimated at \$21.21 per hour in Maryland. The Housing Wage exceeds the \$16.38 hourly wage earned by the average renter by almost \$5.00 an hour, totally out of reach for low-income workers. In fact, the hourly wage needed for renters hoping to afford a two-bedroom rental home is \$10.21 higher than Maryland's minimum wage of \$11.00 an hour.

## What About Us?

Anne Arundel County Executive Stuart Pittman has said, "Government should be measured by how it treats the most vulnerable people in the society." So, how are we, residents of Anne Arundel and adjacent counties, to be judged? What are we doing to improve the circumstances for the poorest and most vulnerable among us?

Anne Arundel County, for example, has instituted several new programs to make it easier to find long-term and permanent housing for homeless residents. The *Anne Arundel Coalition to End Homelessness* brings together representatives from 50 of the private, religious, and government entities who are trying to assist the homeless and end homelessness in our area. Justin Bieler, Social Services' Homeless Coordinator, supervises "Access Housing" and "Street Outreach" programs.

*Access Housing* works to move the homeless into housing and follow-up with the essential social services to help people stay in their homes. A "Vulnerability Index" has been devised to move folks off the streets and into apartments. This prioritized wait-list moves people up the list based on issues such as length of time homeless, health risks, mental health, and substance use.

*Street Outreach* and *Youth Outreach* send social workers out into the community to locate the homeless, access their vulnerability, and help them get the financial and material help they need.

Bieler meets with the AA Coalition to End Homelessness on a monthly basis. “Together we try to devise broader approaches or strategies,” Bieler points out. He recalls one of the encouraging stories, a couple, we’ll call them Dion and Marie, who had lived on the streets of our county since the mid-1990s. Access Housing brought them in, got them vouchers, helped them find an apartment they could afford, and helped them learn to budget and plan so they could continue to live in their own space. After 20 or more years on the streets, Marie and Dion have been in their own apartment for a year, and they’re going strong.

But, government agencies can’t solve this chronic problem alone. In addition to the traditional social services organizations, there are three other significant approaches to addressing homelessness in Anne Arundel County: temporary assistance, long-term aid, and alternative solutions. Here are some of the solutions provided by agencies and organizations whose mission it is to help our region’s homeless:

### Temporary Assistance: (often providing long-term aid as well)

*Sarah’s House* provides emergency housing, life skills training, and transitional housing for those in crisis as well as the chronically homeless. They also take on long-term interventions. Director Kelly Anderson points to the “holistic approach” used by Sarah’s House to help people find homes and work to figure out how best to keep those homes. Sarah’s House offer a “Coordinated Entry Program” that educates clients about budgets, home maintenance, and other skills that are necessary if you want to keep that apartment or room. Sarah’s House has clients as young as 18 and as old as 87, veterans, mentally and physically disabled, recovering addicts, and multi-generational families. “When they finish our 12-week program, we’ve done our best to prepare each person to live safely in an apartment or house,” Anderson observes.

*SCAR Foundation* (Second Chances After Rehabilitation): Established by Willie and Delores Bullock of the Blessed In Tech Ministries, SCAR Foundation goes into the streets and parks looking out for vulnerable teens and folks recently released from jails and prisons. The Bullocks work to establish trust relationships with these homeless young people, as young as 7 and through their mid-20s. SCAR provides them with temporary shelter and counseling; the Bullocks also help these vulnerable folks connect with other agencies that can provide assistance. To do that, Delores Bullock is Co-Chair, along with Kelly Anderson, of the AA Coalition to End Homelessness.

During the winter of 2019–2020 for the first time, SCAR took on Winter Relief at the Stanton Center. They’re also instituting the “Hip-Hop Program” where they’ll offer a group home for homeless teens between the ages of 16–24. Delores Bullock recalls a quiet pair of kids, Jay and Paula, 16 and 18. She’d been molested by her father; he’d been kicked out of his home. Jay, 16, was too young for Winter Relief, so they slept in unlocked cars or in all-night restaurants. Through Bullock’s connections with the AA Coalition, the young lovers were taken into Sarah’s House, where they were counseled and safe.

Bullock says, “They come to us broken, but we work to make them whole.”

*House of Hope’s Winter Relief* is one of the outstanding success stories for aiding the homeless. In 1992, the Glen Burnie United Methodist Church, under the leadership of Reverend Olin Herndon, brought together leaders from area churches to establish a sustainable program to help the homeless during the winter months, from October through April. For 28 years, the program has remained an invaluable source

of comfort to our region’s homeless with over 60 faith-based organizations participating. Each of the 60-plus organizations houses, feeds, and looks out for the homeless for one week, transporting them to the church’s facility and on to the next sheltering location when their week is done. Usually, two or three organizations are housing groups simultaneously, and some of the 60 organizations volunteer for two weeks. Based on the statistics collected by Winter Relief, during 2017–2018 from October to April, more than 250 homeless men, women, and children received temporary, safe shelter, food, and encouragement. One-third of those homeless guests self-reported as suffering from some form of mental illness. The guests, over 70 percent of whom are men, also reported suffering from physical disabilities, domestic violence, drug abuse, and other significant health conditions.

*Light House’s Safe Harbour Resource Center, Emergency Aid and Intervention* offers immediate assistance with clothing, food, showers, and laundry as well as counseling and shelter placements. Director Karen Williams sees Safe Harbour as a place where “we meet people where they are, without a time frame [to accomplish a goal and move people on]...Sometimes folks will just come in to be warm, have a cup of coffee, sit where they’re safe. Then, eventually, they’ll want to talk to me, tell me what’s going on. That’s when I can sometimes help. It might be a woman with an eviction notice. In addition to providing resources such as eviction and utility aid, we also sit down and unravel the pieces, get help for the issues, connect her with resources. Hopefully, we can help her overcome the cause,” Williams says. In 2019, over 600 households were “stabilized” by Safe Harbour’s intervention.

*Haven Ministries*, in Chester, Maryland, on Kent Island, began as a faith-based temporary winter-housing resource 16 years ago, and has grown to serve those in need through two food pantries per month, a retail thrift store, resource centers, an emergency homeless shelter, a street outreach program, an art program, and a retail warehouse with job training and employment opportunities. Haven Ministries is in the





process of launching a Housing Assistance Program, which will help provide affordable housing in Queen Anne's County. Two single family homes will be built for residential use and will transform lives; offering stability, safety, and reliability to those who quite often go without. Long-term assistance is on the way.

### Long-term Aid:

*Arundel House of Hope*, founded in 1992, is an ecumenical organization that has developed and manages a variety of programs and services to aid the homeless. The first and most successful, long running of their programs is Winter Relief. House of Hope also manages job training programs, a medical clinic, substance abuse intervention, and permanent housing. House of Hope currently manages four long-term residences and are preparing to open The Patriot House, a permanent residence for Veterans.

*The Light House: A Homeless Prevention Support Center* provides emergency aid through the Safe Harbour, as well as a shelter program for individuals and families who are experiencing homelessness. The Light House mission states, "Our vision is to be a national model for how a community cares for its neighbors experiencing homelessness. We strive to break the cycle of homelessness by providing a place of belonging, life-changing programs, and a broad continuum of support to people who are homeless or at risk of becoming homeless. The Light House intervenes to 'break the cycle of homelessness.'" The Light House provides transitional housing in a variety of properties and locations around the city. There are also job training programs and supportive counseling. In 2019, the Light House provided housing for over 250 people, 15 families with 26 children. With a view to the long-term, since 2012 The Light House B.E.S.T. workforce development program has trained 350 people for jobs in trades, and particularly the food industry through their very successful Light House Bistro.

Tameka is one of the many success stories from the Light House's hands-on employment training. As a homeless mother of small children, she came to the Mission from "a lifetime of trauma, addiction, homelessness, abuse, and a criminal record," notes Associate Director Lara Ippolito. With help from the Light House, Tameka expunged her criminal record, completed GED classes, and is working full-time in a management position with plans to attend community college. "The Light House was there to lift me up. I'm now able to support myself, spend time with my beautiful children, and plan for a stable future," Tameka says.

*Arundel Community Development Services (ACDS)* oversees a variety of programs in the county that are working to provide more housing and aid for low-income people to find permanent homes. ACDS provides services that include homeownership counseling, foreclosure prevention counseling, down payment and closing cost assistance, accessibility modifications, property rehabilitation, and affordable rental units to County residents. Among the signature accomplishments of ACDS was the redevelopment of the Wiley Bates High School into the Wiley Bates Heritage Park, with affordable housing units for seniors, a senior activities center, and a Boys & Girls Club.

*Talbot Interfaith Shelter (TIS)* in Easton, Maryland, was founded in 2009 by Julie Lowe in an effort to offer long-term support and services to homeless citizens who were willing to work to acquire and maintain a stable home. TIS is built on the "S4 Principles:" Shelter, Stability, Support, and Success. Partnering with government and faith-based sources, the program offers immediate shelter for up to 35 clients at a time in Eaton's Promise, a former bed & breakfast. The residents commit to working with members of the TIS staff to acquire the skills necessary to manage their expenses while living an increasingly more independent life.

### Alternative Solutions:

ACDS oversees a variety of federal and state agencies that encourage and fund programs devised to aid the homeless. Among these supervising agencies are:

*HOME Investment: An Investment Partnership Program* which approves and oversees Block Grants to programs and nonprofits that plan to provide decent, affordable housing for the poor and homeless.

*Community Development Block Grant Program (CDBG)* distributes and oversees grants to states, cities, and counties with plans to develop "viable urban communities," with decent housing, suitable living environments, as well as programs to expand economic opportunities for low and moderate-income people.

*Emergency Solutions Grants (ESG)* are overseen by HUD to fund plans that develop rapid re-housing and engage homeless individuals and families living on the street, as well as plans to improve the number and quality of emergency shelters for the homeless.

*Habitat for Humanity* collaborates with local organizations to find locations and build new homes that are affordable for low-income residents. As of 2019, Habitat for Humanity had constructed 127 homes in Anne Arundel County. Accordingly, there are 18 more homes that presently in the works. The program allows interested homebuyers to qualify based on desire to own, income limits, and willingness to work helping to restore an existing house or construct their new home. Mortgages with zero percent interest are arranged, and new homeowners pay no more than 30 percent of their income to satisfy their mortgage.



## Contact List for Organizations Mentioned within this Article

**Access Housing:** Anne Arundel County:  
410-222-6200

**Arundel Community Development Services:**  
410-222-7600

**Arundel House of Hope:** Winter Relief Program:  
(Winter only) 410-222-7600

**Community Development Block Grant Program:** Contact, Cindy Stone Director, Community Development Programs, Div. of Neighborhood Revitalization, Maryland Department of Housing and Community Development, 7800 Harkins Road Lanham, 301-429-7519 or 1-800-543-4505

**Habitat For Humanity:** HFH of the Chesapeake:  
3741 Commerce Drive, Ste. 309, Baltimore, [www.habitatchesapeake.org](http://www.habitatchesapeake.org), 410- 366-1250

**Haven Ministries:** 608 Church Hill Road, Centreville, Sandi, Case Manager, 410-739-7859

**Home Investment Partnership Program:** Anne Arundel County Single Family Housing Programs:  
Contact: Community Development Administration, Maryland Department of Housing and Community Development, 7800 Harkins Road, Lanham, 301-429-7797

**Homelessness Solutions Program:** Contact Steve Holt, Asst. Director, Homelessness Solutions Program, Div. of Neighborhood Revitalization, Maryland Department of Housing and Community Development, 7800 Harkins Road, Lanham, 410-209-5847

**Lighthouse's Safe Harbour Resource Center:** 10 Hudson Street, Annapolis, 410-263-1835

**Sarah's House: Anne Arundel County:**  
410-551-7722

**SCAR Foundation:** [www.facebook.com/SecondChancesAfterRehabilitationFoundation](http://www.facebook.com/SecondChancesAfterRehabilitationFoundation)

**Street Outreach & Youth Outreach:** Annapolis & Anne Arundel County, Delores Bullock, 410-831-7030

**Talbot Interfaith Shelter:** Easton, Fran at 410-253-5414 or [frandoran@talbotinterfaithshelter.org](mailto:frandoran@talbotinterfaithshelter.org)

As this story was researched, I was struck by the increasing numbers of seniors who are homeless, as observed by both volunteers and professionals. Sometimes the cause of homelessness for people 60 or older is the catastrophic illness of a loved one or oneself. Medical bills leave them destitute and lead to the loss of their homes. Chronic unemployment or a working life spent as a homemaker leaves women without Social Security or pension benefits. Elders are being asked to care for grandchildren, a responsibility that drains physical and financial resources. The County is working through the Department of Aging to provide services, including adequate, affordable housing for Seniors before they lose their savings and their homes and are reduced to homelessness.

One final story of despair transformed to hope. The Light House shares the story of Faith and Cody and their two children. Though the couple was holding down full-time jobs, they were facing eviction, unable to pay the rent on their apartment. They came to the Light House where they were housed in one of the family apartments. Cody and Faith worked with their Light House Case Manager to learn how to manage their meager resources. They applied for healthcare, public assistance, and debt repayment support. Both parents participated in the Nurturing Parenting Program as well. The family eventually was able to move into a home of their own again, this time with essential skills and a plan in place to help them remain independent and secure as a family.

Light House Safe Harbour Director Karen Williams shares this adage with us all, "The healing happens in relationships, and relationships take time."



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# How the intricate threads of Anne Arundel County's foster care system can weave success stories

*By Diana Love*

A pregnant woman, homeless and high, feels her labor pains and walks ten miles to the closest hospital. Her child is born; his tiny body already hooked on the drugs his mother used, reliant on a morphine drip from his earliest moments. Days later, in another county, a young couple receives a call. They have half an hour or less to make a choice: help this baby as foster parents, or not.

It takes a very special sort of person to agree to foster a child. The Anne Arundel County Department of Social Services seeks to protect more than 1,000 children each year from violence, abuse, and childhood trauma. Of these, about 130 children are placed in foster care each year. Some children in the foster care system have loving parents who acknowledge they may not be able to provide for their child or help them to thrive. Others are born to parents who lack the life skills needed to adequately care for a child. Still others suffer the incredible weight of their parent's own demons. These children come to Social Services via myriad routes: parents who reach out for education, resources, and aid; alerts from neighbors, coaches, and teachers; and, all too often, by obvious abuse and neglect.

In the state of Maryland, there are about 4,700 children in foster care. Children are placed in foster care when Child Protective Services determines that a child cannot safely remain in a home. CPS works with DSS to place the child temporarily with a foster family. In Anne Arundel County, around half of the children in foster care are teenagers. About one quarter are children under one year old, many who have been exposed to drugs. The number of babies born to opioid addicted mothers continues to grow.

In the past, the foster care system, within Maryland in particular, was stereotyped as a place where children were dumped; sometimes used as pawns, frequently moved, frequently abused, and only occasionally, almost miraculously, helped to elevate their lives beyond the trauma of being born into a bad situation. Anne Arundel County is driven to change this stigma.

Carnitra White, executive director of Anne Arundel County Department of Social Services, has put in place a team that works tirelessly to coordinate resources and programs that promote the safety of vulnerable children and the building of strong, resilient families. These programs are rooted in the theory that building strong families is the key to supporting children and hopefully, to mitigating the need for removal of a

child into a foster home. At a minimum, these programs help to ensure that children are in the foster care system for the least amount of time possible and that family reunification—the system's ultimate goal—is both expedient and successful.

The mission of the foster care system in this county is to keep children in their communities, in their schools, near their friends, and close to their families. There is a high priority on minimizing children's emotional stress while their family is in crisis. To realize this goal, a team of social workers is on call at all hours to help children and families. A variety of assistance programs and mentoring opportunities are available to families, as are the benefits of tight relationships formed between Social Services and local nonprofit groups such as CASA (Court Appointed Special Advocates), Blue Ribbon Project, and organizations that help coordinate the early intervention, medical care, and emotional counseling offered to foster children free of charge.

This extensive network of mentors, volunteers, childhood development experts, legal experts, social services professionals, and government agencies are all heroes. But perhaps the greatest heroes of all are the foster parents themselves. Foster care parents come from every sector of our community: married couples, single individuals, folks from every size, shape, color, ethnicity, economic background, gender, or sexual orientation. Their common thread is a deep desire to help children in desperate need.

Foster families assume all the responsibilities of typical parents, plus so much more. They take on this responsibility, this charge, knowing that ultimately, the child will always have a place in their heart, but perhaps not permanently in their home.

Social services is very clear with foster families: the goal is reunification with the biological family. This means that when a foster parent commits to welcoming a child into their arms, they do so knowing that at any time, that child may be removed and returned to their family or another relative.

Foster families also welcome a child at a moment's notice. Most foster parents learn they've been matched with a child and will need to make a decision about moving forward in the space of about thirty minutes. They are prepared to do so. Social Services has a deep and extensive vetting process for foster parents, who are required to have full background checks, home visits, and



hours of in-person training. This training prepares them for some of what lies ahead: interfacing with dozens of agencies and experts, interacting with biological families, preparing their home, and of course most of all, understanding the physical, emotional, or mental challenges their future foster child may face.

All the training in the world can't prepare a well-intentioned foster family for the arrival of their foster child, but universally, the families I spoke to had no hesitation about welcoming that arrival with open hearts and minds. In this way, they have the ability to change the trajectory of a child's life.

## Because They Can

Jennifer Reynolds is a Pediatric Nurse at Anne Arundel Medical Center. In her many years working in the NICU, she's seen social workers pacing hallways, waiting hours on benches, calling frantically to find foster parents for infants recently born. Her husband Donnie grew up with foster care siblings and knew the sorts of stories Jennifer would bring home all too well. Jennifer and Donnie have three biological children, but felt they had space in their home and in their hearts to help others. "We had been talking about what we saw as a need that we could fill. We have an extra room and we wanted to help our community. I saw babies at AAMC and social workers on the phone for hours looking for a family member or foster family to help and we decided that was something we could do," Jennifer says.

Jennifer and Donnie applied to be foster parents, agreed to the background checks, facilitated home visits and rigorous inspections, and attended hours of training, and then waited for six months for the call. When it finally came, the request was to care for a month-old, drug-exposed child. They had twenty minutes to decide. With Jennifer's experience as

a nurse and their strong family structure, they welcomed their foster son with open arms. "The worst day for a foster parent caring for a child who comes to them because of abuse or neglect is the day you send them back to their biological family, because as adults we know what we're sending that child back into," Donnie says. In the case of their foster son, they experienced a roller coaster of emotion as the county looked for relatives capable of caring for him, as they tried to arrange life skills classes for the mother and parenting classes for the father. "The system gives the parents so many chances to succeed the best they can," Donnie continues "They pay transportation to get to visits, provide classes, forgive multiple no-shows, disappearances or lack of communication, because they really have to prove that they've done everything possible to help the parents and reunify a family." For Jennifer and Donnie's son, those efforts did not succeed. Ultimately, the father realized that his son could have a better life with the Reynolds family, and signed over his rights.

Sometime later, the Reynolds received another call about another baby, this one just days old. This baby too, had been exposed to drugs and this baby too would require intense therapies to heal. In a twist of fate, this baby shared the same biological mother as the Reynolds' adopted son. Completely strung out on drugs, the mother knew she could not take care of her child and wanted him to be with his brother.

In the case of their second child, Jennifer and Donnie were able to care for him from his earliest moments, including monitoring his medical care and advocating for the best treatments. "Through the foster care social workers, we had access to visit our son in the hospital when he was days old," Jennifer says. "We knew that his treatment needed to be consistent and to have a long-range plan, because any lack of that type of treatment has long term effects on children's bodies."

For the Reynolds, life with their three biological children and two adopted sons is not easy but is fulfilling and life affirming. Both boys face challenges from their early exposure to drugs. But both are now safe in the arms of the heroic Reynolds family, including grandparents, uncles, aunts, cousins, and a network of extended family, who wouldn't have it any other way.

## No Matter the Circumstances

Oscar and Michelle Luna tried for the better part of a decade to have children. When their efforts were unsuccessful, they discussed foster care. From the beginning, their steadfast partnership and excess of love proved to be what would get them through what became a harrowing situation.

After attending foster parent training, the Lunas spent several months making sure every single box was checked in the long list of batteries required for them to be matched with a child: background check (check), home safety inspections (check), medical (check), back-up drivers for school (check), and on and



on. As they moved through the inspections, they also had to clarify exactly what type of child they could welcome into their home. “We knew that we needed both of our salaries to meet our financial goals, so we knew we needed a school-aged child. We really had to do our pluses and minuses and have a clear expectation,” Oscar explains. They were asked about age, race, handicaps, or other health concerns. “We said we could take a Hispanic child because Oscar speaks Spanish,” Michelle says “We were open to someone who might have disabilities, because I’m a nurse. We almost called to say we don’t want someone with an allergy to nuts because we eat so much peanut butter!”

Oscar and Michelle also had to decide if they wanted to foster a child for a period of time or be open to adoption. “Ultimately, we decided together that we will give our best to whoever comes to our house”, Michelle says. “Every child loves their parents, their mommy and their dad. There is nothing more beautiful than the love of a child. We cannot take the place of a mother or father, but we want to have an imprint on this child’s life.”

After several calls for fostering that did not work out, the fourth call was unique. The child they were matched to was with another foster parent who couldn’t continue care because of a job change. The match was unusual because Oscar and Michelle were able to meet with their child, bring him to their house, and let him interview them. The child had siblings, but DSS and the biological parents decided it would be best for him to live with the Lunas on his own. He agreed, and then the rush was on.

“Our child came to us the week before school started,” Oscar explains “We had a week of him going to camp and then we had to get him in third grade and figure out transportation, before and after care, and all the practical details. Now this seems easy because we’ve been through it, but at the time, I was making calls and figuring it out.”

The Lunas were in regular contact with their child’s birth mother as these important decisions were made, including one to send him to his current school, rather than one just a mile from their home. “It was good for him to have continuity in his life, and social services provided transportation to get him to school,” Michelle says.

After some time, Michelle noticed the child seemed to be a little off. As a nurse, she looked to his eating and resting. He stopped eating, was constantly tired, and would vomit after meals. Alarmed, Michelle rushed him to the hospital. Their son had a large tumor in his head, was immediately transferred to Johns Hopkins and prepared for major surgery.

Social services worried that this major medical condition, which proved to be incurable, might lead them to back out of their commitment as parents, but they felt strongly that they were in every sense possible this boy’s family. “We

## Defining Foster vs. Adopt

### A Foster Parent:

- Cares for a child until the parents can resume responsibility or until a relative or adoptive family can be found
- Commits to helping a family through a difficult time
- Carries out decisions made by the agency and/or child’s parents
- Provides support to ensure the child maintains a relationship with his/her biological parents
- Supports the agency’s efforts to reunify the child with his/her birth Parents

### An Adoptive Parent:

- Commits to life-long care for the child
- Assumes parental rights
- Maintains full financial responsibilities for the child’s care
- Navigates relationship with biological parents (in an open adoption)



## Interested in Fostering?

1. If you want to become a foster parent in Anne Arundel County, visit [www.annearundelfostercare.com](http://www.annearundelfostercare.com) and begin your research.
2. Prior to COVID-19, some hospitals had programs where volunteers could hold infants in the care of Child Protective Services. Contact your local hospital to see if providing some touch and cuddle time for a child is something you might be able to do.
3. A respite foster care parent offers a short-term break to foster parents and kids. Everyone needs a break from their family at one point or another, and respite foster care parents are just the medicine, whether for just dinner and a movie, a long weekend, or a week or two.
4. Sign up with Court Appointed Special Advocates (CASA) to be a support to a child in the foster care system. CASA volunteers are assigned a child, who they meet with on regularly scheduled visits as a sort of “buddy,” friend, and mentor. The CASA volunteer also attends court hearings and interacts with social workers assigned to a child’s case.
5. Volunteer for the Blue Ribbon Project, a local nonprofit group started by a former foster care child. Blue Ribbon Project works to fill gaps in the foster care process. For example, providing every child a backpack with fresh clothes, a soft blanket, and a toy. The organization has multiple ways to be involved.

said we made a promise to him that we would take care of him and that’s what we’re doing,” Michelle says. “We were like what do you mean give him back! We told them we’d made plans for our work and adjusted our schedules and we’re on board.”

Oscar and Michelle’s foster son lived with them for two weeks shy of a year, about fifty weeks, before reunifying with his mom and stepdad. They spent much of that year going to radiation treatments five days each week and to chemotherapy for months. “This is what life throws you, we never thought this is what would happen,” Oscar says. “We told our son: the only guarantee that we will make to you is that you will be with us until you go home. We will take care of you.”

Michelle and Oscar haven’t been matched with another child since their son returned to his birth family. They see him regularly, and continue to encourage his mother, who has four other children. Their goal is to have another foster child. “It is so gratifying,” the Lunas said together. “I just want to make some kind of impression on a child’s life, if he or she takes something that he learns from us, to know we made a tiny impression, and had a part in placing that little glimmer of hope in them,” Michelle adds.

## A Love Beyond

Katie Fitzsimmons is a foster mom and President of the Anne Arundel County Foster Parent Association. In a recounting of her experience, she reiterates the importance of loving the biological parents. “When our son first came home, I wanted to

Mama Bear him, protect him from his past,” she says. “I compared us to his bio parents. I judged them and thought, if they *really* loved him, they would change. It put me in a mindset that wasn’t helping me, our family, or our son’s bio parents. I really struggled. I didn’t like seeing them. It was a hard reminder they were his parents, not me.” Katie and her wife realized that, ultimately, they wanted the parents, who truly wanted their son to be safe, to succeed. They began engaging wholeheartedly with a variety of agencies to help them do so.

In her work with the Foster Parent Association, Katie advocates with a broad spectrum of agencies and organizations to protect foster parents, better support foster children, and advocate for biological families. “Foster parents are low on the totem pole,” she explains. “The priority is first the kids, then the biological parents, then and the foster parents. The Foster Parent Association steps in and does advocacy for the parents and offers advice and support.”

In her work now, Katie sees firsthand the heroic role that foster parents play in the life of a child. “The role of foster parents now is becoming more critical and more integral in the life of kids in our care. It takes one engaged adult to change the trajectory of a child’s life.”

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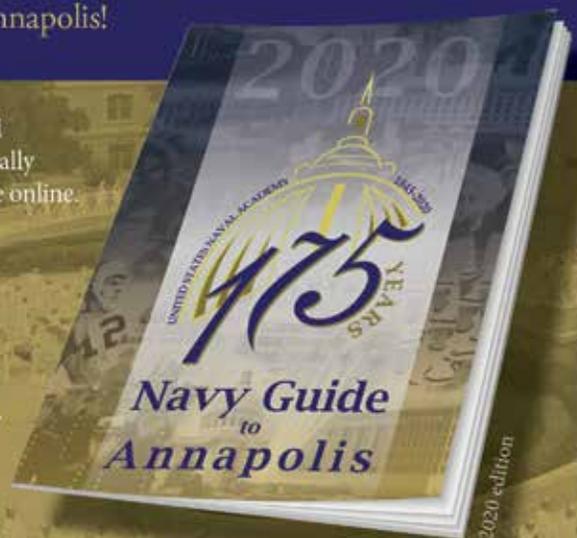
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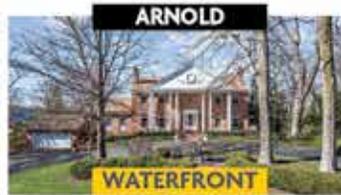


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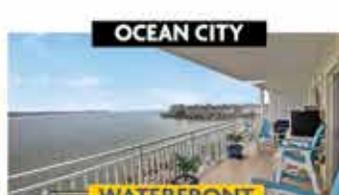


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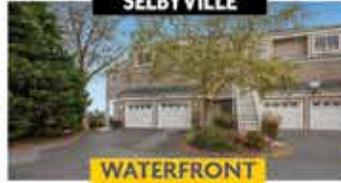
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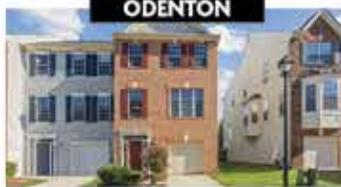
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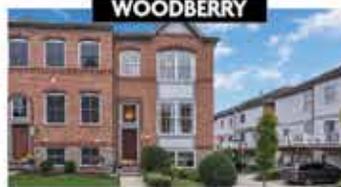
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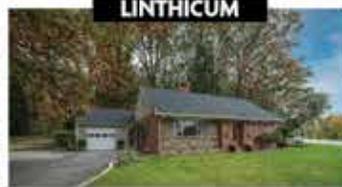
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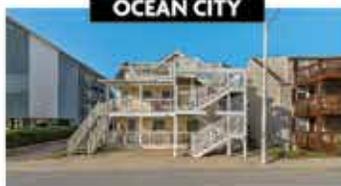
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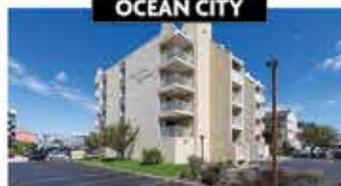
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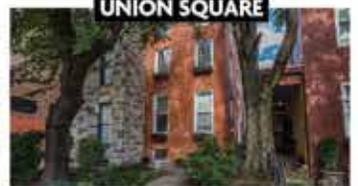
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# Functional & Fabulous

## KITCHEN FORECAST 2021

By Lisa J. Gotto

What do our lives today require of our home's kitchens? Well, as you would imagine after this past year, quite a lot. Never have we relied so much on the functionality a kitchen provides, and that's not even a trend, it's a standard. So when we look toward 2021, think design re-imagined to include lots of space to spread out, areas within to provide increased, perhaps even overlapping utility, and creature comforts that encourage not only comfort-food creation, but enjoyment.



### ECLECTIC DESIGN TENDENCIES

Wow! Have we ever had this much freedom to create a room that blends fluidity with function, old elements with new, and a look that refuses to be pigeon-holed by one particular design aesthetic? Case in point, traditional crown molding above, a free-standing farmhouse-style island below, extended counter space in the form of a peninsula, and a thoroughly modern dining area with chairs that lend a pop of color. This is the perfect scenario for anyone with eclectic design tendencies who loves to pick and choose from a palette of styles. This is also another great example of how separate work zones can be integrated within one larger space and still look beautifully pulled together. *Photo courtesy of Kraftmaid.com.*



### LEARNING ... & EARNING FROM HOME

This kitchen is conceived to provide for the way we live today with several separate "work zones" designed to work together creating an optimal level of convenience for the family that is learning and earning from home. This type of contemporary design could look cold and institutional, however, thanks to the strategic integration of warm woods throughout the space, it's homey and inviting. *Photo courtesy of Kraftmaid.com.*



### OPEN TO THE OUTDOORS

One thing homeowners want more than ever is a dwelling that effortlessly blends indoor with outdoor living. Opening the kitchen to the outdoors has always been popular, but what was once a bonus to have, now seems like more of an essential. From the looks of things, this kitchen is so much more than the room one cooks in. It is also a space to think, to dream, and to create. It does so by doing three things well: it makes the most of surrounding water views, delivers a comfortable seating area for dining or homeschooling, and it invokes the feeling of an ultimate beachy staycation. Its palette of tranquil watercolors just steps from the real water make the transition from one space to the other seamless.

### THE TRADITIONAL UPGRADE

If life right now has you craving a non-fussy, clean and classic look, this kitchen offers elements that traditionalists require, such as raised panel cabinet fronts and a free-standing island with Roman spindle legs. This understated design is kept from looking too stuffy by including some subtle tweaks; note the deviation in the hardwood design under the contrasting island, the translucent finish on the cabinets, and modern flair in the choice of pendant lighting. Functionality is addressed by having that translucent cabinetry turn the corner to create a purposeful home office that doesn't fight for attention in the space, but serves up convenience and utility for today's busy working kitchen.



1



2



3

## 2021'S TOP TRENDY ADD-INS & ONS

**1. DEDICATED COFFEE STATION:** Good news about brews. Not being able to get out as much has made us all more clever about making our fave Arabica concoctions at home. And with the addition of a dedicated space in kitchen, it keeps other areas open from the morning rush or the 3 p.m. crush.

**2. DENSE COLOR ON WALLS:** Paint trends have been going darker on home exteriors for several years and slowly creeping indoors thanks to more adventurous millennials. Indoors, its subtle use as accent walls is being eclipsed but a saturation of color especially happening in the kitchen.

**3. FLAIR FOR HARDWARE:** Whether planned as part of an entirely new kitchen or used to enhance the look of already existing cabinetry, hardware is the hot customization trend that continues to gain steam in the kitchen design space. It is truly one of the smallest style elements that can make a big difference when it comes to your kitchen's vibe or personality.

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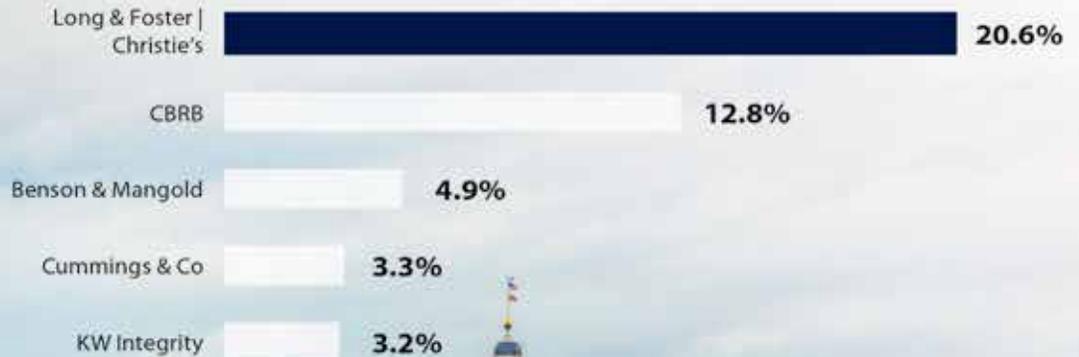
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Percent of Luxury Homes Bought and Sold



Source: Baltimore | Annapolis | Eastern Shore defined as Anne Arundel, Baltimore, Carroll, Cecil, Dorchester, Harford, Howard, Kent, Queen Anne's, Somerset, Talbot, Wicomico, and Worcester Counties and Baltimore City. Information included in this report is based on data supplied by Bright MLS and its member Association(s) of REALTORS, who are not responsible for its accuracy. Does not reflect all activity in the marketplace. October 1 2019 to September 30 2020, as of October 12, 2020. Information contained in this report is deemed reliable but not guaranteed, should be independently verified, and does not constitute an opinion of Bright or Long & Foster Real Estate, Inc. ©2020 All rights reserved. Luxury is defined as homes \$750,000 and above.





## Jen Denney

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Jen brings her attention to detail, conscientious service, eye for design, and local knowledge to the Annapolis Fine Homes team. She combines her 20-year career in luxury event planning with her love of the home, guiding clients in selecting houses that truly showcase the finer sides of entertaining and gracious Chesapeake hospitality. Jen helps buyers find the perfect home for their evolving needs and she helps sellers get their houses swiftly on the market to obtain the maximum sales price.



## Trish Dunn

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Trish has a proven track record of success. She is a full time real estate agent who also has a residential lender's license which gives her a unique perspective in the important finance arm of buying and selling homes. Trish is a long time resident of Annapolis who has lived on the Eastern Shore so she can easily work with buyers and sellers alike on both sides of the bridge. She is also an avid runner having completed 53 marathons. She brings the same stamina and focus to her real estate business.



## Matt Gardner

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Matt Gardner is an Annapolis, Maryland real estate agent, he understands that buying or selling a home is more than just a transaction: it's a life-changing experience. That's why he is dedicated to providing exceptional, personalized service for all of his clients. He takes great pride in the relationships that he builds and always works relentlessly on the client's behalf to help them achieve their real estate goals.



## Abby Geismar

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Abby has lived and worked in Annapolis for 11 years and loves helping her buyers find their dream homes. She uses her design skills and her own professional staging to help her sellers get a quick sale at the right price. Abby dedicates herself to each client as if they were her only one and continues to be a friend and a resource to you in Annapolis long after you have bought or sold a home. She lives in Eagle Pointe with her husband David (USNA Class of '91) and their 3 children.



## Deborah Laggini

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Deborah has been selling real estate full time in Annapolis since 2005. She specializes in waterfront and luxury homes, new construction, and relocation to the Annapolis area. Deborah formed Laggini and Associates and is the #1 Group at Annapolis Fine Homes. Prior to real estate, Deborah spent 20 years in corporate sales and marketing and received an MB from Pepperdine University. Deborah has two daughters and four grandchildren and currently resides in the City of Annapolis.



## Peggy Love

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As an experienced real estate agent specializing in relocating clients aged 50+, I work for the love of home. I am also an attorney skilled in listening, negotiating and building trust. I received advanced training through the Graduate Realtors Institute (GRI) to make my clients' real estate experience seamless. My passion for assisting active adults led me to develop a network of professionals to provide my clients with an enjoyable real estate experience. I love what I do!



## Karen Nye

Associate Broker

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Karen Nye, a seasoned negotiator, has over 40 years experience serving buyers and sellers in the Annapolis, Baltimore and Eastern Shore areas of Maryland. She has been consistently recognized as a top agent by Long & Foster Real Estate, Inc, and her peers, to provide full spectrum of real estate expertise to her clients in a timely, professional, and friendly manner. Her skills and experience in new home construction enable her to meet the challenges of building custom homes to remodeling an existing home.



## Kirstin Whitaker

REALTOR®

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Kirstin was born and raised in Annapolis and gets tremendous joy from her community and helping families find their new home here. In 2019, she captured over 100% of the listing price for her sellers and negotiated successfully for her buyers in every competitive offer situation. Her listings averaged only 35 days on the market, beating the local average. She is passionate about the environment and supporting local business. She donates a portion of every sale to a local environmental cause.



HOME DESIGN

# Gifts That Keep on Giving

By Janice F. Booth

Like every other event and occasion over the last nine months, the holidays will look and feel quite different this year for most of us. With that in mind, I have been thinking of ways we can apply our love of nature and gardens to the joyful task of devising gifts for neighbors, friends, and family.

I'm proposing, dear reader, that the most appreciated gifts this Holiday season may very well be the gifts that "keep on giving," the gifts that are alive. No, I'm not talking CHIA PETS here, though they can be lots of fun, too. I'm not proposing you pass out puppies or parakeets to friends and family. Rather, I'm thinking of plants and

seeds that will engage their new owners and provide days, weeks, months, and, if they're lucky, even years of pleasure.

So, what are some of the issues you'll need to consider before preparing your flora gift list?

*First, think about delivery:*

- Will you present the gift in person, leave it on the doorstep? or,
- Will you be sending the gift by mail?

*Second, what do you know about the person receiving the plant?*

- Health issues: Does the person have allergies? Breathing problems?

- Time issues: Does she/he have lots of time to fuss with a plant? Is his/her schedule always packed? Does she/he need only carefree plants?
- Household issues: Does she/he have lots of space to give over to plants? Are there lots of windows and sunlight available? Are there small children who might be curious and interested in a plant? Are there pets that might be tempted to taste or play with a plant?

*Third, what is the depth of the recipient's knowledge of and interest in plants?*

- Does he/she have plants already?
- Is she/he a gardener, experienced with plants?

- Will he/she enjoy acquainting him/herself with a new type of plant and its particular requirements? The idea, of course, is for the gift to be fun for the recipient.

Once you've reviewed your list of those for whom a plant will be appropriate, you'll be ready to move ahead with the fun part—selecting plants or future-plants for your family and friends.

*For our purposes, let's consider two categories of plant gifts:*

- **Future-plants**, namely seeds/sprouters and bulbs, appropriate for *mailing*.
- **Living plants** of various types, appropriate for *personal delivery*.

Consider **future-plants** for friends and relatives who are far away, too far for you to deliver a gift in person. **Seeds** and **bulbs** are also ideal for children and for those who may have restricted mobility. Watching seeds sprout and grow and watching bulbs produce roots, stems, and blossoms can be exciting and great fun...*if* you have time to watch and note the changes that come with each passing day and week.

**Seeds/Sprouters:** It's fun to give a gift of sproutable salad fixings—a salad-in-a-box. Lettuce, chives, radishes, turnips, broccoli, kale, and beans are great choices. They'll grow from seeds easily and quickly. Pictures can be taken, measurements too. If sunlight is hard to come by, a desk lamp or growing light will do. In a pinch, your seed-kit could serve as a science project for home schoolers.

Think about making up a cleverly packaged **4-part growing kit** for the seeds. You can start with simple (1) *cardboard egg cartons* for planting seeds. Or, you can buy specially designed growing boxes at the hardware store. While you're there, pick up some (2) *potting soil*. (You can make up small zip-bags of soil sufficient for the project.) You may be able to get the (3) *seeds* there too; but if they're not carrying seeds in December, you can quickly order them on-line.

Okay, the most important and fun part of the "kit" will be (4) your *Growing Guide* or note, explaining which seeds are included and a step-by-step guide for preparing the seeds and watching them grow. (Harvesting the plants will be self-evident, we'll hope.) Use the personal "guide" as a way to make the gift special for the person(s)

receiving the kit. Have fun. Draw pictures or paste in cut-outs from magazines or the web. Be sure to give some idea as to how long it will take the seeds to sprout, grow, and be ready for harvesting. Don't be afraid to be creative with your Growing Guide.

**Bulbs:** There are several colorful and fragrant bulbs that can be shipped and take well to being "forced" to bloom indoors, during the winter. Think about mixing a group of Tulips, Crocuses, Daffodils, Amaryllis, and Paper White bulbs. Or, simply send one bulb, plump with the promise of springtime ahead. (Choose bulbs that are plump and firm. The size of the bulb will depend upon the size of the bloom it produces; thus, a Crocus bulb is much smaller than an Amaryllis.) The gift of a bulb is a way to engage your friend or relative in a project with *you*. You can plan to

occasionally phone or email with an inquiry as to the progress of the bulb's growth. She/he will have the double gift of the lovely flower(s) and the contact from you.

Now, for bulbs, your "kit" will be a bit different. Since you're mailing this, I would suggest the water and pebbles approach to growing rather than planting the bulbs in soil. Your kit will include a (1) *low, flat vase or bowl* of a circumference that leaves room for the number of bulbs you'll include and deep enough to half-submerge the bulbs in water. You'll need enough (2) *tiny pebbles* to cover the bottom of the bowl and halfway up the bulb; mail them in a zip-bag. (3) *Pack the bulb(s)* in soft tissue to protect them in transit. Then, write your (4) *Guide Book* note. Again, make it personal, fitting the person who'll receive your



gift. Be sure to explain that they'll need to add water to the bulbs half-buried in pebbles. Give them an idea as to how long it will take for the bulbs to sprout, grow, and bloom. Pictures will be welcome, I'm sure. Have fun personalizing the guide.

And now for the local gifts. These will require less "prep-work," but more thought. You have lots of choices of plants that will make lovely, treasured gifts. Go back to those three considerations: *health, time, and household* and review your gift list, make notes as needed. If you enjoyed making up the plant-kits, you can certainly prepare similar kits for personal delivery. They'll still be fun and special.

But you may want to give your friend an established plant—perhaps something rather exotic or significant to him/her. For example a pretty, sky-blue Forget-Me-Not plant. With any plant you give, two things will make the gift memorable. First, the pot in which the plant arrives. The (1) flowerpot should reflect the style and tastes of the person receiving the gift. They'll notice! Second, the (2) personalized Growing Guide. Yes, living plants need explanation too. There are the obvious hints about amounts of light, fertilizer, and water. Add comments about blooming (if the plant does so) and issues such as pinching back stems and removing dead blossoms. Include a few words telling the recipient why you chose this plant for her/him. The plant will be an extension of you, of your thoughtfulness. (This is an excellent project

for children too. They can give plants to their friends and write and draw their own Growing Guides. They'll learn a bit about botany and about their friendships.)

### *Let's begin with the Easy-Care plants:*

- *Air Plants:* These frothy ferns seem to grow on air alone. They can be "potted" in anything, a baby shoe or seashell. They only need occasional misting to thrive.

- *Succulents:* Chicks-and-Hens, Jade and Aloe are tried-and-true choices. They're slow-growing, with plump, green leaves. Succulents need sunlight but little water. (Think desert plants.) Aloe's long, slender leaves can be pinched off, slit open, and the moist, inner substance applied to cuts, scrapes, and burns to relieve pain and help with healing. (I've used-up many a poor aloe applying its healing sap for family first-aid.)

- *Lucky Bamboo:* Three to four stalks of bamboo in a tall jar or vase filled with pebbles and water will grow for years. They're lovely for an elegant, minimalist look.

- *Peace Lily:* Beautiful, glossy leaves and elegant, white blooms twice a year make this plant a favorite gift. In addition to being fairly hardy, indoors, they do a fine job of absorbing toxins in the air, cleansing and freshening any room. They're a member of the philodendron family, not lilies, so they're pretty easy to maintain.

- *Philodendron:* These green or green-and-yellow vines are fun and easy to maintain. They

need little attention, and the vines can be trained around a tiny trellis or pinched off and rooted in the soil for even thicker growth. Fun for folks who have no confidence in their gardening skills.

- *Snake Plant:* These old-fashioned favorites are quiet fellows. Long, thick, variegated leaves grow from a central base and curve as they grow upward. They seem to live oblivious to their surroundings—ideal for someone who wants no fuss or bother, but might enjoy the look of elegant greenery in foyer or bathroom.

### *Onward to the plants that may be a bit more demanding:*

- *Orchids:* Elegant, varied in colors and sizes, orchids are lovely to give and to enjoy in your home. They have a reputation, and rightly so in

my view, of demanding quite a bit of attention and care. I won't go into the specifics here, but this is a perfect gift for someone who likes to really learn about things, get to know everything about a topic. He/she will have great fun getting acquainted with a beautiful orchid.

- *Goldfish Plant:* These delightful plants have shiny leaves and gold-orange blossoms (goldfish like, some say.) They're African Violets, so they too can be particular about their care, but if you get it right, a Goldfish plant will charm you with its cheery blossoms throughout the winter.

- *Ferns:* If you're a fern lover, you know they're a bit particular about their surroundings. But, ferns are so varied in form and lush in appearance, they are stunning additions to a room. The Boston and Maidenhair





Ferns are the most familiar. They were very popular before the advent of central heating because they enjoy a chilly room, as long as there are no drafts. So, friends who keep their homes chilly will have great success with ferns.

• *Spider Plants:* These are wonderful plants for hanging baskets. There is green or green-yellow variegated leaves and sprays of stems with tiny spider plant babies at their ends. The effect is somewhat like a fountain spray or fireworks of new life exploding from the heart of the mother plant. Great fun to snip off the babies and root them in water for later replanting. Soon, there will be a family of spider plants to give away.

There are many other suitable plants for giving, of course. These are only a few of the most common and reliable choices.

After you've devised, packed, wrapped, and delivered your gifts, sit back and enjoy the delighted responses from those who received your thoughtful, living gifts. *Psychology Today* notes that one of the most valuable gifts is the gift of *experiences*. If we can't be together to share experiences, the gift of a living plant can allow us to share the experiences of the garden remotely.

# PROBLEM SOLVED.

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- CAULK AROUND TUB
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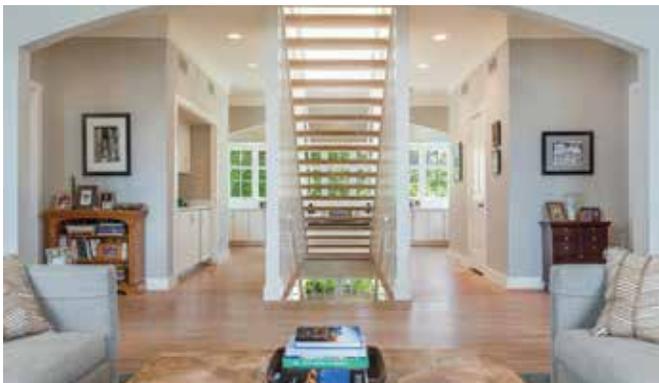
MHC #50157

# Experience a South River Sunrise

By Lisa J. Gotto  
Photography by Michele Sheiko

**T**here's just no better feeling than saying, "I'm home," and this pretty Annapolis residence will certainly have its new owners saying that. Blissful vistas across the South River from a hammock out back shaded by tall trees is what this property is all about.

Inside, architectural symmetry, balance, and proportion set this 5,000 square-foot home apart. At the heart of the home you find an award-winning central staircase framed with wood slat boards and cupola detail above. More than 100 windows throughout the home wash its neutral palette with natural light. Exquisite woodwork and built-ins trimmed in white provide a clean, airy feel and lend sophistication to the home's main floor.




---

**Primary Structure Built:** 1994  
**Sold For:** \$2,250,000  
**Original List Price:** \$2,250,000  
**Bedrooms:** 4  
**Baths:** 3 Full, 1 Half  
**Living Space:** 5,070 sq. ft.  
**Lot Size:** 0.55 acres

---

An all-white custom kitchen offers a series of double windows with insets providing the perfect view for meal prep. Most appliances are concealed behind custom cabinetry and the eat-in area is spacious and covered in honey-colored hardwoods. Above, you'll find coffered ceiling detail in the kitchen and adjacent dining room, with its series of interest-lending built-in bookshelves.

Each of the four bedrooms are spacious and offer special features such as separate seating areas and reading nooks. The master suite bath features a

large Scandinavian-style soaking tub, an enormous walk-in shower, and dual vanity with custom cabinetry and marble countertops.

Outside, the property features lush landscaping with many raised flowering beds, three waterside porches, and an area especially designed for hammock lounging. Located in the development of Fishing Creek Farm, the homeowners also enjoy the benefits of a community beach, a marina and marina club, a community center, pool, tennis courts, pier and dock, and water and lake privileges.

**Listing Agent:** Georgie Berkinshaw; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; m: 443-994-4456; o: 410-263-8686

**Buyer's Agent:** Travis Gray; Coldwell Banker Residential Brokerage; 4 Church Circle, Annapolis; m: 301-641-0809; o: 410-263-8686; tgray@cbmove.com; annapoliswaterfrontguide.com

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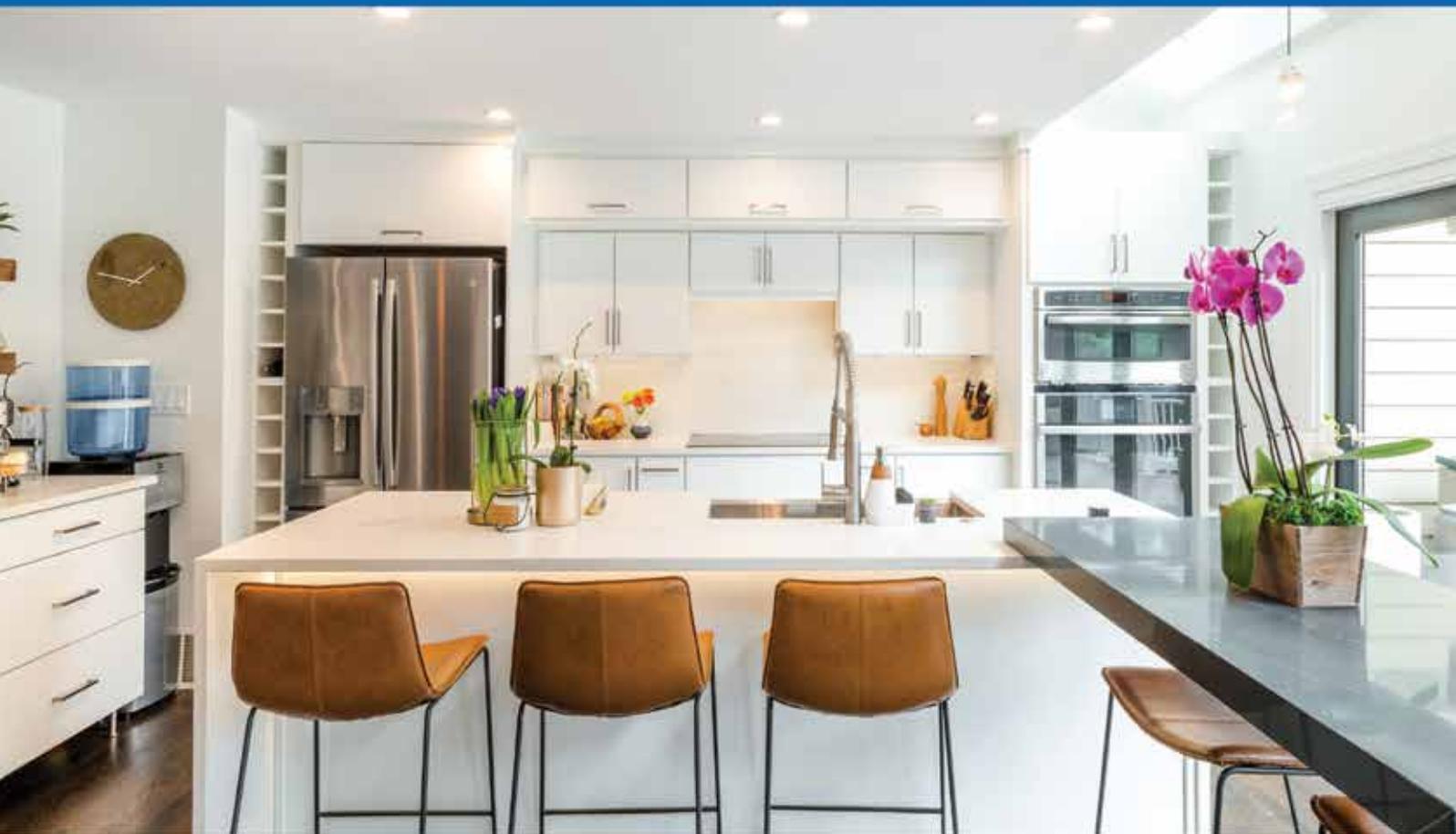
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---

**Primary Structure Built:** 1990  
**Sold For:** \$2,000,000  
**Original List Price:** \$2,095,000  
**Bedrooms:** 4  
**Baths:** 3  
**Living Space:** 3,200 sq. ft.  
**Lot Size:** 0.42

---

HOME REAL ESTATE

# Many Views, One Exceptional Home

By Lisa J. Gotto

**T**his custom home is purposefully designed to provide incredible views from not just one body of water but three! Uniquely located near the confluence of the Chesapeake Bay, South River, and Fishing Creek, this property offers exceptional architectural details within the home and outdoor features that provide the complete lifestyle package for any water-loving homeowner.

Inside, a soaring two-story entry welcomes you to a main level living area flooded with natural light from sparkling walls of glass, imported Italian porcelain tile floors, and, of course, those stunning water views. Just past the light and airy library, you enter the home's great room where walls of windows beckon you outside to the adjacent two-level deck overlooking the property's private yard, as well as a pier, and private sandy beach with natural dunes and grasses.





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Back inside, the great room features a rustic stone-front hearth and flows with its lovely views into a generous dining area. A gourmet custom kitchen with rich-toned cherry cabinetry is a dream to cook in with its top-of-the-line appliances, including a spacious side-by-side refrigerator, a warming drawer/microwave combo, and a double oven featuring one standard and one convection oven. A conveniently designed curved center island and a backsplash of gorgeous tumbled-stone complete the room's fine finishes.

This home's main level also provides two generous bedrooms with exquisite water views

and a shared bath. The master bedroom suite is located on the upper level. Designed as the perfect retreat, the room features a wall of glass opening to a private deck overlooking the Chesapeake Bay. The master bath offers a two-person Jacuzzi with ceramic tile surround, separate shower, a vanity with dual sinks, and a separate water closet with a window on the Bay. The suite also offers a huge walk-in closet that provides all the space a shoe collector could ever ask for. Additionally, this level offers a fourth bedroom with a private bathroom.

Outside, the property offers 77 feet of waterfrontage with five-plus feet of water depth and a pier with a lift capable of handling a 15,000-pound boat. When you're not out on the water you can be enjoying the natural world of Thomas Point Park, which is just a short walk away. Here you'll find an abundance of wildlife including 22 exceptional species of birds. This is truly a home that offers a vacation feel every day of the year!

**Listing Agent:** Charlie and Reid Buckley; Mr. Waterfront Team of Long & Foster Real Estate; 320 6th Street, Annapolis; m. 410-266-6880; o. 410-260-2800; team@waterfronthomes.org; waterfronthomes.org

**Buyers' Agent:** Amy Juras; Long & Foster Bestgate; 711 Bestgate Road, Annapolis; m. 410-353-2123; o. 410-224-0600; amy.juras@longandfoster.com; longandfoster.com

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# Health & Beauty

168 BRRR! STAY HEALTHY IN THE COLD | 169 FITNESS TIPS

170 FRESH TAKE | 173 COPAIBA OIL *plus more!*



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# Brrr! Stay Healthy in the Cold

By Dylan Roche

Going outside in the wintertime is good for you. After all, whether you're trying to fit in a workout or just in need of some fresh air and sunshine, you don't want to stay cooped up indoors until spring!

*But not so fast—cold weather demands a little bit of extra care, especially if you're going to be engaging in physical activity. Before you head out the door, be sure to take these precautions:*

**CHECK THE WEATHER.** Remember to consider the temperature before you go outside—and that includes the wind chill. Extreme cold, even when you're bundled up properly in warm clothing, can be dangerous. Any temperature below 0 degrees Fahrenheit poses a risk. In these situations, avoid outdoor exercise and do an indoor workout instead. The same goes for days when it is precipitating, unless you have waterproof exercise attire.

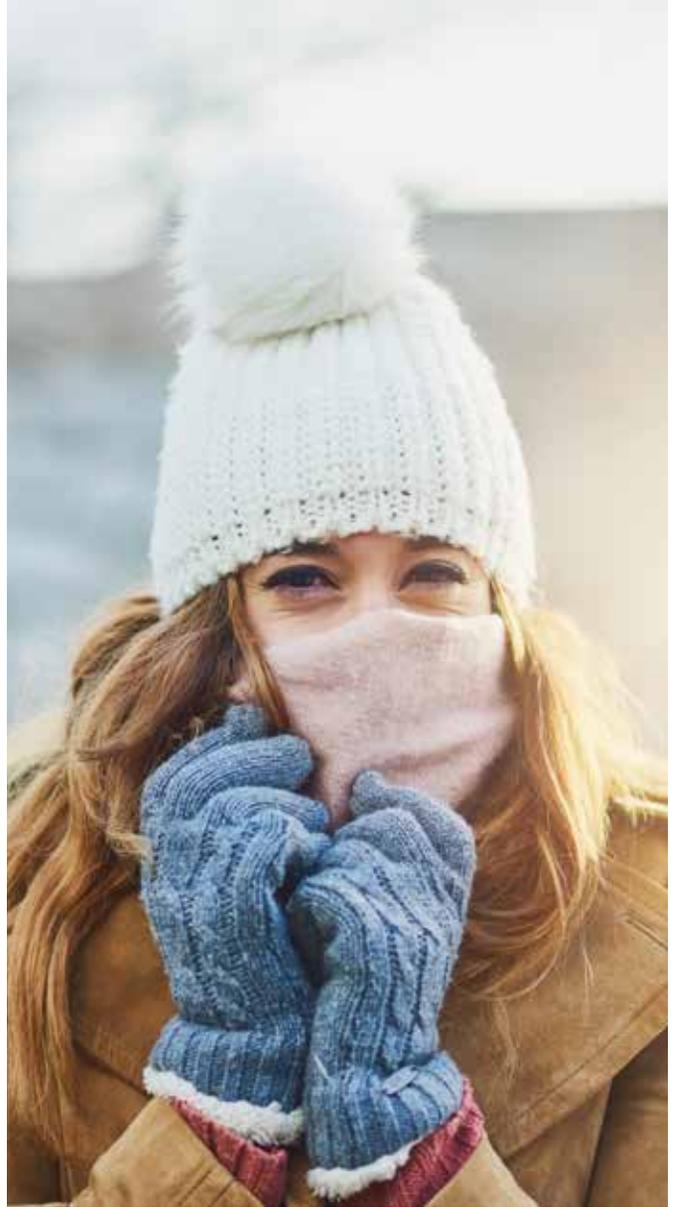
**LAYER UP PROPERLY.** There's a science to layering your outdoor winter clothing. Start with an innermost layer in a moisture-wicking fabric (think Under Armour or similar sportswear). Avoid cotton, which does a poor job of retaining body heat and will, actually, make you colder if it gets wet from snow or perspiration.

After your first layer, put on a warm middle layer of fleece or wool. Take care that your clothing is loose enough that outer pieces will go over inner pieces, but still fitted enough that you won't get wind trapped between layers.

Your top layer should be something light and waterproof, especially if you're going out in the snow.

**WEAR GLOVES, A HAT, AND PROPER SOCKS.** While you're dressing yourself, remember that blood flow concentrates in your core (i.e. your shoulders, chest, stomach and hips), which can mean there's less blood to warm up your head, hands and feet. Protect your hands and feet by wearing gloves and socks that have a moisture-wicking inner layer of fabric and a heavier, warmer outer layer.

Choose a hat made from wool or fleece that will cover your ears.



If you find that the cold air is burning your lungs, something that individuals with asthma are particularly prone to, you can wear a scarf around the lower half of your face to warm the air you're breathing in.

**RECOGNIZE THE SIGNS OF HYPOTHERMIA.** If your body is losing body heat faster than it can produce it, your body temperature will drop dangerously low. Once it goes below 95 degrees, you are at risk of hypothermia, which can cause such problems as a heart attack, kidney problems, and liver damage.

Watch for signs of hypothermia like pale skin, a puffy face, slowed speech, and slurred words. Late-stage signs of hypothermia include slow movement, clumsiness, shallow breaths, and a slowed heart rate. In extreme cases of hypothermia, you could black out or lose consciousness.

Hypothermia is a medical emergency that demands attention. While you wait for help from medical personnel, try to warm a hypothermic person up by removing any wet clothing, covering the person with a blanket or dry coat, and moving them inside or to a warmer location.

# Fitness Tips

## JUMPING FOR FITNESS

By Dylan Roche



You're gonna jump at the chance to incorporate these exercises into your workout—literally!

Let's face it: The reason most people give up on physical activity is because they get bored too quickly. You need to find a way to make it fun. And what better way to do that than by turning to a few activities you loved as a kid, namely jumping rope or jumping on a trampoline?



Sound crazy? It's not. When done properly, jumping works major muscle groups, gets your heart racing, and burns major calories. In fact, when done at high speeds, jumping rope can burn around 10 calories a minute and jumping on a trampoline can burn up to 13 calories a minute.

That could mean somewhere between 600 calories to 780 calories in an hour! That's the same calorie burn you could expect from running or cycling.

This is promising for people who are aiming to lose weight, as the American College of Sports Medicine recommends burning 200 to 300 calories in a half-hour exercise routine if you're aiming to create the necessary calorie deficit for shedding pounds.

**Jump ropes** are relatively inexpensive pieces of equipment. Opt for one designed for adults rather than your kid's jump rope—not only will it be longer and better suited to your height but also it will be a higher-quality material.

If it's been a few years since you've jumped rope, remember to keep your arms close to your

body with your elbows slightly bent. Your shoulders should be drawn back and your chest should be held high (this is referred to as athletic stance), which will help you avoid injury.

The first place you'll feel the burn is your calves, but jumping rope works all your major leg muscles, plus parts of your upper body as your arms work to keep the rope moving. Jumping rope is also good for your agility and coordination.

Aim to go for a full five minutes at the fastest speed you can go. If this sounds easy, you might find yourself surprised. Use short high-intensity intervals of jumping rope as part of a varied workout or see whether you can go for 30 minutes uninterrupted. If you want to vary what you're doing, try bringing your knees up above your waist, scissoring your legs as you jump, or even swinging the rope backward.

Then there's the **trampoline**. Don't think you have to get a large trampoline for your yard when mini trampolines are just as effective and are easily stowed away under a bed.

Jumping on the trampoline is easy on your joints, so it's a great option for people who need a low-impact workout. It also challenges you more than jumping rope does because your body has to react to an unstable surface, which improves your balance and spatial awareness.

Give your trampoline routine plenty of variety by incorporating moves like lifting your knees up above your waist or twisting your legs from side to side with each jump. Certain programs, such as the popular JumpSport, walk you through choreographed moves you can do on your trampoline to hit the most muscles and keep yourself fully engaged.

Still looking for ideas on how to incorporate jumping into your exercise routine? Don't underestimate **jump squats** (also called squat jumps). They don't require any equipment or gear, and they work your quadriceps, hamstrings, calves, and glutes. Done repeatedly at a fast speed, they'll give you a great cardio workout.

To perform a jump squat, stand with your feet shoulder-width apart, then lower your body

to a squat. As you go down, pull your elbows back so your hands are level at your ribcage. From the squat position, jump as high as you can, reaching your arms upward and over your head as you do so.

Land firmly on the ground with your feet spread shoulder-width. Go right back into the same movement without rest.

You can take it one step further by incorporating a sturdy box (one that can support your weight). Jump forward onto the box with your first jump, then backward off the box and onto the ground with your second jump. Repeat until you're winded.

It's important to note that jump squats are considered a plyometric exercise, which are exercises that involve an explosive burst of speed and power. They are often difficult to perform, which makes them ideal for training athletes and providing a challenge to people who are already in great shape. They do, however, pose risk of injury. Done improperly, jump squats can do damage to your knees and other lower-body joints.

And if you want a real challenge, don't hesitate to create a circuit with all three exercises—jump rope for five minutes, jump on the mini tramp for five minutes, then do a minute of jump squats. Challenge yourself to see how long you can go. Who knows? Time just might fly when you're having that much fun!

# Fresh Take

## ORANGES

By Dylan Roche

You might say that oranges are sweet, a little sour and a lot festive. Older generations might remember when oranges were a rare treat they only had the chance to enjoy during the holiday season, though it's not completely clear how this tradition got started.

Maybe it's because oranges are in peak season in December—these tropical fruits grow year-round but they're always their best in winter months. Plus, in decades past, citrus fruit would have been exotic and rare for those who don't live in tropical climates, so it was exciting to find one tucked away with other presents in your stocking.



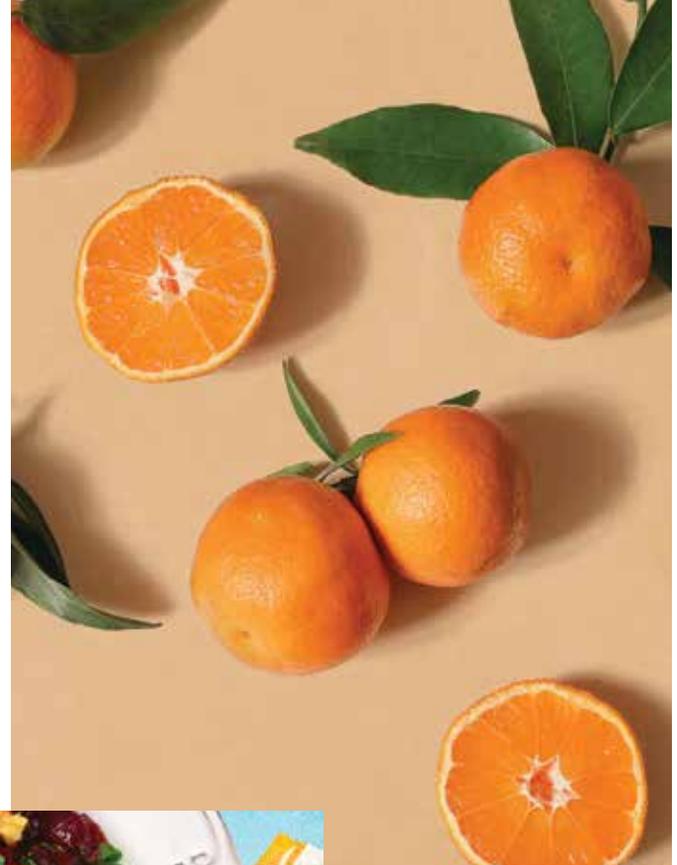
As oranges have become more prevalent throughout the rest of the year, their place in holiday tradition has faded. But there's something about their juicy, citrusy taste that makes a distinctive addition to a yuletide feast.

They're also full of nutrients that will keep you healthy during a time of year when everyone seems to be fighting some kind of infection. In fact, this is part of the reason oranges made their way to the United States in the 16th century. These fruits, which are native to Asia, were carried by Portuguese and Italian traders on their explorations

because the vitamin C content was necessary for preventing scurvy, a deficiency marked by bleeding gums. When explorers brought oranges to Florida and planted their seeds, the trees flourished in the warm climate.

*Oranges come in many varieties, but the three most popular are:*

**Navel oranges**, which are larger and distinguished by a small growth that looks like a navel  
**Blood oranges**, which are medium in size and recognizable by their bright red flesh  
**Mandarins**, which are smaller and sweeter, known for being seedless and easy to peel



### Festive Orange & Cranberry Salad

#### INGREDIENTS:

- 5 cups mixed salad greens
- 4 blood oranges, peeled and cut into small pieces
- 1/2 cup candied pecans
- 1/2 cup roasted pistachios
- 1/2 cup dried cranberries
- 1/2 cup crumbled goat cheese
- 1/4 cup fresh orange juice
- 1/4 cup olive oil
- 1/4 cup champagne vinegar
- 2 tablespoons maple syrup

#### DIRECTIONS:

Whisk together champagne vinegar, orange juice, olive oil and maple syrup. Chill for 1 hour. Assemble the salad with the greens, oranges, pecans, pistachios, cranberries and goat cheese. Assemble so that the bright Christmas colors are all visible—the red blood oranges against the greens, dotted with the white crumbled goat cheese. Wait until ready to serve to drizzle generously with the dressing.

In addition to their vitamin C, oranges contain folate, potassium, thiamin, calcium, and vitamin A. They're also low in calories and have a minimal impact on blood sugar levels because of their high fiber content. Health-conscious eaters will celebrate to know oranges are a source of 70 phytonutrients and 60 flavonoids, both of which are important for fighting cancer.

When buying oranges, opt for ones that feel heavy and firm for their size, as this means they have a higher juice content. Ideally, go for oranges that have a smooth texture to their skin. Oranges will keep

well at room temperature for three days or in the refrigerator for as long as two weeks.

But now the question is how do you incorporate oranges into your holiday spread? Sure, you can always slip an orange or two into each

stocking, or you can juice them to make mimosas on Christmas morning. But if you want to get really creative, oranges work equally well in either a festive salad or chocolate truffles.

## Orange Chocolate Truffles

### INGREDIENTS:

4 cups chopped dark chocolate (approximately 24 ounces)  
1/2 cup heavy cream  
1/4 cup coconut oil  
2 teaspoon orange zest (grated orange peel)  
2 teaspoons orange extract  
2 teaspoons brown sugar  
1/4 teaspoon cinnamon  
1/2 cup finely chopped pecans  
1/2 cup finely chopped almonds  
1/2 cup finely chopped hazelnuts

### DIRECTIONS:

Toss the nuts together and spread evenly across a baking sheet.

Allow to toast in the oven until aromatic and slightly browned. Set aside, along with 1 cup of chopped chocolate. Combine cream, coconut oil, brown sugar, and cinnamon in a saucepan over medium heat and bring to a boil. Add orange zest and orange extract and whisk thoroughly. Lower the heat and allow to simmer for one minute. Add the remaining 3 cups of chocolate and allow to melt. Stir to combine. Set aside to chill in the refrigerator for approximately 1 hour. Shape the chocolate mixture into small balls and roll them in the toasted nuts, coating them thoroughly. Set them on wax paper. Melt the remaining chocolate in the microwave or double boiler and drizzle on the truffles. Allow the melted chocolate to set by chilling the truffles in the refrigerator.



HEALTH & BEAUTY BEAUTY

# Interested in Cryolipolysis?

NOW IS THE TIME TO GET STARTED IF YOU WANT TO BE READY BY SUMMER

By Dylan Roche

When diet and exercise just aren't enough to eliminate a few problem areas of body fat, it can be a serious hindrance to your self-confidence. But invasive fat-reduction surgery isn't the only option you have to consider. The popular treatment cryolipolysis—sometimes known by the trademarked name CoolSculpting—has helped more than 450,000 people around the world lose stubborn bulges without the invasiveness of something like liposuction.

But if you're considering cryolipolysis and want to see its full effects in time for summer 2021's beach season, then winter is the time to get started.

**How does it work?** CoolSculpting or cryolipolysis works by freezing fat cells using a handheld applicator (more on that in a second). The body responds to this freezing with inflammation, killing the fat cells without harming the skin or other tissue. Over the following weeks and months, the body naturally eliminates the dead fat cells.

It's important to note that this procedure is for patients who have minor bulges or fat deposits that are resistant to diet and exercise—it's not a procedure for reducing a significant amount of body-weight. Patients also must maintain a healthy lifestyle if they do not want to regain weight afterward.

**What does the procedure entail?** The doctor starts by placing a gel pad over the fatty area to protect the skin, then uses a handheld applicator to gently massage the area. The patient might feel some minor discomfort, but no pain. Afterward, they can leave the doctor's office and return to normal activities right away. It's a low-risk, easy procedure—there's no anesthesia, no recovery period and no risk of infection.

**How long does it take to see results?** It's possible to see changes as early as three weeks after the procedure, but most patients will observe a noticeable difference after approximately two months. Significant fat cell elimination takes place between months four and six, so a person who undergoes cryolipolysis in December or January will see the full extent of the procedure's effects by May or June.

**Who performs cryolipolysis?** Cryolipolysis might be noninvasive, but it's still a medical procedure. Opt to receive treatment from a licensed physician in a medical facility. To find providers who are members of the American Society of Plastic Surgeons, visit [find.plasticsurgery.org](http://find.plasticsurgery.org).



HEALTH & BEAUTY HEALTH

# Reconsider Your Revelry

ALCOHOL ABUSE PEAKS  
DURING HOLIDAY SEASON

By Dylan Roche

The holiday season is called the most wonderful time of the year, but don't be making so merry that you neglect to be responsible about alcohol consumption. That's a fast way to make it the least wonderful time of the year!

*Unfortunately, this seems to be a common problem for most people during the month of December, particularly when it comes to celebrations. Consider these statistics:*

**1.** The National Institute on Alcohol Abuse and Alcoholism (NIAAA) reports that the percentage of traffic fatalities involving a drunk driver increases from 28 percent during most of December to 40 percent on holidays. **2.** According to the American Addiction Centers Resource, 23 percent of men and 18 percent of women binge drink over winter holidays. **3.** It's not just Christmas or Hanukkah. The NIAAA further reports that violations for driving under the influence increase by 155 percent on New Year's Eve. The American Addiction Centers Resource cites New Year's Eve

as second only to Mardi Gras as the biggest drinking holiday, and that 47 percent of men and 40 percent of women engage in binge drinking.

"That's all right," most people innocently think. "I know how to drink responsibly."

But define "responsibly." After all, there are a lot of misconceptions out there about what it means to drink in a safe and healthy way.

Let's take a look at some of the more common ones:

## HOW MANY DRINKS CAN YOU HAVE AND STILL LEGALLY DRIVE?

Probably fewer than you think. And even if you're still legally able to drink, that doesn't mean it's a safe idea.

A person who has a blood-alcohol concentration (also known as BAC, a percentage of grams of alcohol per deciliter of blood) of 0.08 is considered legally intoxicated and unable to drive. At this stage of drunkenness, a person usually suffers poor muscle coordination, resulting in difficulty maintaining balance, reduced vision and hearing, and slower reaction time. People with this BAC also have a reduced ability to process information.

But even at a lesser BAC, people have reduced abilities. At 0.02—what most people would describe as relaxed, when they are in a good mood and feeling only slight loss of inhibition and judgement—people still have a lessened ability to perform two tasks simultaneously and have lost some visual function.

Most experts, such as those at the National Highway

Traffic Safety Administration, discourage anyone from driving at a BAC of 0.05.

The amount of alcohol your body can handle will vary by weight, but not by that much. A 180-pound man can have three drinks before being legally intoxicated, whereas a 220-pound man can safely have four drinks—a fifth one, however, will make him legally intoxicated. Women should have even less to drink, even if they are the same weight as men. A 140-pound woman and a 180-pound woman would both only be able to have two drinks before they are legally intoxicated.

## IS IT ALL RIGHT TO DRINK MORE IF YOU'RE CONSUMING FOOD?

While food won't stop your body from absorbing alcohol, having something in your stomach will help slow the absorption. That's because the speed at which alcohol is absorbed depends on how quickly the alcohol leaves the stomach and makes its way into your intestines—and if there's food in your stomach that digests more slowly than liquids, you won't have alcohol going into your intestines all at once. This is especially effective if you've eaten something containing fat or fiber, both of which digest very slowly.

It's important to remember, however, that this applies only to food that is consumed before you start drinking. Eating a big meal after the alcohol has already emptied into your bloodstream won't prevent you from being drunk—you'll simply have to wait for your body to process the alcohol.

Food can also be helpful for people who are drinking heav-

# Copaiba Oil

POTENTIALLY THE NEXT BIG HEALTH TREND

By Dylan Roche

ily because it replaces water-soluble vitamins that are lost by alcohol's diuretic effect (i.e. it makes you urinate more frequently) and provides you with nutrients your body needs to fight the toxins alcohol produces as it breaks down. While some drunk people might crave low-nutrient foods like pizza or French fries, you're much better off opting for fruits, vegetables, whole grains and lean protein if they are available.

## CAN YOU SOBER UP WITH COFFEE OR A COLD SHOWER?

If only there were really a way to reverse drunkenness very quickly! Unfortunately, that's not the case. Not even commonly regarded "cures" can actually make you suddenly sober. All coffee or a cold shower does is make you feel more alert. This is because caffeine and cold water stimulate your nervous system, not because your body has metabolized the alcohol quickly. The only way to sober up is to wait it out: It will usually take your body one hour to process one drink (in this case, one drink is defined as 1 ounce of liquor, 12 ounces of normal-strength beer or 5 ounces of wine).

## WHAT SHOULD YOU DO IF YOU'RE GOING OUT DRINKING?

Don't risk it. If you're planning to drink, have a place to stay or a safe ride home. You can opt to use a rideshare service or taxi, or you could get a ride with a friend who is completely abstaining from alcohol for the night. If you're a host, offer nonalcoholic drink options and be diligent to make sure all your guests leave with a designated driver.

You might have heard recently about an essential oil called Copaiba (pronounced co-pie-EE-ba), which is generating a lot of buzz, particularly among holistic health circles, about its variety of purported benefits – everything from relieving pain to helping fight cancer.

Here's a brief rundown on what you should know about what could very likely be a big health trend in 2021...

1. Copaiba oil derives from the sap of trees in South and Central America. These trees, known formally as *Copaifera officinalis*, are tapped much the way maple trees are to harvest syrup. Their resin is then distilled with steam to produce an aromatic oil with a smell that might remind you of cinnamon, honey, and cedar.
2. While copaiba oil is a recent addition to our health discourse here in modern-day America, it actually has a long history in South and Central America—the Mayan culture used it starting in the 16th to treat a variety of ailments.
3. Talk to advocates of copaiba today, and you might hear that it has anti-inflammatory, neuroprotective, and antimicrobial capabilities. Claims include that it can help stave off cancer, relieve pain, and even aid in healing scars or clearing up skin blemishes.
4. Unfortunately, while there is some basic research to support some of its health claims, there's nothing conclusive that proves copaiba is any kind of miracle. However, those who are interested in complementary and alternative medicine may wish to keep an eye on it as it undergoes more studies. At the very least, they may wish to simply use copaiba as an aromatic oil in their home to boost their mood and relieve stress.
5. If you want to add copaiba to your essential oil collection, it's important you use discretion in choosing a seller—go with a reliable distributor, such as doTERRA. Don't buy any copaiba oil that has been cut with chemicals or other toxic ingredients. It's also important not to rely on copaiba oil as treatment in lieu of proven methods.

6. Follow the specific directions provided by the oil's distributor. You can use copaiba by mixing it with a carrier oil or lotion and massaging it onto the skin, diffusing it into the air with a mister or diffuser, or putting several drops in a warm bath.





HEALTH & BEAUTY HEALTH

# Don't Let the Holidays Hurt Your Mental Health

By Dylan Roche

*Everyone is supposed to be happy around the holidays, right?*

Unfortunately, that isn't the case for everyone. Reasons vary, but the reality is that the holiday season can be a very unhappy time for many people.

They could be struggling with the loss of a loved one, the end of a relationship, the loss of a job or even a bad health diagnosis. Others might simply feel lonely or isolated at a time when they wish they could be especially connected with their loved ones. Then there are those who might simply feel overwhelmed by the holiday stress.

These negative feelings are often described by psychologists as the holiday blues.

If you feel this way, you're not alone. And while short-term mental health issues aren't the same as chronic ones, you should still take them seriously. Furthermore, according to the National Alliance on Mental Illness (NAMI), 64 percent of people who struggle with anxiety or depression say the holidays exacerbate their conditions.

One important misconception to dispel is the notion that the suicide rate is higher around the holidays. While mental health can be at risk in December, the Centers for Disease Control and Prevention actually reports data that suicide rates are historically low during this time of the year.

Additionally, a study published in December 2018 by

the Annenberg Public Policy Center of the University of Pennsylvania noted that two-thirds of media stories mentioning the holidays and suicide drew a false connection between the two. For those who struggle with suicidal ideology, this misconception poses a huge risk by making suicide look more attractive.

If you find yourself in a crisis during the holiday season, you should seek help from a credible service such as the Substance Abuse and Mental Health Services Administration's national helpline at 1-800-662-HELP or the Suicide Prevention Lifeline at 1-800-273-8255.

But if you're simply feeling sad, lonely, stressed or anx-

ious, there are adjustments you can make to your traditions that will help you get through December without any added strife. Here are some tips to keep in mind:

**1. AVOID MEDIA DEPICTIONS OF THE HOLIDAYS.** This one will be difficult, but for some people, it's the only way to maintain their sanity. Everywhere you turn during the holiday season, you're being confronted with festive images. Even Facebook and Instagram are a constant barrage of pictures and posts about gift lists, tree decorating, baking and more.

The problem with this is that it reinforces the notion of what the holidays are "supposed to look like." If your season doesn't fit this

cookie-cutter image, you might feel even more left out. Remember that the holidays are not a one-size-fits-all thing, and avoid any representation that leads you to believe otherwise. On that same note...

## 2. PARTICIPATE IN NON-HOLIDAY-RELATED ACTIVITIES.

Sometimes it seems as if everyone wants to binge-watch *Rudolph* and *Frosty* on TV, listen to carols on the radio and work on holiday crafts. That's great if you enjoy those activities. But you could have just as much fun spending time with friends or family members doing things that don't constantly remind you it's the so-called most wonderful time of the year.

Instead, watch a comedy to lift your spirits and distract you from stressors. Put on rock 'n' roll or pop music to boost your mood. Play a board game to engage your mind. These activities will let you enjoy the company of others without triggering unwanted thoughts about the holidays.

## 3. DON'T LET REVELRY TAKE YOU OUT OF YOUR HEALTHY HABITS.

The best way to maintain your mental health is to stick with your routine as much as you possibly can. Avoid things like dietary swings, skipping your workout, excessive drinking or lack of sleep. Make taking care of yourself a priority.

However, if you want to engage in some non-routine revelry, that's perfectly okay. Avoid any stress related to this by reminding yourself this is a once-in-a-great-while circumstance and you'll get right back to taking care of yourself

tomorrow. Having a cookie, enjoying a glass of wine, staying out past your bedtime or ditching the gym for some gift shopping are perfectly acceptable and shouldn't be sources of strife or guilt.

## 4. RECOGNIZE SOCIAL ANXIETY.

Being in social settings can be overwhelming, especially if you're not in an ideal place mentally or emotionally in your life. Rather than avoiding holiday social events, go into them prepared. Rehearse an answer ahead of time for when people ask about your relationship status or career path. For example, you can say, "I'm currently looking for new employment opportunities. Let's talk professional development later if you're interested—for tonight, I'm more interested in socializing and having fun."

Additionally, be prepared to politely turn down any indulgences you don't want. If someone tries to force food or alcohol on you, tell them, "It sounds delicious, but I'm fine for right now. I'll let you know later if I want some."

## 5. CELEBRATE DIFFERENTLY.

Don't be afraid to start new holiday traditions that help fit a different perspective. If you can't spend time with loved ones on the holiday itself, there's nothing wrong with observing it on a different day. If you are exhausted by the thought of shopping and decorating, commit to a downsized version of the holiday. You might even choose to volunteer instead of party or donate instead of buying gifts. These traditions will remove the stress and help you refocus on what's important.

Make your **smile** shiny and bright this holiday season!



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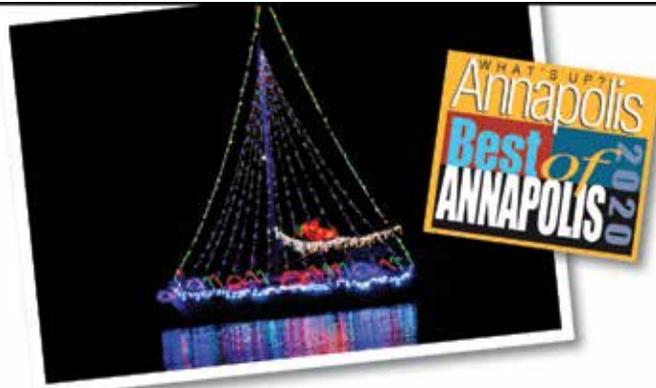


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# Dining

178 TASTE | 180 GUIDE



Wisconsin  
Cheddar  
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Melting Pot**

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# Fun-Do!

By Tom Worgo

Photography by Stephen Buchanan

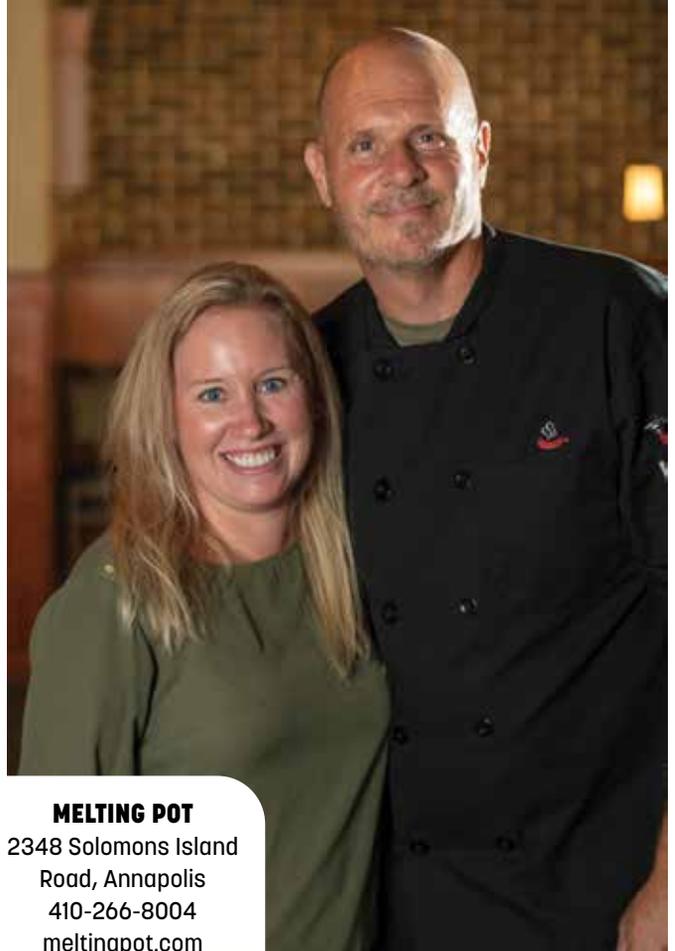
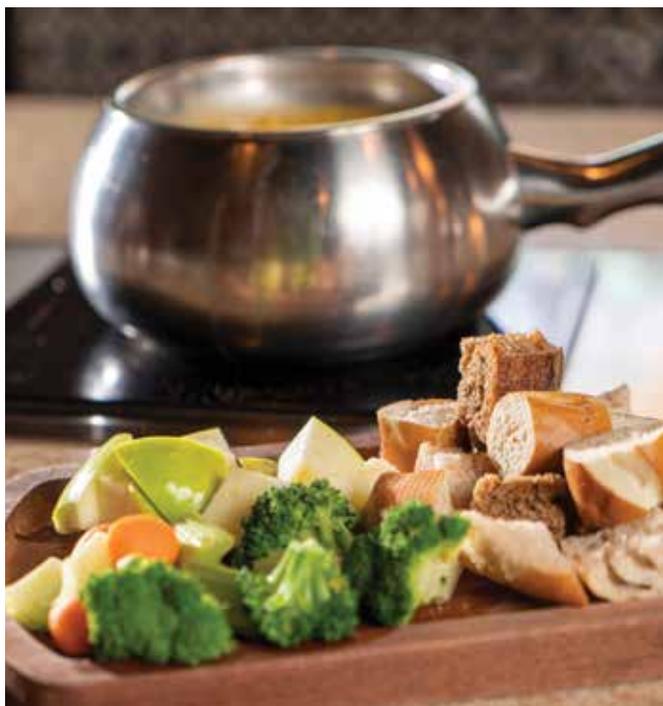
**K**evin and Julie Mason met in the early 2000s and fell in love while working at the Melting Pot restaurant in Arlington, Virginia, where they worked as a manager and waitress, respectively. The Masons would open their own Melting Pot in Annapolis just two years later, and around the same time they got engaged and then married.

Nowadays, it warms their hearts when couples come in for romantic dinners at the restaurant that they have now owned for 18 years. “It is fun at Valentine’s Day putting out flower pedals and candles with my husband out on the tables,” Julie says.

Julie says the theme of the fondue restaurant is “romance, sharing, fun, and special events.” The Melting Pot offers an interactive dining experience where the customer and server take part in the preparation of the food.

The restaurant features cheese and chocolate fondues, salads, and meat and seafood entrees collaboratively cooked at the table in oil or broth and served with dipping sauces.

We recently sat down with the Edgewater residents to talk about how they met, their customers’ favorite menu items, and the secrets to running a successful restaurant while staying happily married for nearly two decades.



## MELTING POT

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**Kevin, it’s kind of ironic that you met at a restaurant (and later got married) at a place known for romantic dates?**

I tell people it’s not that easy to love somebody that you work with. I was certainly not easy on her when she worked for me. I was a manager and she was a server. When we started dating, she was held at a much higher standard than everyone else, so no one could say, “She got special treatment.”

**Julie, is it true that there aren’t many places around like the Melting Pot?**

Within Maryland, I don’t know any places that are like the Melting Pot—fondue restaurants. I ate at one in Lake Tahoe years ago and I have heard of one on Long Island. It’s something people will travel for, and I love that, too. We have people that regularly travel an hour and a half from Solomon’s Island and Delaware.

**You have been open in Annapolis for so long. What has made you successful over the years?**

Giving really good customer service is important whether it’s my husband or me or the wait staff. Our food has changed enough to keep up. It’s not over trendy. It’s pretty simple with the cheese, chocolate, and meats. We do have some things that we rotate, which gives our guests reasons to come back. When I first moved to Annapolis, I thought about picking crabs and the patience it takes. The Melting Pot is a little more interactive and more memorable. It goes very well in Annapolis.

**You described the process of cooking the food as entertainment for the customers?**

The servers make the cheese fondue at the table. They tell the customer about ingredients as they are doing it. That experience of watching the

cheese come out shredded and melt in front of you is something the customers like; to have the food cooking in front of you. And they know its fresh. The chocolate fondue is flambeed, which is also kind of a nice show. Cheese fondue is an appetizer. Our customers usually get it. The chocolate fondue is a desert. We have three kinds of bread. We have vegetables and apples. So, it's a fun dipping experience.

**Sitting down for dinner at your restaurant can take two to three hours. How do market that to new customers?**

I think if people are looking to spend quality time together, it's a good meal for that. Whether it's your family or a group. We get bridal showers that come in. It's great for couples. It's good to slow it

down. I think sometimes we eat our food so fast we don't remember eating it.

**Tell me about the fondues.**

The chocolate fondues are our most popular dessert. It's really good. It's a really high-quality chocolate. It's a dessert people love. We have white and dark chocolate. The flaming turtle is popular, too. It's milk chocolate and caramel. We flambe and add chocolate pecans.

**If someone doesn't want to have dinner, they can just have dessert or fondues?**

Yes. A lot of people do that and it happens mostly on the weekends. It's probably 10 percent of our business. People will swing by after a movie or a work. We have tables in the bar where people can have a quick one. Sometimes



## Wisconsin Cheddar Fondue

### Ingredients

5 oz. of high-quality cheddar cheese dusted with corn-starch  
 1/4 Cup vegetable broth  
 1/4 Cup beer  
 1/2 tsp. minced garlic  
 mustard powder  
 Worcestershire sauce  
 cracked black pepper

### Directions

Heat a fondue pot or double boiler. Add the beer and vegetable broth, garlic, and a shake of mustard powder. Stir with a fork to blend. Add 1/3 of cheddar cheese and stir until the cheese is melted. Add another 1/3 of the cheese and stir until melted. Add remaining cheese and continue to stir. Add 5 shakes of black pepper. Add 2 shakes of Worcestershire sauce. Fold in all ingredients. Serve with your favorite breads, vegetables, or apples.

people will come in, have a chocolate fondue, and watch a sports game on TV.

**What others are customer favorites?**

The cheddar cheese fondue. It's a beer and broth base. So, we pour that in and add garlic. The cheese is 80 percent cheddar, 20 percent swiss. It's a really nice blend. So, it's not too sharp and a lot of people really like that. It appeals to kids and adults.

**How do your salads and entrées get made? Cooked in sauces? Go from set up to eating the food?**

Salads are the course that is premade. Its complementary. The meat comes out uncooked and we have really great cuts of meat like teriyaki sirloin, filet mignon, ahi tuna, and Memphis pork. We have marinades and rubs that we use on them. The platter will come out and you will pick a broth or an oil. The server will go over some cooking instructions. There are sauces you dip into after you cook, which is really fun, too.

**Do you have some seasonal items?**

There is an Old Bay cheese fondue. We have rotated it in during the holidays. There are items that do very well on holidays with special menus.



# Dining Guide

## Advertisers Listed in Red

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

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## Downtown Annapolis

### Annapolis Ice Cream Company

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

### Armadillo's Bar & Grill

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

### Bean Rush Café

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

### The Big Cheese & Sammy's Deli

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

### Buddy's Crabs & Ribs

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

### Café Normandie

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

### Castlebay Irish Pub 1

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

### Chick & Ruth's Delly

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

### City Dock Café

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

### Dock Street Bar & Grill

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

### Dry 85

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

### Federal House Bar & Grille

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

### Flamant

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

### Fox's Den

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

### Galway Bay Irish Restaurant & Pub

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

### Harry Brown'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; Middlontavern.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

## BLACKWALL BARN AND LODGE

"Great food is a given, the way they socially distance the tables with partitions between tables is an amazing bonus that makes me feel so comfortable" —Ben Fabryka, **WINNER**

### Osteria 177

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

### Preserve

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

### Pusser's Caribbean Grille

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

### Red Red Wine Bar

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

### Reynolds Tavern

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

### Sakura Café

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

### Sofi's Crepes

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

### Vida Taco Bar

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

## Upper Annapolis

### 49 West, Coffeebar, Winebar & Gallery

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

### Azure

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

### Carpaccio Tuscan Kitchen & Wine Bar

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

### Chesapeake Brewing Co.

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

### El Toro Bravo

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

### Fado Irish Pub

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

### Lemongrass

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

### Level Small

#### Plates Lounge

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

#### Light House Bistro

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

#### Luna Blu

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

#### Metropolitan Kitchen & Lounge

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

#### Miss Shirley's Café

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

#### Rams Head Tavern

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

#### Sailor Oyster Bar

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

#### Stan & Joe's Saloon

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

### Tsunami

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

## Greater Annapolis

#### Basmati

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

#### Bean Rush Café

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

#### Blue Rooster Café

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

#### The Brass Tap

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

#### Broadneck Grill & Cantina

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

#### Bruster's Real Ice Cream

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

#### Buffalo Wild Wings

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

### Cantler's Riverside Inn

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

#### The Canton Restaurant

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

#### Cooper's Hawk

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

#### Chevys Fresh Mex

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

#### Chris' Charcoal Pit

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

#### Double T Diner

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

#### Eggcellence

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

#### Evelyn's

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

#### Giolitti Delicatessen

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

### Gordon Biersch

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

#### Grapes Wine Bar

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

#### Herald Harbor Hideaway

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

#### Heroes Pub

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

#### Italian Market & Restaurant

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

#### Jalapeños

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

#### Julep Southern Kitchen & Bar

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

#### La Sierra

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

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2335 Forest Drive  
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410-897-1111; Lebanesetaverna.com; Middle Eastern; lunch, dinner \$

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

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

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

**Maggiano's Little Italy**  
2100 Annapolis Mall Road, Ste. 1200, Annapolis; 410-266-3584; Italian; lunch, dinner, Saturday and Sunday brunch \$ \$

**The Melting Pot**  
2348 Solomons Island Road, Annapolis; 410-266-8004; Meltingpot.com; Fondue; dinner \$ \$

**Mi Lindo Cancún Grill**  
2134 Forest Drive, Annapolis; 410-571-0500; Lindocancungrill.com; Mexican; breakfast, lunch, dinner \$

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

**Paladar Latin Kitchen & Rum Bar**  
1905 Towne Centre Boulevard, Ste. 100, Annapolis; 410-897-1022; Paladarlatinkitchen.com; Latin American; lunch, dinner, late-night, Weekend brunch \$ \$

**Paul's Homewood Café**  
919 West Street, Annapolis; 410-267-7891; Paulshomewoodcafe.com; Mediterranean; lunch, dinner, brunch \$ \$

**Pasticcio Fresh Italian Kitchen**  
150-F Jennifer Road, Annapolis; 443-949-0608; Pasticcioannapolis.com; Italian; lunch, dinner \$ \$

**Ports of Call**  
210 Holiday Court, Annapolis; 410-573-1350; Doubletreeannapolis.com; Modern American; breakfast, lunch, dinner \$ \$

**Rams Head Roadhouse**  
1773 Generals Highway, Annapolis; 410-849-8058; Ramsheadgroup.com; American, brewery; lunch, dinner, late-night, Sunday brunch \$ \$

**Red, Hot & Blue**  
200 Old Mill Bottom Road, Annapolis; 410-626-7427; Redhotandblue.com; Barbecue; lunch, dinner \$

**Riverbay Roadhouse**  
1374 Cape St Claire Road, Annapolis; 410-757-2919; Riverbay-roadhouse.com; Steak, seafood; breakfast, lunch, dinner \$ \$

**Royal Karma**  
302 Harry S. Truman Pkwy, Suite K, Annapolis; 410-266-5006; Indianfoodannapolis.com; Indian; Lunch buffet, dinner \$ \$

**Sakura Japanese Steak & Seafood House**  
2625 Housley Road, Annapolis; 410-573-0006; Sakurasteakhouse.com; Japanese; lunch, dinner \$ \$

**Sam's on the Waterfront**  
2020 Chesapeake Harbour Drive East, Annapolis; 410-263-3600; Samsonthewaterfront.com; Modern American; lunch, dinner, Sunday brunch \$ \$

**Sandy Pony Donuts**  
1901 Towne Centre Blvd., Ste 130, Annapolis; 301-873-3272; Sandyponydonut.com; Breakfast \$

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

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

**Sin Fronteras**  
2129 Forest Drive, Annapolis; 410-266-0013; Sinfronterascafe.com; Mexican; lunch, dinner, Saturday and Sunday breakfast \$ \$

**Smashing Grapes Kitchen and Wine Bar**  
177 Jennifer Road, Annapolis; 410-266-7474; Smashinggrapes.com; Mediterranean and California Coastal cuisines, lunch and dinner \$ \$,

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

**Stoney River Legendary Steaks**  
2190 Annapolis Mall, Annapolis; 410-224-8312; Stoneyriver.com; Steakhouse; lunch, dinner \$ \$

**Union Jack's**  
2072 Somerville Road, Annapolis; 410-266-5681; Unionjacksannapolis.com; British-style pub; lunch, dinner, Sunday brunch \$ \$

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

**Zoe's Kitchen**  
1901 Towne Center Boulevard, Ste. 105, Annapolis; 410-266-7284; Zoeskitchen.com; Casual Mediterranean Lunch, dinner \$

## Eastport / Bayridge

**Adam's Taphouse and Grille**  
921C Chesapeake Avenue, Annapolis; 410-267-0064; Adamsgrileannapolis.com; Barbecue; lunch, dinner \$ \$

**Annapolis Smokehouse & Tavern**  
107 Hillsmere Drive, Annapolis; 410-571-5073; Annapolis-smokehouse.com; American BBQ; lunch, dinner, catering, Weekend brunch \$ \$

**Bakers & Co.**  
618 Chesapeake Avenue, Annapolis; 410-280-1119; Bakersandco.com; Bakery, café; Breakfast \$

**Blackwall Hitch**  
400 6th Street, Annapolis; 410-263-3454; Theblackwallhitch.com; Upscale-casual New American restaurant; brunch, lunch, dinner, late-night \$ \$

**Boatyard Bar & Grill**  
400 Fourth Street, Annapolis; 410-216-6206; Boatyardbarandgrill.com; American, seafood; breakfast, lunch, dinner \$ \$

**Bread and Butter Kitchen**  
303 Second Street, Ste. A, Annapolis; 410-202-8680; Breadandbutterkitchen.com; American; breakfast, lunch \$

**Caliente Grill**  
907 Bay Ridge Road, Annapolis; 410-626-1444; Calientergrillannapolis.com; Latin; lunch, dinner \$ \$

**Carrol's Creek**  
410 Severn Avenue, Annapolis; 410-263-8102; Carrolscreek.com; Seafood; lunch, dinner, Sunday brunch \$ \$

**Chart House**  
300 Second Street, Annapolis; 410-268-7166; Chart-house.com; Seafood; dinner, Sunday brunch \$ \$

**Davis' Pub**  
400 Chester Avenue, Annapolis; 410-268-7432; Davispub.com; American; lunch, dinner, late night \$

**Eastport Kitchen**  
923 Chesapeake Avenue, Annapolis; 410-990-0000; Eastportkitchen.com; American; breakfast, lunch, dinner \$ \$

**Grump's Café**  
117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$

**Jack's Fortune**  
960 Bay Ridge Road, Annapolis; 410-267-7731; Jackfortune1.com; Chinese; lunch, dinner \$

**Lewnes' Steakhouse**  
401 Fourth Street, Annapolis; 410-263-1617; Lewnessteakhouse.com; Steakhouse, seafood; dinner \$ \$ \$

**Main & Market**  
914 Bay Ridge Road, Annapolis; 410-626-0388; Mainandmarket.com; Farm-to-table; breakfast, lunch, dinner \$ \$

**O'Leary's Seafood Restaurant**  
310 Third Street, Annapolis; 410-263-0884; Olearysseafood.com; Seafood; dinner, Sunday brunch \$ \$ \$

**Rocco's Pizzeria**  
954 Bay Ridge Road, Annapolis; 410-263-9444; Roccospizzashop.com; Pizza; lunch, dinner \$

**Ruth's Chris**  
301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris-Annapolis.com; Steakhouse; dinner \$ \$ \$

**Sammy's Pizza Kitchen**  
1007 Bay Ridge Ave, Annapolis; 410-990-9800; Sammyspizzakitchen.com; Italian; lunch, dinner \$ - \$ \$

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



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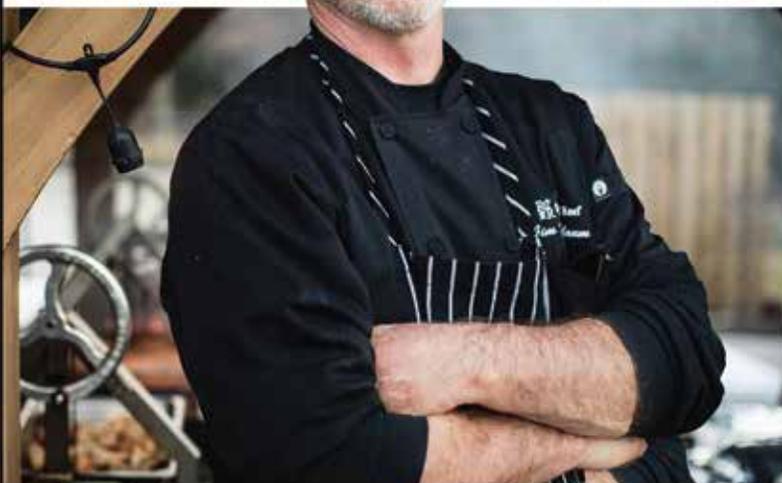
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403 Talbot Street, St. Michaels; 410-745-9111; Bistrostmichaels.com; Euro-American; brunch, dinner \$\$ 🍷 🍴

**Hemingway's Restaurant**  
357 Pier 1 Road, Stevensville; 410-604-0999; Hemingwaysbay-bridge.com; Seafood; lunch, dinner \$\$ 🍷 🍴 🍺 🌿

**The Island Hideaway**  
14556 Solomons Island Road S, Solomons; 410-449-6382; Thislandhideawaysolomons.com; American; lunch, dinner 🍷 🍴 🍺 🌿

**Knoxie's Table**  
180 Pier 1 Road, Stevensville; 410-249-5777; Baybeachclub.com; American; dinner, weekend brunch 🍷 🍴 🍺 🌿

**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, Sinfronterascasfe.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 \$\$ 🍴

**La Posta Pizzeria**

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

**Ledo Pizza**

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

**Lemongrass Arnold**

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

**Mamma Angela's**

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

**Mi Pueblo II**

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

**Mother's Peninsula Grill**

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

**O'Loughlin's Restaurant**

1258 Bay Dale Drive, Arnold; 410-349-0200 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 \$\$ 🍴 🍺 🌿 🍷

**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 Dockside**

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

**Founders Tavern & Grille**

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

**Gina's Cafe**

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

**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; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ 🍴 🍺 🌿 🍷

**S & J Riverside**

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

**Yellowfin Steak & Fish House**

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

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**Old Stein Inn**

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

**Petie Greens Bar and Grill**

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**Pirate's Cove**

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

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

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



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# Preserving a Just and Beautiful Community

By Catherine Clark



In the last several months, I have enjoyed walking around Annapolis, reflecting on the colonial capital, the country town that used to be. The cars, the noise, the pollution, the tourists were gone, replaced by bird song and the chance to once again feel Annapolis of past times, full of buildings reflecting three centuries of life and beauty. There is also the urban forest that still remains, mostly surrounding the churches, the State House, the Naval Academy, and St. John's College.

Other generations who came before left us peace and beauty. What will we leave for those that follow us?

It is the quality of life in our town that concerns me. In every Ward, for every citizen, we need to support the community. Are there parks and playgrounds, and open spaces filled with trees? Are there buildings that inspire and delight? The changes along West Street and Spa Road—the new homes and stores that now cover every vacant lot and land parcel all over town—rarely show a commitment to anything beyond square footage on the available land. There are now three hotels on West Street and several subdivisions along Spa Road; just a sample of what has happened all over town. As development intensifies, of course, one would expect to see public squares with benches, small parks for children, and land left to provide habitat for birds and small mammals. I am a resident of Ward One, but I look at all of our Wards for amenities that demonstrate the City and its Planning and Zoning department cares for its citizens. So much development, so many changes, but are they for the better, and do they leave significant gifts to our children and grandchildren?

I have loved living here, and I have been active in the community, volunteering in civic organizations, supporting preservation, working on plans for Annapolis, and supporting the arts. Many people have loved Annapolis and volunteered in every imaginable way to conserve and improve the beauty that came to us, a gift from other times.

The virus, the shutdown of our economy, and the need to recommit to civic justice for all gives a pause, a chance to consider what we want for Annapolis, for ourselves, and for our children.

I want trees. There are places where an actual commitment is made that a percentage of the land, say 30 percent is left as habitat. Imagine that. As far as I can tell, habitat comes down, it does not go back up. I had a developer tell me recently, "I would have had to do more planting in the county, hardly anything here." Oh, okay.

I want citizens to be protected, whether it's from underfunded facilities in need of renovation like Stanton Center, or, residents in the historic district, now feeling surrounded by investment properties held for short term rental. Our community should be able to say "No." How about air and light and views? Wouldn't it be nice, if, when you bought your home, you could count on the city thinking about how new development would affect you. If you are a new resident or you have been here for many years, you probably came here to enjoy this community, and a quality of life that you expected to continue.

I want us to leave behind a beautiful place, that is working now for all of us, and that will continue for many years to come.

How will this happen? We need elected officials that realize their job is to protect us, the residents of Annapolis, not the developers. All the

residents, in every Ward. We need planning and zoning to use the legislation that we have now in the zoning code. And if the legislation is inadequate, it needs to be changed.

I want events that are for the people who live in our town. We need ceremonies and events that will bring our community Wards together, not festivals to make money from outsiders.

I want the old public works area on to Spa Road to be a park. It is too valuable to be developed. It needs to be protected from development.

The virus, the issues of fair protection under the laws for all people, and the economic collapse, are an opportunity to pause and reset our civic commitments. We need to commit to Annapolis, to each other, and to our environment, both built and unbuilt, so that what we leave will be as just and beautiful as what we have had in our time here.

**Editor's Note:** Readers, if you have a compelling viewpoint or idea for this column that you'd like to share with fellow *What's Up? Annapolis* readers, please write to us at: [editor@whatsupmag.com](mailto:editor@whatsupmag.com) and include "What Do You Think" in the subject line.

---

### What do you think and why?

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

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