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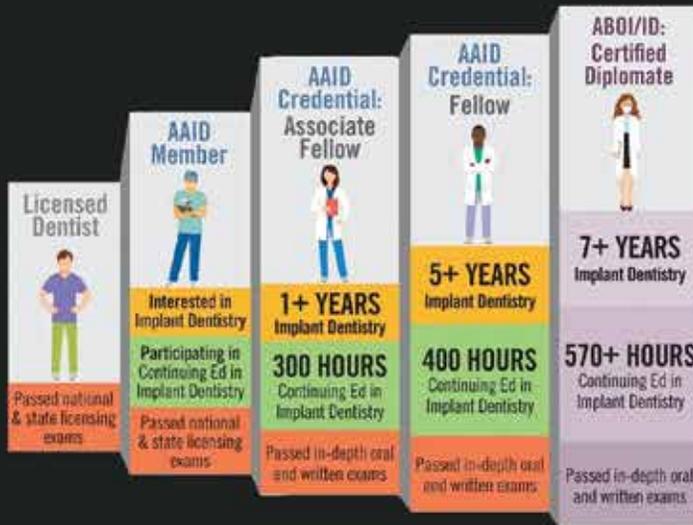


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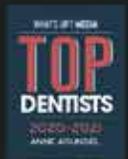
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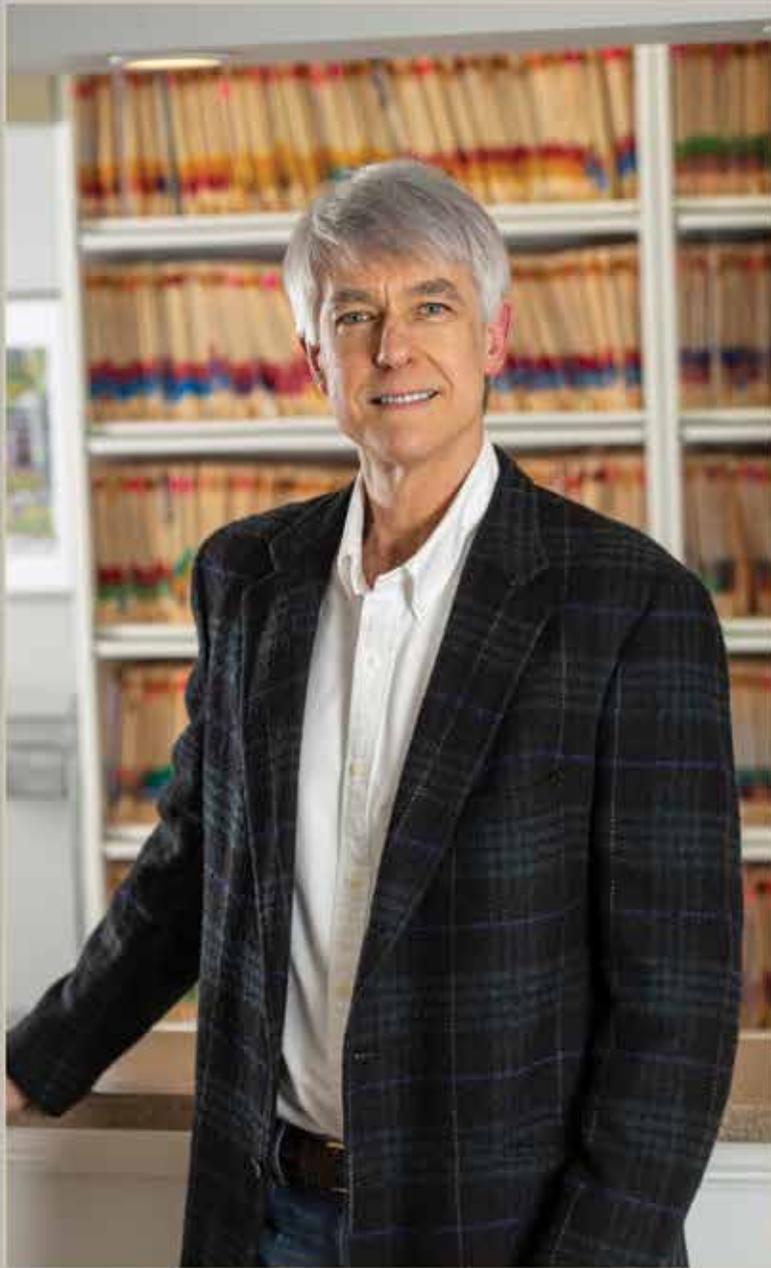


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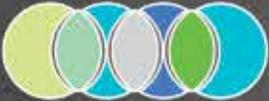
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On the Cover: Spring is the season to enhance your home's living spaces. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. Please recycle this magazine.

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WHAT'S UP?

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Veronica Tovey (x1102)

Editorial Director

James Houck (x1104)

Chief Operating Officer

Ashley Lyons (x1135)

Entertainment Editor

Megan Katelchuck (x1129)

Contributing Editors

Lisa J. Gotta, Dylan Roche

Contributing Writers

Janice Booth, Rita Calvert,

Mark Croatti, Tom Worgo,

Soo Youn

Staff Photographer

Steve Buchanan

Contributing Photographer

David Burroughs

Art Director

August Schwartz (x1119)

Graphic Designers

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

Web Content Specialist

Arden Haley

Production Manager

Nicholas Gullotti (x1101)

Senior Account Executive

Kathy Sauve (x1107)

Account Executives

Debbie Carta (x1110), Beth Kuhl (x1112),

Rick Marsalek (x1124), Kimberly Parker,

Nina Peake (x1106) Michelle Roe (x1113)

Special Events Director

Melanie Quinn (x1132)

Finance Manager

Deneen Mercer (x1105)

Bookkeeper

Heather Teat (x1109)

Administrative Assistant

Kristen Awad (x1126)

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April contents



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Editorial Update: Within our March feature article titled "Young Thespians," photographer credit to Wendy Hickok Photography was inadvertently omitted from several CTA sourced photos, including the cover photograph.

e-contents



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From the editor

Snap, crackle, pop.

With each careful step along a steep, sloping trail that wound up and down the wooded riverbank, my hiking boots alerted nearby critters of my approach. The sun teasingly poked out from wispy cloud puffs and there were only tiny, closed buds at the ends of each tree fingerling. In fact, there were a few leftover, small patches of snow still holding strong to the earth where the sun barely shone. Like a bear emerging from hibernation, I was enjoying the serenity of nature while reorienting to these surroundings. All the while, I knew my step-by-step disturbance of this peace was probably one of the very first signs of Spring's arrival. A time when anything seems possible.

I look forward to this time of the year. Of getting outside, waking my senses, and being more active in general. And it's easy to understand why, right? We've been cooped up for months, spending a majority of our time indoors, longing for that first run of sunny days and temperatures that beg us outdoors. It's like permission to get out and enjoy life again. This Spring, I do think that our sense of possibility and wonder is peaking like never before, right now, because of the hope that vaccinations and warmer weather will mightily curb the COVID virus and its grip on our everyday lives. It's been an exhausting year. Our patience has been tested but we'll be chasing adventures, camaraderie, and the activities that define us proud Marylanders with normalcy soon enough. We're getting there.

In this April issue, we share some of the adventures you can enjoy comfortably and safely right now. In our lead-off column, *Out on the Towne*, our Entertainment Editor Megan Kotelchuck has rounded up a batch of day trips to regional arboretums, zoos, and nature centers. This time of the year is perfect for visiting each of them; the flora is blooming, fauna is awake and frisky, and the weather (hopefully) abides for such exploration. Megan has also compiled *the list* of this season's (and Summer's) planned philanthropic events, both virtual and live. Yes, it looks like there will be some opportunities to actually socialize...in person...with humans...once again, and for good causes!

Meanwhile, on the home-front—both indoors and out—we know that Spring is also the time to size up the project list that's grown on paper all winter. We're looking to improve our living spaces—and boy, have we done a lot of living in them lately. Our Home & Design department offers a variety of colorful, practical, structural, and aesthetic inspirations. And if you're in need of a professional hand to get the job done (or maybe you want to upgrade to a new home altogether!), our annual Home Resource Guide gives you our list of top-tier home professionals ready to help.

There's much more to cull through in this issue—our hope is there's something meaningful within, for each of our readers. Feature articles explore the renewed "Victory Garden" movement (talk about homegrown!), diversity and inclusion in our "One Nation" series, and the very first of the renowned Best of Annapolis results begin to trickle out—the Best of Medical, Dental & Veterinary Wellness winners.

Lots to chew on and lots to look forward to. This season, I hope we can stretch our legs, get out and active, enjoy each other's company and comfort, and find inspiration all around. May we take our steps carefully as we blaze new trails this Spring.

James Houck,
Editorial Director

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Betsy Albert REALTOR®

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

Betsy has 25-plus years experience in corporate sales, marketing, and negotiation. She is a second generation realtor. She is committed to providing

the highest level of expertise, gracious professionalism and is dedicated to service excellence. Holding true to her ideals, Betsy places a high value on accountability and ethical responsibility to cultivate trust and lasting relationships. Betsy brings high energy and sharp focus to everything she does. Betsy grew up in Chatham, New Jersey and has been a Maryland resident for over 30 years.



Emily Bell REALTOR®

o 410 263 3400
c 412 979 3710
Emily.Bell@Inf.com

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

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Michele Cordle REALTOR®

o 410 263 3400
c 410 562 8680
MicheleCordle@gmail.com

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

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



Justin Disborough REALTOR®

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

Born, raised and residing in Annapolis, this \$15 million annual producer is dedicated to his neighbors and ensures your real estate needs are met. He offers

the highest level of service through his Meet This House brand, and maintains an unmatched "No Ties 'Til Closing" policy, meaning you have no commitments until a contract is signed. With more than 200+ hours of professional negotiation training and 25 years sales experience, Justin is a true expert when it comes to marketing and selling your current property or finding your next home.



Chris Fuller REALTOR®

d 410 757 3142
c 301 219 9638
Chris.Fuller@LNF.com

Chris Fuller has over 18 years of experience in the real estate field and is prepared to assist you in your real estate needs. The motto of "excellence in client care and service" is foremost

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Liz Heinsohn REALTOR®

o 410 263 3400
c 410 991 8566
LHeinsohn@Inf.com

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

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



Mary Clare Holder REALTOR®

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

Mary Clare Holder has been a Maryland Realtor for 35 years. She has expertly handled multiple changes in the real estate industry, greatly benefitting her buyers and sellers. She

owned a commercial insulation business in the Maryland, DC and Virginia areas for 25 years greatly enhancing her negotiating skills. Mary Clare is a past President of the Distinguished Sales Achievement Club of Anne Arundel County. Also, she has served as an officer on several local HOA/Condo Associations.



Sarah Myer REALTOR®

o 410 263 3400
c 443 871 7643
Sarah.Myer@longandfoster.com

As a dedicated REALTOR®, Sarah Myer works tirelessly to help Buyers and Sellers meet their real estate goals while having fun and enjoying a smooth experience.

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23 EVENT PICKS | **32** SALUTE | **34** SPOTLIGHT | **40** ATHLETE

Spring is here, the flowers are in full blossom, and the animals are starting to stir. It is time to get out and about to take in the beauty in nature around us. As Marylanders, we are blessed with beautiful scenery in and around our state, which can easily create a fun-filled day trip. Pack the car and fill your April days traveling to Baltimore, D.C., Annapolis, and beyond to experience the beauty in nature around us and make new friends at the local zoos and sanctuaries.



Catoctin Wildlife Preserve

Catoctinwildlifepreserve.com; 301-271-4922

In Thurmont, Maryland, just south of the Pennsylvania border, you can find Catoctin Wildlife Preserve. This zoo adventure holds over 600 exotic animals across a 50-acre park. What makes Catoctin Wildlife Preserve special is that it features more interactive touch and feed opportunities than any other zoo in the region. Catoctin offers one-hour adventure rides through 25 wooded acres of land. Feed and photograph animals from six continents including the African Zebra, North American Bison, Asiatic and African Antelope, Giant birds like Ostrich and Emu, European deer, Eurasian Wild Sheep, South American Llama and unusual cattle, donkey and goat breeds.

Photo courtesy of Adkins Arboretum



↑ Adkins Arboretum

Adkinsarboretum.org; 410-634-2847

Adkins Arboretum is a 400-acre native garden and preserve in Ridgely, Maryland. Pop over to Caroline County for a walk in nature and to learn how the arboretum strives to engage all people in conversation, appreciation, and the enjoyment of the Chesapeake region through education, recreation, art, and community events. The arboretum offers many educational, science-based programs for adults and kids of all ages including virtual field trips. Visit year-round for self-guided walks through five miles of paths that explore a variety of habitats.

Annmarie Gardens →

Annmariegarden.org; 410-326-4640

Visit Solomons for Annmarie Gardens, a 30-acre sculpture garden run as a non-profit organization. Annmarie Gardens is a great place to hit the trails for self-guided tours or to explore Murray Arts Building, this is a spacious indoor area with two art galleries. Bring your own chairs and blankets to create your own picnic. Currently, you can walk around the sculpture garden before visiting the Kay Daugherty Mezzanine Gallery in the Murray Arts Building. Through September 26th, they are featuring the exhibit On Paper: Printmaking, Book Arts & Beyond. Here, selected work will highlight the expanse of printmaking and book arts as an artistic discipline. They will explore techniques such as relief printing, etching, lithography, paper making, book binding, letterpress, collage and papercut. Also, Annmarie Gardens starts their Faries in the Garden experience on April 2nd and runs all summer long.

Photo courtesy of Annmarie Gardens



Smithsonian's National Zoo & Conservation Biology Institute

Nationalzoo.si.edu; 202-633-4888

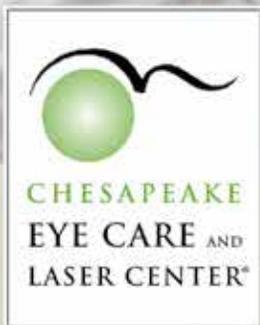
In 1891, the animals living on the National Mall had a new home in the Zoo within Rock Creek Park in Washington, D.C., now, over 2,700 animals representing more than 390 species reside in the zoo. In addition to housing these species, SCBI study and breed 20 species at their headquarters, including a few that were once extinct in the wild, like the black-footed ferrets and scimitar-horned oryx. The Smithsonian's National Zoo is offering online activities and self-guided,

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Photo courtesy of the Maryland Zoo

interactive learning on their website. The topics include going behind the scenes of zoo jobs with Wildlife Careers, all about migratory birds, Earth optimism, and more. After you have finished with those activities, watch live webcams in the lion, elephant, naked mole-rat, cheetah, and giant panda habitats.

↑ Maryland Zoo

Marylandzoo.org; 410-369-7102

As the flowers start to bloom, the animals come out of their habitat to meet the warm sun. Schedule your visit to the Maryland Zoo in Baltimore. This is the third oldest zoo in the country and spans 135-plus acres in Druid Hill Park. The Zoo's mission is to 'engage people with the wonder of the living world' and they have done exactly that by housing 130 different species of birds, mammals, amphibians, and reptiles. This Spring and Summer, take a look at the Maryland Zoo's website for dates on Breakfast with the Animals. Now through October, they are offering a one-of-a-kind dinging experience with the Zoo animals, special keepers, and photo opportunities. Eat alongside the chimpanzees, giraffes, lions, penguins, and more! Also, this Spring, be sure to join the Animal Care Team on Fridays and Saturdays at 1 p.m. for their Goat Trek where you can walk a goat through the back paths of the Farmyard or join on Sundays and Mondays for Penguin Fish Toss.



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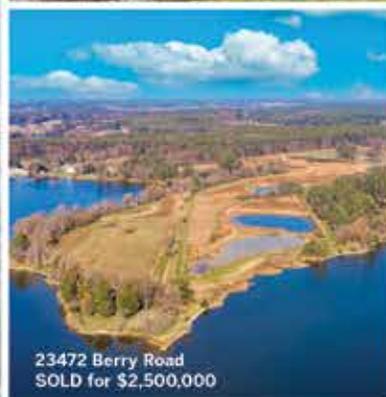
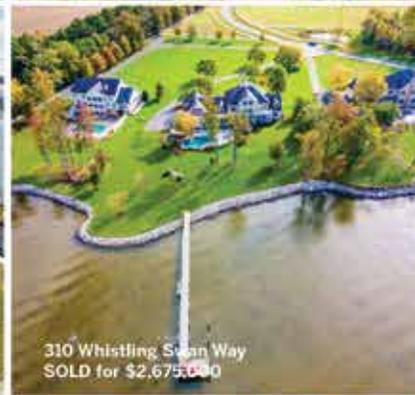
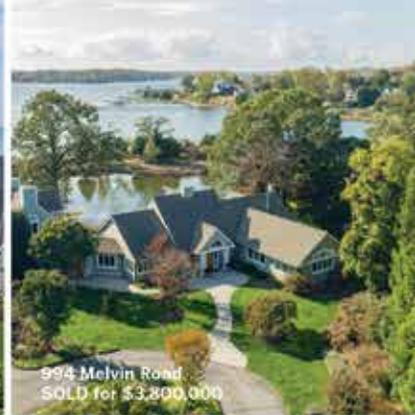
usna.usda.gov; 202-245-4523

In 1927, the Act of Congress established the Arboretum which was administered by the U.S. Department of Agriculture's Agricultural Research Service. The grounds cover 446-acres containing 9.5 miles of winding roadways where researchers learn more about trees, shrubs, turf and ornamental plants. They are also working on the development of new technologies for the floral and nursery industries as well as development of superior landscape plants through a program of genetic improvement, evaluation, and selection. While exploring the grounds, pull up the Arboretum Botanical Explorer on your phone. The ABE combines plant records, GIS maps, and images to become an easy-to-use search and mapping tool for all visitors. Pull up pictures of the plants through ABE and find them around the gardens. Whether you are a novice plant fan or consider yourself an expert, there is always something new to learn about the many plants at the U.S. National Arboretum.

Smithsonian Environmental Research Center

serc.si.edu; 443-482-2200

The Smithsonian Environmental Research Center has created ways to reduce mercury pollution in the food chain and seafood, rescuing blue crabs and other fisheries from decline and so much more to protect us against the environmental challenges of the 21st century. The research they do is urgent due to the fact that more than 70% of the global population resides in coastal zones. Hike, canoe, and search for wildlife on one of the many trails, including the Java History trail, the Discovery trail, and the Contee Watershed trail, each ranging from 1 to 1.5 miles long.



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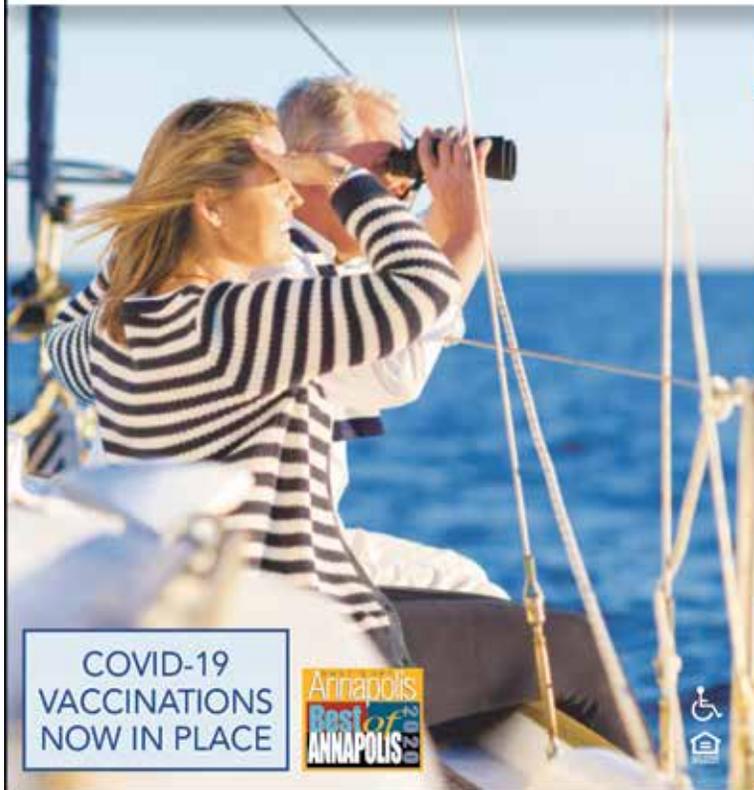
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TOWNE SALUTE

Loretta Walz

The Arts Council of Anne Arundel County

By Lisa A. Lewis

An enthusiastic advocate for the arts, Loretta Walz has always sought opportunities to pursue her passion. So when she relocated to Annapolis from Elizabeth City, North Carolina, she wanted to continue to support the arts. During her search for volunteer activities, Walz stopped by the Arts Council of Anne Arundel County to introduce herself. She felt an immediate connection with April Nyman, executive director of the Arts Council, and after an hour they were still talking. Inspired by the organization, Walz decided to become a volunteer and has been actively supporting the Arts Council for the past 10 years.

“I have always been involved in the arts, so the Arts Council is a perfect fit for me,” Walz says. “Annapolis is a hub for the arts. There are so many opportunities to experience and enjoy. And it’s exciting to be a part of this vibrant city.”

Walz performs a variety of clerical tasks for the Arts Council, a nonprofit organization whose mission is “to encourage and invest in the visual arts, performing arts, and historic preservation for the people of Anne Arundel County.” Some of her responsibilities include organizing mass mailings, preparing materials, writing thank you cards, and answering phone calls. She also helps with event planning for exhibits and the annual gala.

In addition, Walz strongly supports the Arts Council’s Arts in Education Program, which is instrumental in introducing the arts into the curricula in Anne Arundel County schools. A retired elementary school counselor, she realizes that the arts aren’t always emphasized in schools. To address this need, the Arts in Education Program offers the opportunity for schools to apply for grants to fund programs that expose students to the arts. Walz believes that it is important to integrate the arts into schools and spark students’ interest. And she is excited to be a part of the process.

“Loretta is the type of volunteer that every organization dreams about,” Nyman says. “She happily completes any job—no matter how big or small—to support our organization. We appreciate and salute her contributions to the Arts Council.”

“She happily completes any job—no matter how big or small—to support our organization. We appreciate and salute her contributions to the Arts Council.”

“Loretta is such a wonderful volunteer,” adds McKenna Kennedy, program manager for the Arts Council. “She is a big supporter of the arts and always makes time to reach out to see if she can lend a helping hand to the Arts Council. I feel very fortunate and grateful for Loretta’s support.”

Obviously, the COVID19 health crisis has impacted the way that organizations operate on a day-to-day basis. To meet the challenges presented by the pandemic, the Arts Council has successfully adapted to fulfill its mission and is utilizing virtual opportunities to serve the public during this difficult time.

According to Nyman, a virtual platform has become a key component for the arts. The Arts Council has expanded the use of its website to promote and inform the public about performances, exhibits, and artist opportunities and to connect with them regarding relevant news, information, and updates. In addition, Nyman says that virtual performances and exhibits as well as live streaming of fundraising events have become the norm.

“COVID19 has greatly affected every aspect of our lives, and like everyone, I

am looking forward to better times,” Walz says. “I am a people person with a history of volunteerism. Before the pandemic, I was volunteering for 15 to 20 hours a week for five organizations. Now I am only volunteering for about five hours a week. I miss the hands-on interaction and connecting with other people. I am looking forward to getting back into my routine.”

Walz lives in Park Place with her husband, Stan. The couple has been married for 51 years and have two sons, Damien and Christian, and three grandchildren, Ethan, Mara, and Chloé. Since her husband is a veteran, the couple moved a lot during the duration of his military service. But no matter where they lived, Walz sought opportunities to become involved in the arts. Not only does she love attending events, but she has also performed in productions throughout the years. She played Marmee in *Little Women* while they were living in Puerto Rico, where she was a substitute teacher and the assistant director of the drama department, and even the Grinch while she was teaching in North Carolina.

“The arts have been such a big part of my life,” Walz says. “I love volunteering for the Arts Council and working with the awesome staff members to support the arts in Anne Arundel County. It’s such a great opportunity that really enriches my life.”

For more information about the Arts Council of Anne Arundel County or to make a donation,

visit acaac.org. And save the date for the Arts Council’s virtual fundraiser on May 6.

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

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TOWNE SPOTLIGHT



↑ New Baby Retailer Open in Annapolis

With their feet under them after a December grand opening/ribbon-cutting event (attended by Maryland’s First Lady Yumi Hogan!), local retailer Dream Baby Décor is ready for Spring’s newborn arrivals. The newly-opened and family-owned Annapolis baby shop features a wide selection of functional and stylish baby gear, room decor and accessories, clothing, and gifts for babies, toddlers, and parents. “We had a vision for this shop, and even when the world was turning upside down with this unfortunate pandemic, we knew we had to move forward with our plans,” said Amy Tech, owner, Dream Baby Décor. “We want to...provide the best quality products and services for babies and their families. They deserve it!” Located in the Design District of Annapolis with a coordinating e-commerce site at dreambabydecor.com, Dream Baby Décor will also provide premiere shopping experiences including individual shopping appointments before and after normal business hours; shopping “parties” for customers and their invited family/friends to shop after hours; custom nursery design services; gift wrapping; and small seminars/classes about baby topics.



BAY VILLAGE OPENS

In early February, Bay Village cut the ribbon to officially open its Annapolis facilities. The state-of-the-art assisted living and dementia care community is nestled on three acres of a tranquil wooded setting while still being convenient to shopping and downtown Annapolis. Staying true to the vision of Annapolis, Bay Village has planned a community that features serene outdoor settings for residents to enjoy, a wealth of vibrant social activities and the latest technology to enhance resident care. For more information, visit integracare.com/bay-village.

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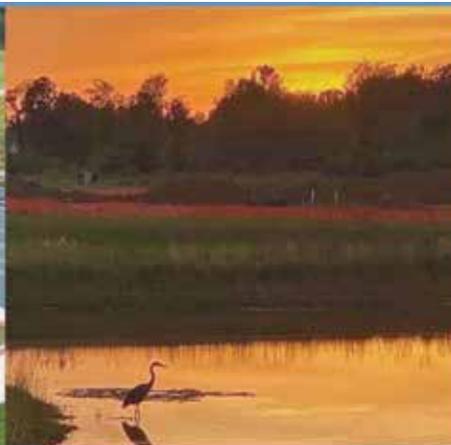


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↑ GRANTS FUND SENIOR ASSISTANCE ORGANIZATIONS

Recently, the Anne Arundel Senior Provider Group made their annual grant presentations (virtually) totaling \$20,000 by giving four deserving local organizations \$5,000 each. A significant portion of the grant funding was provided by What's Up? Media advertising sales generated by the *The Directory*, a senior- and disabled-citizen resource publication made in collaboration with Anne Arundel County Department of Aging & Disabilities and the Senior Provider Group. The recipients of the four grants are: Partners in Care; Parkinson's Foundation; Home Based Medical Care in Odenton; and the Baltimore Washington Medical Center Foundation. For more information about Senior Provider Group visit seniorprovidergroup.org, and how to support the *The Directory*, visit whatsupmag.com/advertise.

Young Lawyers Featured in Super Lawyers

In the annual issue of Maryland *Super Lawyers* magazine, six millennial attorneys were featured on the cover and cover-story to weigh in on topics such as ageism, navigating two recessions, the debt burden, and the rewards of having a legal career. The six attorneys were: Veronica K. Yu of Offit Kurman (Yu was also selected as a 2021 Rising Star for her fourth year in a row); Alexander Zarzecki of Frank & Scherr; Rama Taib-Lopez of Joseph Greenwald & Laake; Jamar W. Creech of Diversified Law Group; Sahmra A. Stephenson; and Jose Blanco.

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TOWNE ATHLETE

Travis Garnett

Indian Creek | Baseball

By Tom Worgo

Hard throwing pitcher Travis Garnett has eye-catching talent and all the tangibles that a baseball coach covets. The Indian Creek senior is 6-foot-6, weighs 228 pounds, throws five pitches and the best one—the fastball—hits 94 miles on the radar gun.

Garnett also works out relentlessly: six days a week on strength and conditioning at the Athletic Performance Inc. complex in Gambrills, and he often makes it two-a-day when he works on

“He is resilient and handles adversity well. He’s coachable, really believes in himself, and has the mentality to continue to continue to develop. He’s willing to do whatever it takes. Those are the things that really make him unique.”

his pitching mechanics. “He outworks everybody else,” Indian Creek Baseball Coach Matt Selmer says.

All of Garnett’s qualities landed him a baseball scholarship to the University of Maryland. He chose the Terps over Duke University. But Garnett might put college on hold for professional baseball. That would be his move if he gets drafted high in June by a Major League team.

“He has two swing-and-miss pitches. That’s what has the pro guys so interested in him,” Selmer says of Garnett’s four-seam fastball and slider. “He is coming out of the winter throwing in the low 90s. He is a slam dunk to get drafted. It will come down to the signing bonus.”

Garnett says he would skip playing for the Terps if he finds the ideal team, along with an appealing financial offer. “It would just depend on if it was the right situation for me,” he explains. “What’s on the table and what the opportunity is. That would determine if I go to college or pursue professional baseball.”

Maryland pitching coach Corey Muscara started recruiting Garnett during his freshman year. “I saw him during their conference championship game,” Muscara recalls. “We weren’t very good and I said, ‘You can be a bullpen arm for us right now.’”

Three years later, Garnett is ranked the No. 98 prospect in the country by Perfect Game in the 2021 class and the highest-rated player in Maryland.

“He has a real chance to get drafted,” Muscara says. “We have a kid this year, Sean Burke, who has a chance to be a first rounder or second rounder, and two talented sophomores who are going to be high picks next year. I would say Travis is very similar to them.”

Two national events boosted Garnett’s profile last year. He clocked pitches at 94 miles per hour at the Perfect Game National Showcase in Georgia in June and also shined in the East Coast Pro Combine in Alabama the next month.

“I was really excited to be in that showcase to compete against the top guys nationally,” Garnett says of the Georgia event. “It was a great experience and I had one of my best outings of the year. That put me on the map. I have had velocity goals based on my growth and how my body has matured. The fact that I hit 94 was fantastic.”

Garnett developed nicely for the three years while he competed for the API Travel Baseball Club, which plays games up and down the East Coast and as far West as Indiana.

“There are a lot of qualities I love about Travis,” Muscara says. “He is resilient and handles adversity well. He’s coachable, really believes in himself, and has the mentality to continue to continue to develop. He’s willing to do whatever it takes. Those are the things that really make him unique.”

Garnett’s impressive arsenal of pitches also makes him a standout. He throws a four- and two-seam fastball, curveball, slider, and change-up. “My four-seam fastball is my best pitch,” he says. “I can throw it in any count. Pretty much nobody squares up on it. My slider, curveball, and change-up are all pretty good. They can be dominant pitches.”

Garnett dominated right away at Indian Creek. He struck out 47 batters in 29 innings and posted a sparkling 1.80 ERA as the Eagles won the Maryland Interscholastic Athletic Association C Conference.

Garnett, who carries a weighted 4.12 grade-point average and plans to major in kinesiology, fanned 20 batters in 10 innings the following season, which was cut short by an elbow injury.

“He is the type of guy you will see a change in his body each offseason because of how hard he works,” Selmer says. “He has a seven-day-a-week program.”

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



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WANDERING THROUGH THREE ANNAPOLIS GARDENS ON A JOUR- NEY THROUGH TIME

By Janice F. Booth and Mark Croatti

Gardens are more than noble trees, graceful paths, and colorful flowers. Heart-wrenching tales of love, hate, suffering, and ultimately death lay beneath and even within a garden's seemingly innocent beauty. Since its founding in 1649, Annapolis has served as much more than a bustling port; its attraction as a cultural and social hub became the backdrop for many of America's most important political events that impacted this city down to its roots, which have grown deep and strong. Along our streets and past its gardens have strolled some of the great names in American history: George Washington, Thomas Jefferson, James Madison, James Monroe, Alexander Hamilton, Charles Carroll, and Samuel Chase, among many others. Their homes in other parts of the country reflect a deep commitment to architectural style and impeccable gardening, and the places they and others lived while in Annapolis are no different.

Within its current boundaries, at least a hundred buildings dating back to the 1700s still stand, mostly on their original plots, surrounded by some of the same trees, boxwoods and rhododendrons that gave these structures their indelible character more than 300 years ago. History is not merely a chronology of brick-and-

mortar-based events; the very soil, trees, and plants that have been nurtured and protected for decades—in some cases, centuries—have stories all their own. Perhaps nowhere is that more evident than within the green leaves and above the deep roots of the **Government House Gardens**, the Annapolis campus of **St. John's College**, and the **Charles Carroll House Gardens**.

Like politics, horticulture has an extensive and fascinating history. Enclosed gardens have been uncovered dating back to approximately 10,000 BC. While many famously stood out as unique, such as the Hanging Gardens of Babylon (900 BC)—one of the Seven Wonders of the Ancient World—and Ptolemy II's "Garden of Egypt," cultivated on land reclaimed by draining Lake Moeris (300 BC) The Romans created garden-design manuals in order to replicate their rather sophisticated methods. Ever since the genesis of humans sculpting nature in order to impose a cultural stamp on their surroundings, ornamental gardens have generally exhibited four prevailing characteristics or themes: First, an expression of beauty; second, a display of a society's taste and style; third, an expression of philosophy, such as Classicism or Romanticism; and fourth, a display of status.



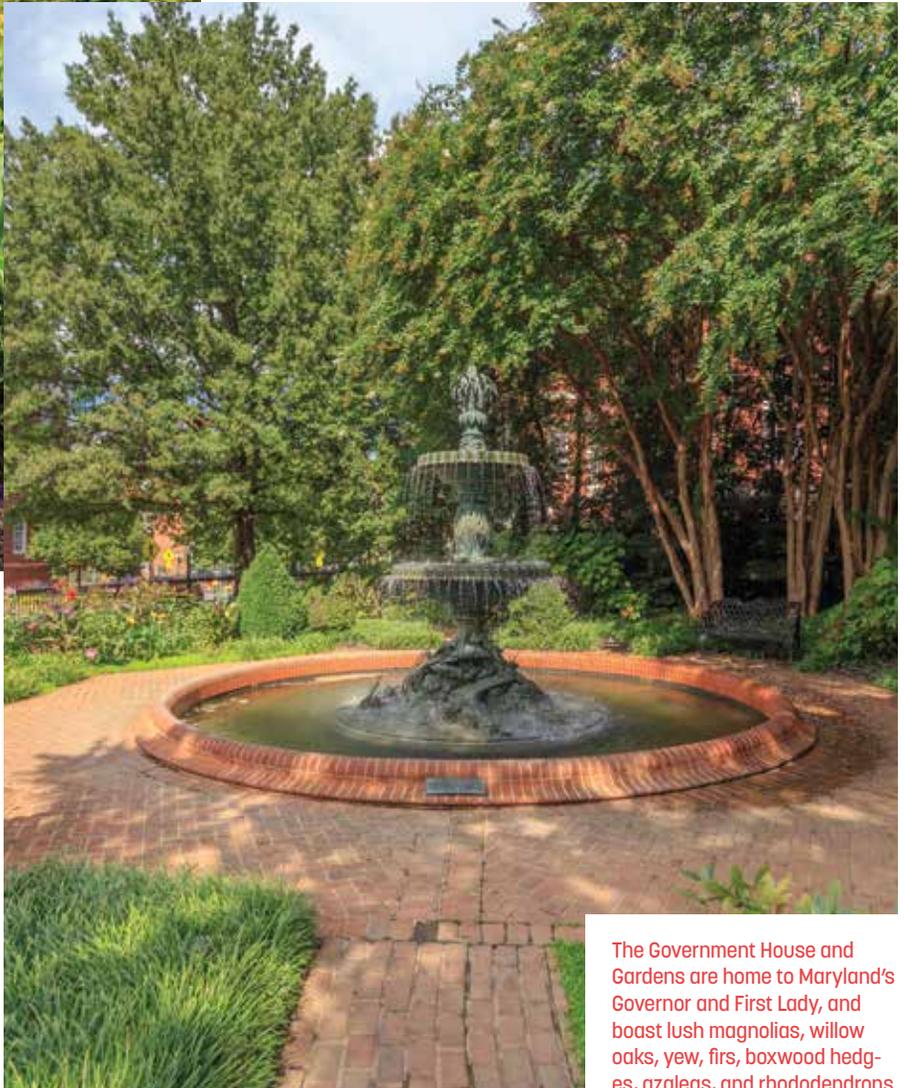
Our first stop is the magnificent **Government House and Gardens**, the residence of Maryland's governor since Oden Bowie in 1870, the year it was completed. Situated on land between Church Circle and State Circle—the location of the Maryland State House—Government House is graced by two acres of luxuriant gardens behind an elegantly wrought iron fence and several original gates surrounding the property; while inside, the wrought iron benches placed selectively throughout the grove date back to 1924.





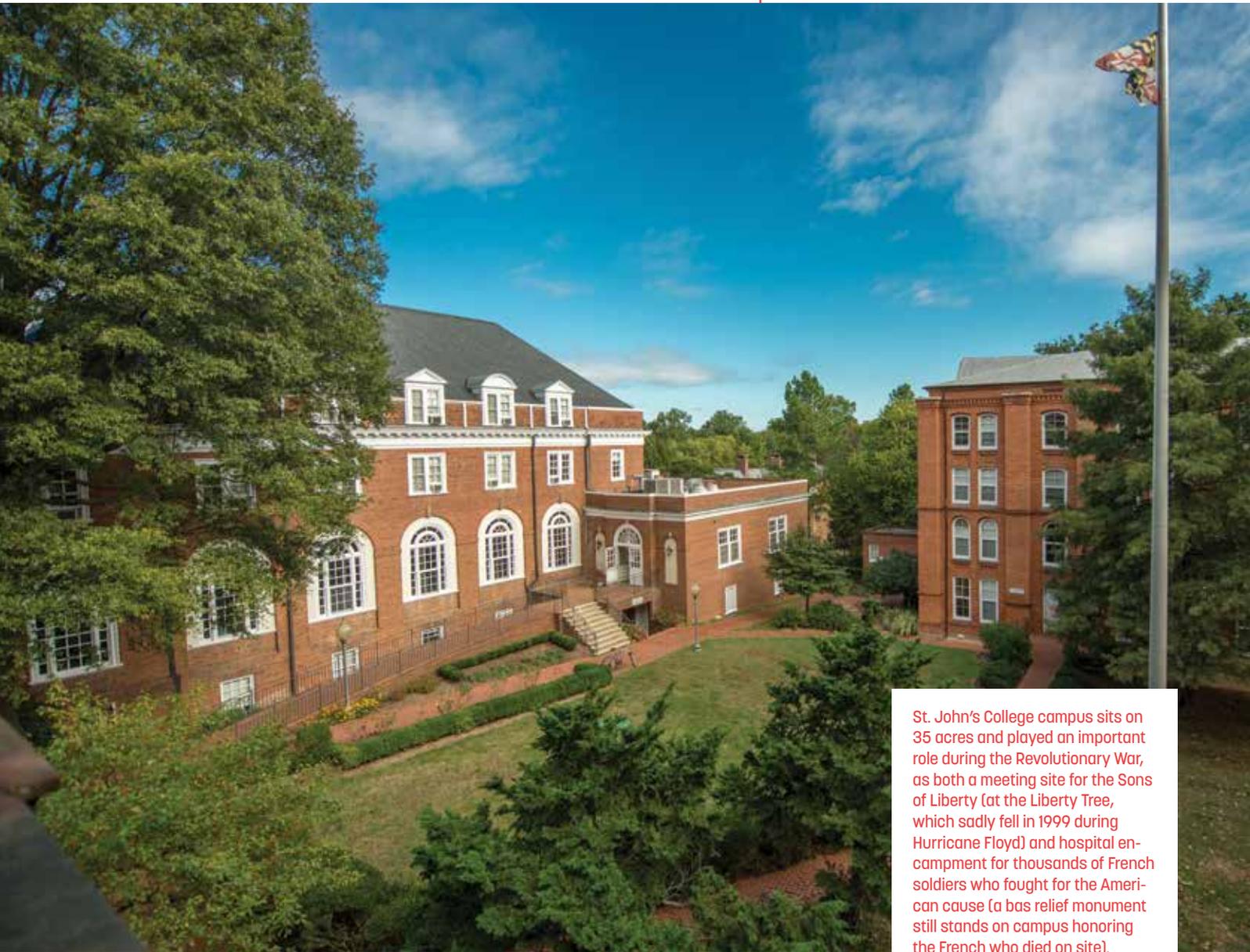
From 1935–36, a major facelift of the building took place along with a final phase of additional construction in 1947 that gave the home its current appearance. In 1990, the century-old gardens underwent another restoration when Governor William Donald Schaeffer and his first lady, Hilda Mae Snoops, sought to remake the outdoor courtyard into the focal point of the mansion. Jay Graham worked with sculptor Lyle Beddes to design a Victorian-style “Annapolis Fountain” incorporating sculptures of animals and plants identified with the Chesapeake Bay, such as blue crabs and terrapins, and Maryland-spe-

cific references such as the Baltimore Orioles. The fountain was erected where it could be viewed from Church Circle, St. Anne’s Episcopal Church, and the state legislative offices. In keeping with Maryland’s tireless efforts to be financially and ecologically efficient, the privately funded fountain recycles the water it uses. Within the garden, the original paths were reimagined using a butterfly pattern inspired by the walkways of Thomas Jefferson’s Monticello. These paths guide the visitor along the formal flowerbeds planted in cannas, salvia, vinca, and the ever-popular marigolds and petunias.



The layout “creates a garden to be enjoyed by the passersby,” according to Jay Graham, the landscape architect. Lush magnolias, willow oaks, yew, firs, boxwood hedges, azaleas, and rhododendrons are visible along much of the perimeter; these specimens were carefully chosen to illustrate the plants most commonly found in Maryland. Three beehives maintained within the flowerbed garden produce the famous “Governor’s Gold” honey, a local delicacy.

The Government House and Gardens are home to Maryland’s Governor and First Lady, and boast lush magnolias, willow oaks, yew, firs, boxwood hedges, azaleas, and rhododendrons.



St. John's College campus sits on 35 acres and played an important role during the Revolutionary War, as both a meeting site for the Sons of Liberty (at the Liberty Tree, which sadly fell in 1999 during Hurricane Floyd) and hospital encampment for thousands of French soldiers who fought for the American cause (a bas relief monument still stands on campus honoring the French who died on site).

Our second stop, the Annapolis campus of **St. John's College**, sits on 35 beautiful acres and is just a few blocks away from Government House. In 1696, the King William's School was established where St. John's College now stands. On the grounds stood the now-famous Annapolis Liberty Tree, a noble tulip poplar, and one of many Liberty Trees scattered throughout the 13 colonies that served as meeting sites for the "Sons of Liberty," disgruntled colonists seeking redress, or "liberty," from the injustices of English rule. Of particular concern to them was the Stamp Act of 1765 that taxed all printed material in the colonies. By 1766, two famous Annapolitans joined the ranks of the Sons of Liberty—Samuel Chase and William Paca, both of whom eventually joined Charles Carroll as signatories of the Declaration of Independence in 1776. What treasonous conversations must have gone on beneath that 120-foot tall tree.





In 1781—five months after the Marquis de Lafayette encamped with American soldiers in Annapolis from March 12 to April 6—roughly 4,000 French soldiers fighting alongside the United States set up a military hospital on the school's grounds, not far from the Liberty Tree. The French lost over a thousand men during America's fight for independence, with dozens of them buried right under the campus ballfields between the main office buildings and College Creek. Little do today's students know that when they spread out their spring blankets on the grass to catch up on their reading while soaking up the sun, they could be sitting above makeshift graves containing French soldiers who died so

that America might be free. The hospital's survivors soon marched on to Yorktown to fight with General George Washington's Continental Army that forced the British to surrender on October 19, 1781.

Only two years later, in 1783, the Annapolis Liberty Tree again stood witness to history as George Washington resigned his military commission before Congress inside the Maryland State House. In 1911, the graves of the French soldiers were honored with a monument erected along the banks of College Creek. The bas relief of a mourning maiden stands on a plinth, nestled in a grotto of tall firs and redbuds, surrounded by honeysuckle and a bed of perennial flowers. While the monument still overlooks the

sunny, campus meadow, the beloved Liberty Tree that stood sentinel over those unmarked graves for over 200 years, succumbed to Hurricane Floyd in 1999.

There is, however, a happy footnote to the Liberty Tree's demise; in 1889, St. John's College had arborists create a scion, a tiny grafted tree with identical DNA that was planted on the college's grounds. Since then, over 200 seedlings grown from seeds taken from the 1889 scion have been planted throughout the state and, once flourishing, sold to the public so that Marylanders can own and replant a piece of American history right in their own gardens. This way, Annapolis' Liberty Tree lives on, as does the nation it represented.





Our third and final stop is the **Charles Carroll House Gardens**, on the banks of Spa Creek. The plot of land on which today's house and garden stand began as a modest farm with a small dwelling when purchased in 1687 by the first of four Charles Carrolls. He lived in three separate homes on the site, the last of which, constructed by combining the first two, contained 29 rooms and served as the birthplace, in 1737, for Charles Carroll *of Carrollton*, the son of Charles Carroll *of Annapolis* and the grandson of Charles Carroll *the Settler*. The expansion of the house continued until 1790, at which time the imposing four-story brick structure now visible was completed.

Charles Carroll of *Carrollton*, one of Maryland's four signers of the Declaration of Independence, became one of the richest landowners in the colonies. Even today, his home and gardens reflect his wealth, taste, and style. He confidently demonstrated the qualities of leadership both in life and on land, transforming his home into a palatial estate by his affluence and stature. Carroll's grand design had two components: First, he wanted the view of Spa Creek and the waterfront below his house to appear closer to the mansion; second, he wanted the Carroll House to seem even bigger when looking toward it from

the water. The scale was everything, so to achieve these goals, he enlisted optical illusions; geometric designs that fool the eye.

Over a thousand West African slaves owned by his family implemented Carroll's architectural vision by carving five elegant, terraced gardens arranged in an abutting triangular design using the width of the grand, brick house as the base of the highest right triangle. The original, 400-foot-long stone seawall—still there today—supported the layered components. As a result, the terraced gardens cascade from the top level, bringing the Creek into view “closer” to the

home; while, looking toward the estate from Spa Creek, the mansion appeared farther away and thus much larger than it was in reality.

Archeological digs in the gardens and the house's foundations have revealed religious and social artifacts that once were cherished possessions of the enslaved laborers who brought Carroll's dream to life. The beauty of the triangular terraces today remains, in many ways, a tribute to not only their unimaginable suffering as slaves but also to their impressive landscaping skills.

Carroll's architectural sleight-of-hand served another purpose; it augmented the property's strengths while disguising its deficiencies. According to the Architectural Institute of America, “The four decreasing widths of the terraces and the retaining wall hide the ground floor, the least attractive part of the house, and distort the distance to the house...From inside the gardens, foreshortening of the terraces and framing of the



The Charles Carroll House Gardens (seen in the foreground with two distinctive chimneys) features vast, terraced gardens, hedges, and trees. The Colonial-era mansion now shares its location on the bank of Spa Creek with St. Mary's Parish and schools (which also manages the property).



waterside...make the *distant* shore look closer, opening the views between the house and the *far shore* of Spa Creek."

Today, while traveling by boat beneath the Eastport Bridge or by car over it, gaze to the west; the Carroll House stands shoulder to shoulder with St. Mary's Catholic Church. Look carefully, and the illusions remain—the vast, terraced lawns draw the eye toward the distant mansion.

Charles Carroll's home is one of only 15 owned by signers of the Declaration of Independence that still stand. Not only did the unique layout of the gardens reflect Carroll's wealth and importance, the house and its gardens also symbolize how much he was willing to sacrifice for the cause of freedom, and by extension, how much he would not have accomplished had the British won. After the Revolutionary War ended, Carroll went on to serve simultaneously in both the Maryland legislature and the United States House of Representatives from 1789-92. He laid the cornerstone of the Baltimore and Ohio Railroad in 1827. Finally, at 91 years of age, he was invited to attend the first Democratic Party convention that nominated Andrew Jackson for re-election. (Carroll didn't attend and died shortly after that). In 1825, his son, Charles Carroll of *Homewood*, died. After the war, his remains were interred in the gardens, the only Carroll to be buried on the site.

The property was passed down from Charles Carroll of *Homewood* to his daughter and granddaughters until it was conveyed to the Redemptorists in 1852, after which it began a series of religious affiliations

that continue to this day (the home has been managed since 2017 by the St. Mary's Parish). During this time, the home lost the original frame house that dated back to 1687 and underwent a series of major exterior and interior renovations from 1983 to 2001 as well as another round of construction in recent years. The garden has similarly undergone a continuous transformation, but even today it continues to reflect the distinct personality of its original family.



Seldom does one encounter so much history and beauty in such a relatively short walk. How many times have you walked from Spa Creek to College Creek, right past the Carroll House, the Government House, and St. John's College, without realizing what truly momentous events took place there? The next time you stroll this revolutionary path, pause for a moment and allow yourself to be mesmerized by the dazzling array of plants, trees, shrubs, and mosses lying in perfectly manicured gardens on the grounds of some of this city's great historical properties, beckoning to residents and tourists alike.

You see, the compelling history of Annapolis does not exist solely in its physical structures—its churches, houses, inns, taverns, streets, schools, and parks. Often overlooked, but equally important, is the history *on* and *in* the land. While creating breathtaking gardens takes time and effort, these gardens remind us of the interdependence of humans and nature. Sometimes we learn a great deal from what is removed from the land, such as historical artifacts, while other times, the lessons of time are taught by what remains living on top of the property. It is up to all of us to continue to preserve the deep roots of our nation's past, found not only in the history books but still growing in the soil.

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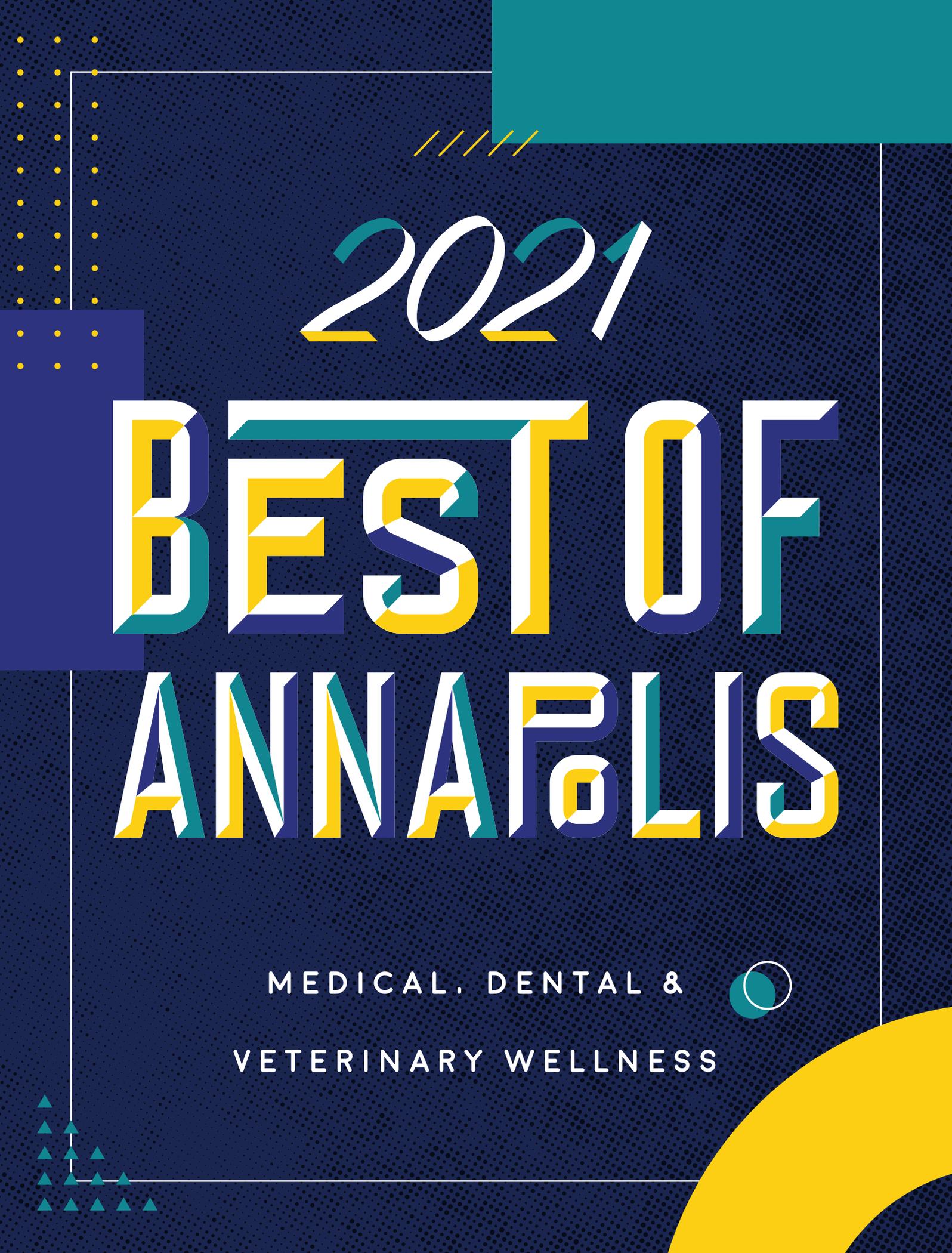
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Welcome to the start of celebrating the Best of Annapolis 2021! The following *Medical, Dental & Veterinary Wellness* winners—the first series of five categorical batches of results that will appear in this magazine over the next several months—are the result of you, our readers, voting for your very favorite service providers in our annual Best of Annapolis voting campaign.

More than 20,000 of you participated this year! There were so many votes for so many businesses in fact, that, in addition to naming the overall winners for each category, we've decided to name *honorable mentions*—those businesses which earned a high number of votes, but came in second or third place, so to speak. Not every category has an honorable mention—only those categories in which the voting was most active.

So please join us in toasting and celebrating the Best of Annapolis winners (listed alphabetically by category).

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After completing a residency at West Virginia University, Dr. Meek started his career as an assistant professor at the University of Virginia where he led the laryngology department and participated in voice and swallowing research. After moving to Annapolis, he continued his passion for treating voice patients by starting the Voice and Swallowing Center at Anne Arundel Medical Center.

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In collaboration with his allergy colleagues, Dr. Meek delivers cutting edge medical care to his nasal obstruction and chronic sinusitis patients. He incorporates computer guided navigation and minimally invasive techniques into his surgical cases. Along with his physician assistant, Jennifer Rocca-Sexton who adds the

additional expertise in nutritional counseling to maximize patients innate immunity, he performs culture directed antibiotic treatment to avoid development of unnecessary allergic reactions, side effects, or antibiotic resistance in his patients. He believes in utilizing all modalities at his disposal including complimentary medicine, topical therapies with saline irrigation including steroids and antibiotics, and cutting edge surgical therapies when indicated.

Dr. Meek resides in Annapolis with his wife, Dr. Parabh Gill, who is a practicing gynecologist. His oldest daughter is studying at Tufts in Boston, and his younger 2 children attend High School at Severn School. When not treating patients, Dr. Meek is involved with boating, cycling, swimming, and watching his children in theater and sailing.



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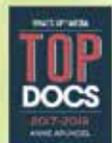
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VICTORY IS OURS

The new Victory Garden movement for our times has taken root

While COVID19 raged, there was a new breath of life into the Victory Garden movement, also known as Grow It Yourself. “Food Supply Anxiety Brings Back Victory Gardens,” proclaimed the *New York Times* in late-March 2020. The term was used during World War II to describe small vegetable and fruit gardens at homes, parks, and other public spaces, promoting gardening for unity. But the idea actually started in World War I, when such spots were called Liberty Gardens to help secure the national food supply. Youth gardeners were recast as “soldiers of the soil,” and no plot was left uncultivated, lest it be considered “slacker” land. Rose Hayden-Smith writes in her 2014 book, *Sowing the Seeds of Victory: American Gardening Programs of World War I*, “Gardens were ‘munitions plants,’ garden furrows became ‘trenches,’ and food was referred to as ‘ammunition.’ Victory Gardens drove the creation of 20 million gardens. These gardens lessened food chain demands and boosted morale.”

The 2020–21 pandemic has given us a new awareness of the origin of our food, an awareness that was not always pleasant. Due to immense breakdowns in food distribution, supermarket shelves were left bare while newscasts about milk being dumped and produce rotting in the field or being plowed under, abounded. The industrial food system was showing cracks. At

the same time, food pantry lines stretched for miles; many in the wait being folks who had never needed food aid in the past. This occurrence was about supply and demand as well as food security. But, when the going got tough, Americans also turned to more gardening—for sustenance and comfort.

Now, the initiative to “grow your own food” is about establishing food resilience while being out in nature in our COVID-complicated world. Timing was perfect in the sense that March was the beginning of growing season locally or at least the time to shop for garden supplies, whether for a nice-sized plot in the yard, a container garden, or a simple pot or two in a window.

Garden centers and longtime gardeners have noticed more novices this year picking their brains on tips and troubleshooting. Many fledgling gardeners were educated by a healthy dose of internet research.

Take Annapolitan Christina Berry, who had no background in growing food and turned it into a family-friendly hobby. Now she says, “It’s been super fun, especially having my five-year-old out there with me, taking earthworms to the compost and learning about plants together as he’s been digging and planting with me.”



GARDEN BENEFITS

There are many benefits resulting from gardening, especially during a pandemic, including:

Safer food, with less worry about where it has been before it gets to your table

—
Physical activity

—
Nature stimulus

—
Mental health boost, calming and fun

—
Positive control

—
Interactive learning experience

—
Gardening often leads to cooking what you grow; also a valuable skill to hone

—
Self-reliance cooking (Cooking things like homemade pasta sauces, homemade yogurt, and a keen interest in canning. These more labor-intensive practices provide a way to keep busy, learn something new, save money, and eat well.)





There was, however, an unexpected downside to the explosive growth of gardening. Nursery products, seed companies, canning supplies, and even chicken wire were in unexpected demand. For example, Johnny's Selected Seeds in Fairfield, Maine, saw a 270 percent jump in orders the week of March 16, 2020, after U.S. President Donald Trump, Jr., declared a national emergency over the coronavirus. Suddenly, vegetable seeds, soil, and canning supplies were sold out from new interest. Annapolis' Bowen's Farm Supply says their canning jar stock has been sold out since April 2020, but they're hopeful that their suppliers are ramping up to help them meet demand.

"No worries at this point in time," advises garden center consultant and garden grower, Jen Hurt. "Garden

centers seem to be well-stocked again. Some of their initial orders were reduced as retailers were initially closed before being categorized as an essential business. Then they needed to up their orders (difficult because initial orders are placed six months in advance before anyone anticipated the virus and its impact on gardening interest). Some items were very scarce: e.g. seeds, because sales were so high; plant starts, because initial orders actually were cut down when the virus led to retail shut downs. When summer came, though, stock for most things improved for the unanticipated boom. Online seed sales generally caught up to demand."

Hurt also adds, "I noticed that several [garden centers] started advertising earlier for 2021 than usual, most likely in anticipation of heavy

orders. Catalogs have been arriving in the mail and inboxes are full of selections and recommendations."

Local Inspiration Sources

Nonprofit Annapolis Green, with a keen eye on local environmental trends, introduced a new program: Here We Grow. Founders Elvia Thompson and Lynne Foresman state, "There are two actions resonating with many people during the COVID crisis: gardening and cooking. This program introduces a modern-day Victory Garden project to encourage people to value the land and nature by installing, developing, or updating their gardens to provide beauty, food, and pollinator habitat. It will educate, provide resources, and inspire, both online and in-person, and create a 'club'."

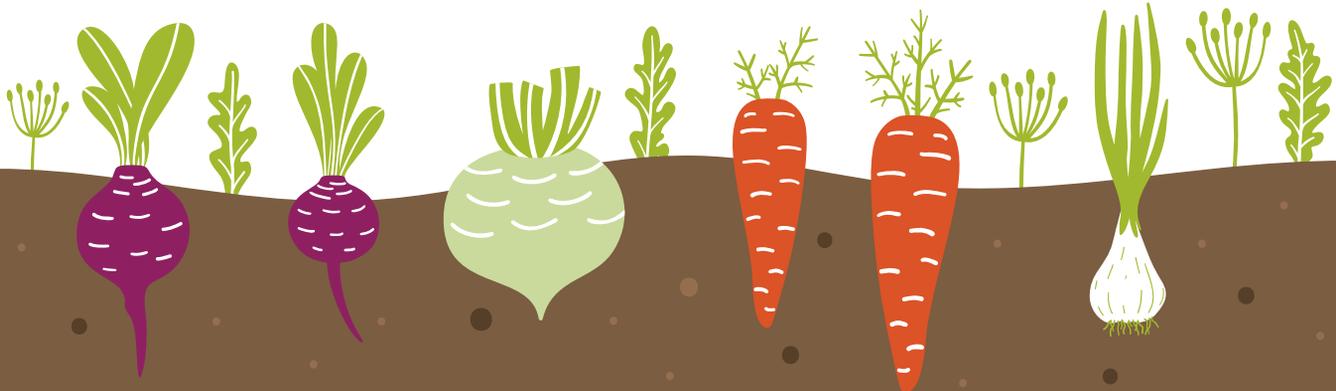
Here We Grow's program and participants came to several conclusions. The industrial food distribution system is easily disrupted and could likely get worse with climate change. People need to connect to nature and understand where their food comes from in order to take action to protect the environment. There is growing interest in gardening and cooking during this time—a trend that is likely to continue.

"Over the last few years, our [former] home and garden at The Green House on Maryland Avenue was a beautiful

example of urban gardening, fueled by our 'secret ingredient,' the compost we sell that's comprised of waste from many of our responsible events and festivals," Forsman explains. "It made sense to have our garden serve as the centerpiece and demonstration garden. Our compost and organic potting mix are available for sale," which supports Annapolis Green's mission.

Beth Stang, gardener and landscaper at The Inn at Chesapeake Bay Beach Club on Kent Island, says, "These times are absolutely the perfect time for a Victory Garden. I feel like I have always had the ability, but with COVID, everyone wanted to get out there and grow. Even I had a tough time finding seeds and plants in the spring of 2020. I hope everyone will continue their gardens. We are starting brassicas, Brussels sprouts, broccoli, cauliflower, and lettuce." Stang expresses enthusiasm for the Facebook group, Dirty Annapolis (information follows), and says she also could help answer questions on invasives—bugs, blights, or disease.

The Gardens of Queen Anne, as the Inn's gardens are named, are done with quite a creative flare as Stang has had the chance to experiment with building much of the garden supports: cattle fencing acts as a trellis for climbing vegetables; charming strawberry



planter obelisks were built by JP Anthony, director of facilities; there are A-frame hot houses with Plexiglas doors, which can be removed in hot weather; and tall wooden Tuteurs (three dimensional trellis) support vines of hops for beer making. "It's the place I go for inspiration and garden chitchat," she says.

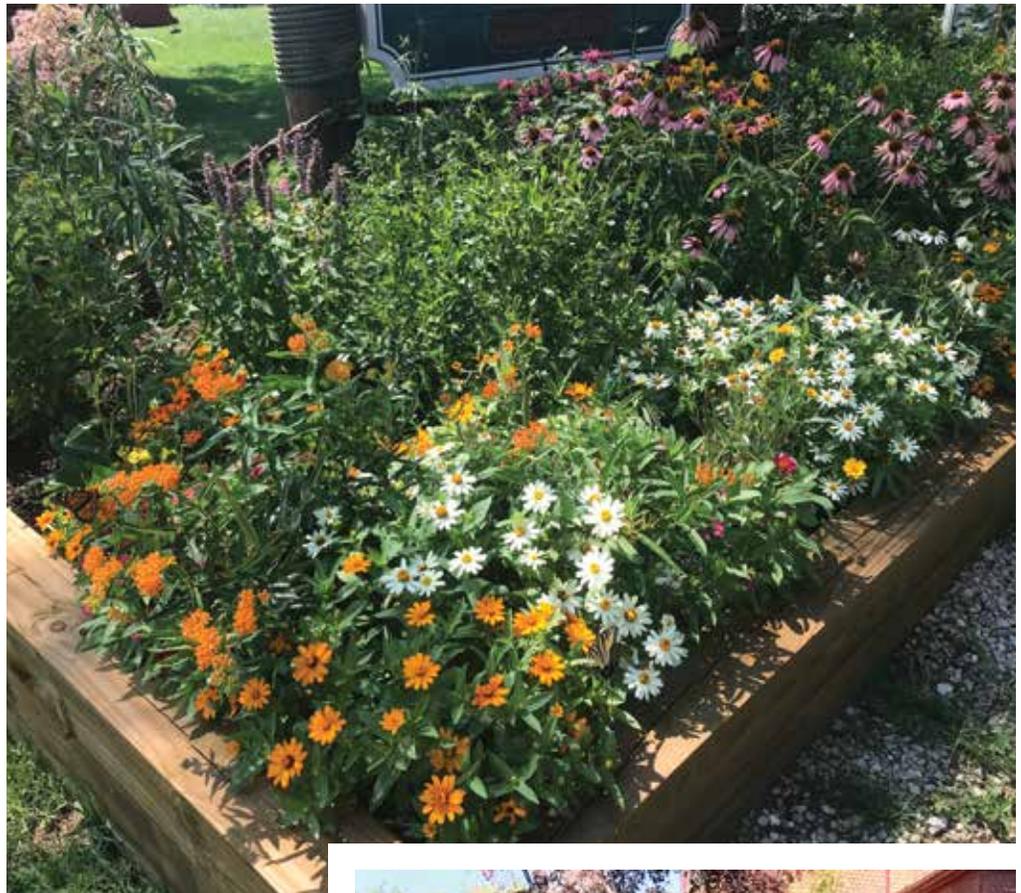
Greg King, manager and buyer of hardgoods, annuals, and perennials at Potomac Garden Center says, "We had a great year in sales all over the garden center in 2020! Herbs and vegetables, both seeds and plants, were overwhelmed by customer demand. Perennial sales were outstanding. Raised bed sales were off the charts, along with all products relating to them.

"People had a lot of unexpected time on their hands and a desire to take control of their food source. They wanted to take that unspent energy in a positive direction and grow their own food. They wanted to create a safe haven, where they could relax with plants and be in nature. They were telling us they want organic and raised bed vegetable gardens."

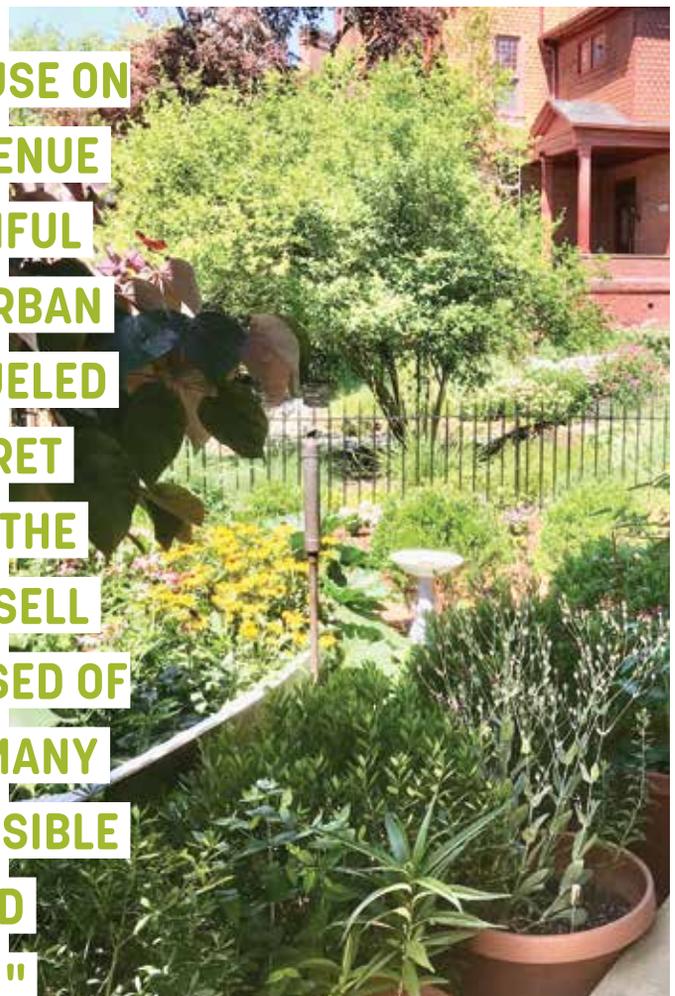
**LOCAL SOCIAL
(MEDIA) SOURCES**

Dirty Annapolis

This social media group was founded on Facebook Groups in April 2020 by Tim Hamilton, Marketing Manager for State Parks with the Maryland Department of Natural Resources, also a former marketing director for Homestead Gardens, and avid home gardener. Gardening newbies and old hands share tips, produce progress, and answer perplexing



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The Gardens of Queen Anne, as the Inn's gardens are named, feature a range of garden supports, including cattle fencing, strawberry planter obelisks, A-frame hot houses with Plexiglas doors, and tall wooden Tuteurs (three dimensional trellis) to support vines of hops for beer making.



"THESE TIMES ARE ABSOLUTELY THE PERFECT TIME FOR A VICTORY GARDEN. I FEEL LIKE I HAVE ALWAYS HAD THE ABILITY, BUT WITH COVID, EVERYONE WANTED TO GET OUT THERE AND GROW."



Homestead Gardens

Horticultural center, Homestead Gardens, is known regionwide for its vast selection of plants, flowers, trees, tools, landscaping services, housewares, decorations, and all manner of garden supplies. But the Davidsonville-based company has developed a strong digital presence on Facebook and offers weekly virtual chats, such as the popular "Grow Live!" program hosted every Monday at noon, and "Houseplant Haven," described as "a community for those who are just finding their green thumb as well as master gardeners looking for a new challenge." Homestead also has a vast how-to video library on their website, as well as plant look-up tools, tips, and trends. Just click on "Learning Center" at the website homesteadgardens.com.

questions. The group is for novice, casual, serious, and expert gardeners alike in and around Annapolis. Ask or answer questions about anything garden-related that is specific to our area.

Why the heading, Dirty Annapolis? Hamilton says it came about because he loves to get dirty in the garden and his wife would comment on his disheveled condition. He thinks it's just great, to be like a kid out playing and thus the title. To further confirm Hamilton's wit, he has done stints in standup comedy. So, when COVID19 raged into our lives, he says he had the excuse to stay in the garden all the time!

With close to 800 members, Dirty Annapolis serves as a Q&A resource on gardening and identifying plants, weeds, diseases, and bugs. There is also a close-knit sharing component. "Humans love community and Dirty Annapolis helps fill that need," Hamilton says.

Capital Naturalist

Founded by Alonso Abugattas, naturalist, storyteller, and environmental educator, this social (media) butterfly shares his insights, while asking others to share theirs, about the nation's capital's natural world on Facebook, YouTube, Twitter, and Blogspot.

On a final note, Green America—a national nonprofit founded in 1982 with the mission of harnessing economic power (the strength of consumers, investors, businesses, and the marketplace) to create a socially just and environmentally sustainable society—reminds us, "Planting a garden has the power to change the world."



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McAllister, DeTar, Showalter & Walker LLC (MDSW), a full-service law firm with a combination of sophisticated, nationwide experience and deep Maryland roots, has established (and is immediately expanding) its presence in the Annapolis area to better serve its regional clients. This highly recognized firm, the largest on Maryland's Eastern Shore, has attracted a team of experienced and talented lawyers based in the new Annapolis office.

After years of steady growth on the Eastern Shore, MDSW expanded its geographic footprint to Annapolis in late 2019 by opening an office at 706 Giddings Avenue. Highly respected local attorneys Morgan E. Foster, Steven A. Brown and Strider L. Dickson initially staffed the office, but have recently been joined by Janine Evans Wolford, Timothy (Tim) J. Oursler and Anthony (Tony) P. Kupersmith.

"For decades, the principals of the Firm have had meaningful client relationships with businesses in and residents of Anne Arundel County. These clients have more consistently asked for our presence in Annapolis. Further, many of our clients, employees and referral sources live and work between Annapolis and Easton. When the opportunity arose to partner with some of our colleagues in the State's capital, many of whom have been professional and personal friends for years, it made sense to open an Annapolis office and to become a more meaningful contributor to the community" noted Douglas (Doug) S. Walker, Managing Partner of MDSW.



MDSW's Annapolis expansion began with the hiring of partner Morgan Foster (pictured), who you may have seen providing legal commentary during one of her regular TV appearances on Fox 45's BMORE Lifestyle morning show. Morgan lives in Grasonville (Queen Anne's County) and her practice is split between Anne Arundel, Queen Anne's and Talbot Counties. She also brought an entirely new practice area to the

firm, specializing in family law. Janine Evans Wolford, another Queen Anne's County resident, joined the firm shortly thereafter for added family law depth. "Morgan and Janine are a wonderful complement to our firm," stated Doug Walker. "In addition to providing a much needed service to the area, they are the perfect fit for many of our business owners that face challenging family law issues."

In 2020, the firm also hired two seasoned litigators for the Annapolis office, Steven Brown and Strider Dickson. "Steven has been practicing in Anne Arundel County since 2013. Steven is a widely respected employment lawyer, and has a loyal client base for whom he has provided advice and guidance for many years," notes firm co-founding partner William W. ("Sandy") McAllister. Strider is a former federal and state prosecutor with significant trial experience, having served for more than three years as an Assistant Attorney General in the Maryland Office of the Attorney General and for nearly seven years as an Assistant United States Attorney in the Southern District of Florida. "In addition to providing significant first chair experience to our litigation practice in Annapolis, Strider will provide meaningful support to our health care clients drawing on his experience with the Attorney General's office".

“The firm has a robust real estate practice representing national, regional and local developers throughout the State of Maryland.”

The most recent additions to the firm's Annapolis presence add meaningful depth to MDSW areas of strength and focus: estate planning and land use. On January 1, 2021, Tim Oursler joined MDSW as the firm's newest partner. "Tim is widely respected in the legal community for his trust and estate work and business acumen, and we're excited that he chose to join our team," said Sandy McAllister. "We've partnered with Tim on multiple projects over the years and have seen first-hand his ability to manage the complex needs associated with multi-generational family planning, including family owned businesses. Beyond his own thriving client base, Tim is an experienced resource for many of our existing clients throughout our geographic footprint. Additionally, his bank practice and experience compliments MDSW's existing network of bank clients. We are very fortunate to have him not only join the firm but to partner in our Annapolis expansion."

Most recently, Tony Kupersmith (not pictured) joined the firm in March of this year. Tony served as the County Attorney for Talbot County for the last 4 years and is an Annapolis resident. His extensive real estate, land use, zoning and municipal experience is a natural fit for the firm's development clients on both sides of the Bay. "The firm has a robust real estate practice representing national, regional and local developers throughout the State of Maryland. Tony's addition meaningfully expands the expertise and depth provided to our clients State-wide," said Doug Walker.

In addition to its Annapolis location, MDSW maintains offices in Easton, Cambridge and Ocean City. The firm is committed to providing efficient and personal legal services for complex business, finance, civil litigation, estate planning, real estate, employment law, and family law matters. MDSW is excited and invigorated about expanding its civic and professional involvement in the Annapolis region.

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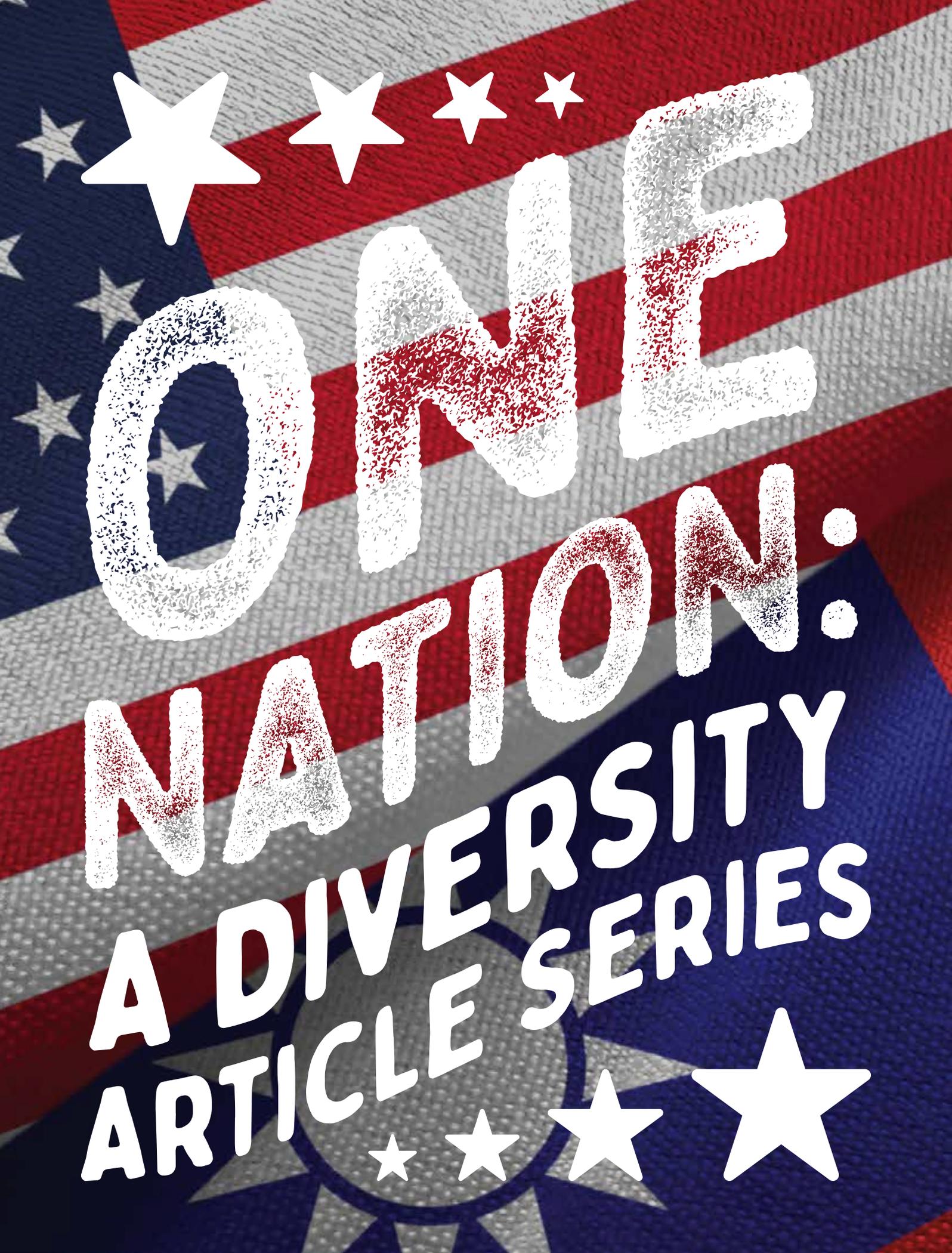
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ONE

NATION:

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ARTICLE SERIES

An Asian American Tale

How the arrival of eastern cultures, their struggles, and assimilation into the American story have inspired generations of success and achievement // *By Soo Youn*

Editor's note: Our publication continues this series of articles that will explore, address, and attempt to convey with empathy and direct perspective issues of race and culture within our communities. These issues are not limited to racial inequalities or suffering. We intend to also share stories of success and hope. The second article in this series is written by journalist Soo Youn, an experienced professional who has written for The Guardian, CNN, CNN Business, ABC News, The Washington Post, The Wall Street Journal, Harvard Health Publishing, ABC NewsOne, Aol, and Yahoo News UK to name a few publishers. Youn conveys her personal story, and those of several other families, of having grown up in the Chesapeake Bay region within the context of the greater Asian American experience of immigration and assimilation.

"I could see, across the river, the track field and buildings of the famous U.S. Naval Academy, and further down the river, the Bay Bridge is also visible. It was a clear sunshine [sic] day in the early spring, the breeze, not salty, but cool and fresh, made me feel once again the call of the mighty and stormy sea as well as the charm of a little seaside town, which I had missed so much and so long while in State College."

In mid-April 1977, Yen-Yi Wu first laid eyes on Annapolis while visiting for a job interview. The software engineer with a Ph.D in mathematics from Penn State University already had several job offers, but the commanding views of the white-walled academy accompanied only one. Wu grew up in Keelung, a major port city on the north-eastern edge of Taiwan near Tapei with its own harbor, and the Annapolis vistas evoked a longing for home, as he noted in an essay he wrote for his family in 2005.

Families Bond

Wu left Taiwan in 1964, arriving first at Berkeley, then to Pennsylvania for his doctorate. Then, like few Asians before him, he moved to the Annapolis area to work for IITRI, a company contracted to the Department of Defense to maintain its radio frequency resources for U.S. military units around the globe. In the summer of 1977, he moved his family—his wife Sabrina and his children, Craig and Chrissy, into a house in Arnold, just seven miles from where he would work until he retired in 2001.

When young Craig started at Belvedere Elementary School that year, there were two classmates who were ethnically Chinese. A few days later, a woman identifying herself as Mrs. Hon called. She was the mother of one of Craig's Chinese classmates at Belvedere.

"We were both surprised and delighted to finally meet a family from Taiwan that had a similar background as ours," Wu wrote. Mrs. Hon introduced them to the Chis—whose daughter was also in Craig's class. The Hons had been in Arnold for a while, but the Chis were also recent transplants who had moved so Professor Chi could teach computer science at the Naval Academy. A fourth family, the Leungs (who moved when their father took a job teaching math, also at the Academy) rounded out the group.

"All of a sudden, we had four families, each with school children of similar ages, living in the same area, and it was no surprise that [the] four families became very close since then," Wu said.

And that's exactly four more Taiwanese—or any Asian—families I [the author] would have expected to find in the area then. Soon enough, my own family would connect with the others.

I had gone through most of elementary school in the 1980s without encountering another Asian student. Then, in middle school, I met Chrissy through All-County orchestra. Later, we both attended Severna Park High School. My memory is inexact, but I believe there were also a couple other students who were south Asian refugees, having arrived in fifth or sixth grade. Occasionally, people confused all of us, saying we looked alike. We did not.

The Immigration Wave Explained

That trickle of Asians to the area tracks the greater immigration trends for Maryland and the U.S. at large. In the midst of the Civil Rights Era, Lyndon Johnson signed the Hart–Celler Act, or the Immigration and Nationality Act of 1965 into law, abolishing the National Origins Formula or per-country immigration quotas, that finally allowed Asians to immigrate to the U.S.

From the 1920s, U.S. immigration policy had restricted immigration to people from northwestern Europe, serving to discriminate against Asians, and southern and Eastern Europeans (Jewish and Italian Americans fell

into this category). The 1924 Immigration Act succeeded in barring immigration for Asians who were not previously excluded from immigration laws, notably the Japanese.

In his 1925 manifesto, *Mein Kampf*, Adolf Hitler expressed admiration of America’s immigration laws as an aspiring example for Germany, writing: “The American Union categorically refuses the immigration of physically unhealthy elements, and simply excludes the immigration of certain races.”

In fact, Asian Americans can trace their history to Maryland at least as far as 1870.

That was the first year the racial category “Chinese” was added to the census, according to Mike Friedrich, a public affairs specialist at the U.S. Census Bureau. “Two people in the whole state of Maryland!” he wrote in an email. In 1880, the government added “Japanese” as a category.

But after 1965, everything changed.

“It’s the law that ended Asian exclusion,” says Occidental College history professor Jane Hong.

“The way that it was originally written was it was supposed to be half skilled and then half family relationships that get you in. But at the last minute, some lawmakers who really wanted to restrict nonwhite immigration changed the formula,” Hong, author of *Opening the Gates to Asia: A Transpacific History of How America Repealed Asian Exclusion*, explains.

“There’s no numerical limit on family visas. They did that on purpose because they thought fewer nonwhite people would come, because mostly European people came historically. But the unintended consequences were that the people who ended up using the family visas were Asians and Latinos. That’s how the rest of my family came,” she says.

Before 1965 about 100 to 185 Asians came to the U.S. per country every year, Hong says. In the 1940s and ’50s, the vast majority of Asians came to the U.S. outside the quotas as students, military brides or refugees, or other special categories.

“But ’65 opens the gates for everyone. Before then, there were basically racial restrictions

On October 3, 1965 President Lyndon B. Johnson signs the Immigration Act as Vice President Hubert Humphrey, Lady Bird Johnson, Muriel Humphrey, Sen. Edward (Ted) Kennedy, Sen. Robert F. Kennedy, and others look on at Liberty Island, New York.



by way of nationality restrictions,” Hong says. For the first time you had tens of thousands, then many more Asians emigrating.

Personal Journeys to America

In fact, Hong’s own family also moved to the Chesapeake Bay area in the late 1980s. They had initially immigrated to New York City, where Hong was born. But after her father died, her mother moved the family to Salisbury, where she worked at a nursing home. It was a huge adjustment from New York, where her parents had opened a deli in Brooklyn Heights, a much more familiar Korean American narrative. By then, there were enough Koreans locally that Hong’s family attended an already-established Korean church.

Her mother was a nurse, as was her now mother-in-law, who immigrated to Los Angeles, both on skilled worker visas. Her mother immigrated from Korea in 1975, the same year as my parents.

“That’s very common. It’s equally common among Filipino Americans. There’s a long history of U.S. colonialism: setting up an educational system, hospitals, industries in the Philippines and South Korea. So, there’s a whole historical legacy there,” Hong says. She argues that the push for Asian immigration to the U.S. came from protecting U.S. military troops and economic interests in Asia after World War II.

My [the author’s] father traces our American story to the Vietnam War, when the U.S. suffered a shortage of doctors, which dovetails into the Immigration Act of 1965.

The U.S. recruited Foreign Medical Graduates (FMGs) mostly from postcolonial Asian nations, like my father, who received permanent residency or citizenship for their medical service, often in marginalized communities. Originally conceived as a temporary solution, it has become a fixture in American immigration to this date.

This provision prompted waves of Asian doctors in the 1960s and 1970s to come to the States, particularly from Korea, China, and the Philippines, then later India and Pakistan.

Like Hong’s mother, my family came in 1975 to Richmond, Virginia, where my uncle and aunt—an anesthesiologist and nurse, respectively—had moved in 1967. We then spent a year in rural North Carolina, where my father worked in a mental hospital with a friend from medical school in Korea who was like him, trained as a pediatrician—such was the need for foreign doctors. Afterwards, we ended up in Maryland. When I was six years old, we moved to Severna Park, where I grew up.

Adolescence & Race

There was racism, of course. I remember being beaten up—punched a few times as I walked home from school by a blonde-haired brother and sister who were older than me. I remember thinking their hair looked like Malibu Barbie. We were friendly in high school and never talked about it—the girl was sheepish around me.

When I reconnected with Chrissy, now Christine Wu Nordahl, she said she remembers growing up without a lot of racism because there were so few Asians to even generalize about, which I somewhat agree with. My high school guidance counselor always called me Kim, which was curious.

I reconnected with Sonya McFarland, who I knew as Sonya Lee, the other Asian girl I remembered from Severna Park. Her dad had been in the Korean military and befriended an American soldier who worked at General Motors—they fixed machinery or trucks together.

The American offered to help Sonya’s dad find a job should he come to the States. Sonya’s father took him up on it and ended up with a job at a GM plant in Maryland, without experience. He learned on the job and spent his breaks in the bathroom reading manuals and cramming.

I asked Sonya if she agreed with Chrissy’s take, that the scarcity of Asians translated into a lack of racism. She and Chrissy were often mistaken for each other, so much so much so that their nicknames for each other were Chrissy Lee and Sonya Wu.

We talked about how people were in general well-meaning, and earnest. Despite remembering very little of that time, she does recall being called “banana” and “Twinkie” and also “chink” by friends she had known since kindergarten.





Maryland's First Lady Yumi Hogan has long been a champion of Asian American awareness, recognition, and relationships. In November of last year, Hogan received the Order of Civil Merit of the Republic of Korea—the nation's highest and most prestigious civilian honor. The Camellia (Dongbaek) Medal was awarded in recognition of the First Lady's commitment to serving the Korean American community and strengthening ties between the United States and the Republic of Korea. Photo by Steve Kwak/Office of Governor Larry Hogan.

The other thing she distinctly remembers is a fact-box in her older brother's yearbook from 1990. It broke down Severna Park by race: 97 percent white, 2 percent Black, 1 percent other. "We were other," she said.

Yet, as the Asian American population increased in the U.S. we assumed it would get easier. I remember always wanting to be younger, because it would be that number of years less racist, and less hard to not be white in America. For a while, for me, and others, it did seem like it was getting better.

Who We Are and Aren't, Today

By 2018, the estimated number of U.S. residents identifying as some degree of Asian was 22.6 million, according to the UCLA Asian

American Studies Center, which partners with the U.S. Census Information Center.

That breaks down into 5.2 million Chinese (excluding the Taiwanese), Asian Indian (4.5 million), Filipino (4.1 million), Vietnamese (2.2 million), Korean (1.9 million), and Japanese (1.5 million).

The current U.S. population is 331 million.

In 2019, Maryland's population was 6.05 million—58.5 percent White, 31.1 percent Black, 10.6 percent Latino or Hispanic, and 6.7 percent Asian, according to the U.S. Census Bureau. Marylanders who identified as having two or more races numbered 2.9 percent.

Last year started off with a culturally groundbreaking moment for Asian Americans. For many, it signaled a sort of arrival. A Korean

film, *Parasite*, won four Academy Awards, and made history by becoming the first non-English film to win the Best Picture Oscar.

That seemed to build off of the momentum of *Crazy Rich Asians*, which enjoyed unexpected box office success, and two Golden Globe nominations in 2018. Lulu Wang's *The Farewell* broke records in 2019 for theater average on opening weekend, topping even *Avengers: Endgame*. It seemed that Asian representation was pushing new frontiers and being not just embraced, but wildly celebrated.

Then COVID19 struck the U.S. full force. As the virus raged, so did anti-Asian sentiment, stoked by the then-President's constant race-baiting moniker "China virus."

As COVID19 initially made its way through America, I was living in Brooklyn, one stop from Manhattan's Chinatown. On January 25th, to mark the Lunar New Year, I hosted a party. On the way, a friend noticed that an older Asian man had coughed on the subway, and other riders had glared and moved away. "It's starting," she said. We knew what was going to happen next.

As the weeks and months unfolded, so did reports of attacks on Asians and Asian-owned businesses both in the news media and in our own whisper networks across the U.S. My friends and I worried about our parents—and they, in turn, worried about us being in the city, because of both COVID and racism. One day I opened Facebook to find a friend from Severna Park (going back to first grade!) saying she was "proud of" her nephew writing "China virus" across his school calendar. I rarely comment on such things but this time I did, and she maintained it was not racist. While heartbreaking, I cannot say I was surprised.

Maryland's own First Lady, Yumi Hogan, witnessed hateful actions as well.

"I am saddened that our community has faced that sentiment and went through unacceptable incidents. First generation Asian Americans are actually immune to it—think about how their life has been," she wrote in an email, a stoic cadence I find so familiar from that generation of immigrants.

"They were obviously nervous, for example, when hearing 'go back to China' at a market.

Some Asians regardless of their origin heard that. Young generations were also worried about it and tried to find a way to protect our community," she said, referencing letters she received.

Hogan herself immigrated to the U.S. 42 years ago and has lived in the state for the past three decades. Like Wu, she had embraced Maryland for terrain evocative of home.

"Its landscapes—with mountains and the ocean and four seasons—much look like those of South Korea, my homeland," she said.

I asked Hogan about the highly anticipated film *Minari*, about a Korean American family's struggle to farm in Arkansas, written by the Korean American screenwriter Isaac Lee Chung, which features an ethnically Korean cast starring Steven Yeun. Heading into the Hollywood awards season, the film's classification is "foreign film" by the Hollywood Foreign Press Association (HFPA) who administer the Golden Globes, and not a contender for either best picture awards, but rather considered a foreign language film.

"It is based on not a story in Korea, but a story of Korean American immigrants living in America. It is absolutely an American story, our story," Hogan wrote. "Defining it as a foreign film is going backward. This is another type of discrimination."

The celebration of art in 2020 did not reflect the anti-Asian sentiment so flagrantly on display in everyday life. The National Book Awards showcased Asians or Asian-Americans as three of the five winners: the novel *Interior Chinatown* by Charle Yu, the poetry collection *DMZ Colony* by Don Mee Choi, and the translated novel *Tokyo Ueno Station* by Yu Miri.

For Hogan, the most arguably high profile Asian American in Annapolis, or Maryland, there is much to celebrate in the arts, a course of action she advocates.

"I am proud of wonderful artists who make great artworks that represent and raise the voice of immigrants and remind all of us of what American history is about. Different cultures, foods, and languages are part of the diversity America is proud of and learning or knowing them is your strength," she said. "Enjoy, support, and share them and talk about them more."

Journalist and writer of this article Soo Youn grew up in the 1980s and '90s in the Severna Park area, just outside Annapolis.



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COMPILED BY MEGAN KOTELCHUCK

In-person events may be scarce, but that doesn't mean fundraising won't be fun this year! As hard as the last year plus has been for all of us, it has been just as difficult for those non-profits who do great things for our community year after year. Whether it be socially distanced or virtual, find the cause that sticks out to you and attend (or log on to) their philanthropic event!

Editor's Note: Be sure to double check the organization's website before attending the event. With COVID-19, many events and plans are still up in the air. This is the most updated information at the time of publication.





APR

**Monday, April 5th—
Saturday, May 15th**
Walk the Watershed, Virtual Event. Benefits Chesapeake Bay Foundation. cbf.org/events/walk-the-watershed/

Thursday, April 22nd
Tuscan Twilight Tasting, Virtual Event, 5 p.m. Benefitting Hospice of the Chesapeake. Hospicechesapeake.org/wine-tasting

Friday, April 23rd
Annapolis by Candlelight, Virtual Event. Benefits Historic Annapolis. Annapolis.org

Saturday, April 24th
Walk MS: Annapolis 2021, Virtual Event. Benefits National MS Society, nationalms-society.org

Wednesday, April 28th
Leadership Anne Arundel 2021 New Leaders Reception at Carrol's Creek Café. Benefits Leadership Anne Arundel. Leadershipaa.com

Dash 4 Dignity, Virtual Event. Benefits The Well. Drinkatthewell.org

Friday, April 30th
Kart Klassic 5th Annual Golf Tournament at Back Creek Golf Club, Middletown, DE. Benefits Kent County Chamber of Commerce. Kentridingtherapy.org/klassicgolf

MAY

Saturday, May 1st
Derby Day House Party, Virtual Event. Benefits Maryland Therapeutic Riding, Horsesthatheal.org

Six Pillars Century Blackwater Tour Fundraiser at Gerry Boyle Park, Cambridge. Benefits Six Pillars Century, find 6 Pillars on Facebook

Academy Art Museum Spring Gala at the Academy Art Museum in Easton. Benefits the Academy Art Museum. Academyartmuseum.org

19th Annual Ride for the Feast at the Talbot Agricultural & Education Center, Easton and Virtually. Benefits Moveable Feast. Rideforthe Feast.org

Monday, May 3rd
2021 Tee It Up for the Arc, location TBD. Benefits The Arc Central Chesapeake Region, thearc.org

Thursday, May 6th
Arts Council of Anne Arundel County Virtual Arts Gala, Virtual Event; Benefits Arts Council of Anne Arundel County, acaac.org

Thursday, May 20th
Great Strides Walk (Baltimore), Virtual Event. Benefits Cystic Fibrosis Foundation. Fightcf.cff.org

**Monday, May 31st—
Saturday, June 5th**
Clean the Bay Day, Virtual Event. Benefitting Chesapeake Bay Foundation. cbf.org/events/clean-the-bay-day/

JUN

Saturday, June 5th
Great Strides Walk (Annapolis), Virtual Event. Benefits Cystic Fibrosis Foundation. Fightcf.cff.org

**Saturday, June 5th—
Sunday, June 6th**
Annual Secret Garden Tour throughout the Historic District, Annapolis. Benefits Hammond-Harwood House Association. Hammondharwoodhouse.org

Monday, June 7th
Compass Regional Hospice Golf Tournament at Prospect Bay Country Club, Grasonville. Benefits Compass Regional Hospice's hospice care and grief support services. Compassregionalhospice.org

Thursday, June 10th
18th Annual Friends of the Lighthouse Golf Tournament at Renditions Golf Course, Davidsonville. Benefits Lighthouse Shelter. Friendslhs.org

Saturday, June 12th
The Annual Don Backe Memorial Regatta at Annapolis Yacht Club, Annapolis. Benefits Chesapeake Region Accessible Boating (CRAB.) Crabsailing.org

Wednesday, June 16th
Paca Girlfriends Flower Power Party at William Paca House and Gardens, Annapolis. Benefits Historic Annapolis. Pacagirlfriends.com

Monday, June 21st
Leadership Anne Arundel 2021 Tribute to Community Leadership at Live! Casino & Hotel Grand Ballroom. Benefits Leadership Anne Arundel. Leadershipaa.com

Saturday, June 26th
Eastport-a-Rockin at Annapolis Maritime Museum, Annapolis. Benefits local non-profit organizations, eastportarockin.com or Facebook

JUL

Monday, July 26th
20th Annual Tee Up for a Child at Crofton Country Club, Crofton. Benefits Anne Arundel County CASA. Aacasa.org

AUG

Thursday, August 12th
2021 Treasure the Chesapeake Gala at the Baltimore Museum of Industry, Baltimore. Benefits Chesapeake Bay Trust. Cbtrust.org.

Saturday, August 21th
2021 CRAB Cup Regatta at Eastport Yacht Club, Annapolis. Benefits Chesapeake Region Accessible Boating (CRAB). Crab-sailing.com.

Saturday, August 28th
Annual Bands in the Sand at Philip Merrill Environmental Center, Annapolis. Benefits Chesapeake Bay Foundation. Cbf.org.

Monday, August 30th
UM Shore Regional Health Golf Tournament at Talbot County Country Club, Easton. Benefits UM Shore Regional Health. Ummhfoundation.org.

SEPT

To Be Determined
Taste of the Chesapeake at The Crown Plaza Annapolis, Annapolis. Benefits Alliance for the Chesapeake Bay. Alliance-forthebay.org.

The 4th Annual Stefanie Ashdown Memorial; "Do Your Best" 5K Run & 1 Mile Walk at Belvedere Elementary School, Arnold. Benefits Stef Ripple, a non-profit for Ovarian Cancer patients and their families. Stefripple.org.

Friday, September 10th
Arts Alive! Gala at Maryland Hall for the Creative Arts, Annapolis. Benefits Maryland Hall for the Creative Arts. Marylandhall.org.

Wednesday, September 15th
37th Annual Bello Machre Golf Tournament at Queenstown Harbor Golf Course, Queenstown. Benefits Bello Machre. Bello-machre.org.

Friday, September 17th
Putting a Roof Over Homelessness Golf Tournament at the Prospect Country Club, Grasonville. Benefits Haven Ministries. Haven-ministries.org.

Saturday, September 18th
2021 Tour de Cure Nationwide, Virtual Event. Benefits the American Diabetes Association. Diabetes.org/tourdecure

Hospice Cup XXXIX, Annapolis. Benefits hospice programs throughout Maryland, Washington D.C., and Northern Virginia. Hospicecup.org.

Saturday, September 25th—Sunday, September 26th
Maryland Seafood Festival at Sandy Point State Park, Annapolis. Benefits TBD. Abceventsinc.com

Saturday, September 25th
Bay Bridge Paddle at Sandy Point State Park, Annapolis. Benefitting Community Betterment. Abceventsinc.com

Sunday, September 26th
St. Michaels Concours d' Elegance: Gala Welcome Home Reception at Talbot County Country Club, Easton. Smdcde.org.

Wednesday, September 29th
Best of Annapolis Party at The Graduate Hotel, Annapolis. Benefits GiGi's Playhouse. Whatsupmag.com

Thursday, September 30th
Hospice of the Chesapeake's Annual Golf Tournament at Queenstown Harbor Golf Course, Queenstown. Benefits Hospice of the Chesapeake. Hospicechesapeake.org

OCT

An Evening Under the Tuscan Sky Gala. Benefits Hospice of the Chesapeake Foundation. Hospicechesapeake.org

Friday, October 1st
Chamber Challenge Golf Tournament at the Hyatt Regency Chesapeake Bay Resort and Spa. Benefits Dorchester Chamber of Commerce. Dorchesterchamber.org

Saturday, October 2nd
Easton Beer Festival at Easton Volunteer Fire Department. Benefits Easton Volunteer Fire Department. Discovereaston.com

Saturday, October 2nd—Sunday October 3rd for Live Events and Monday October 4th through Sunday October 10th for Virtual Events
Annual Chesapeake Film Festival at the Avalon Theatre, Easton, and various locations in St. Michaels. Benefits Chesapeake Film Festival. Chesapeakefilmfestival.com.

Monday, October 4th
Estate Treasures Fashion Show at Prospect Bay Country Club, Grasonville. Benefits Compass Regional Hospice. Compassregionalhospice.org.

Friday, October 15th—Sunday, October 17th
Academy Art Museum 24th Annual Craft Show at Academy Art Museum. Benefits Academy Art Museum. Academyartmuseum.org

Thursday, October 21st
Blazers. Bourbon. Cigars. at William Paca House, Annapolis. Benefits Historic Annapolis. Annapolis.org

Saturday, October 23rd
Annual UM Shore Regional Health Sporting Clays Classic at The Point at Pintail, Queenstown. Benefits UM Shore Regional Health Center. Ummh-foundation.org.

Monday, October 25th
Best of Eastern Shore Party at Prospect Bay Country Club, Grasonville. Benefits Talbot Hospice. Whatsupmag.com



Don't See Your Event? Have an event going on soon?

Please let us know about your organization's charity event by emailing Entertainment Editor Megan Kotelchuck at mkotelchuck@whatsupmag.com. You can also add your event to our online calendar by visiting www.whatsupmag.com.

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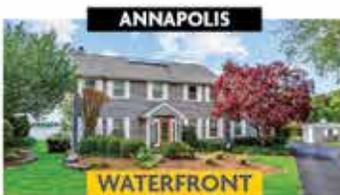
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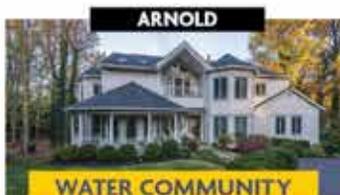


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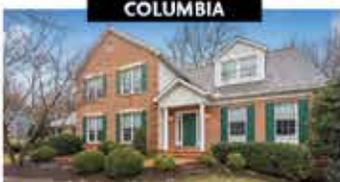
24018 BURNT HILL ROAD



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\$900,000

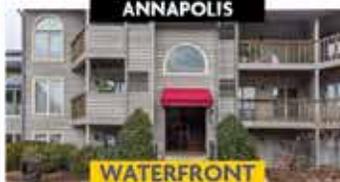
7082 GARDEN WALK



COLUMBIA

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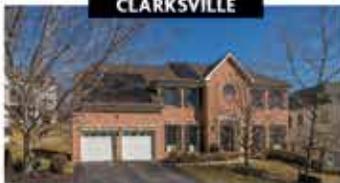
10167 SYCAMORE HOLLOW LANE



BETHANY BEACH

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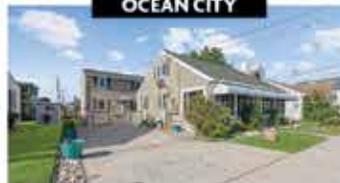
39631 WATER WORKS COURT



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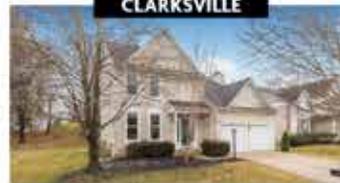
6933 SANDY CREEK COURT



OCEAN CITY

\$635,000

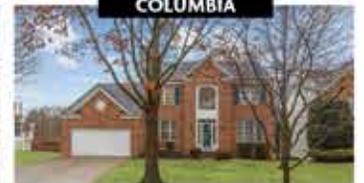
104 BERING ROAD



CLARKSVILLE

\$625,000

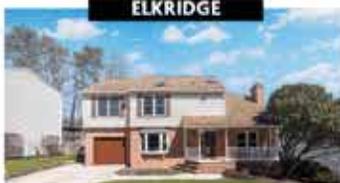
6434 ONWARD TRAIL



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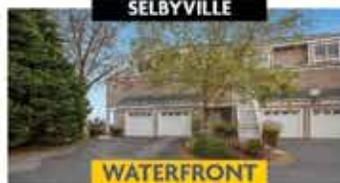
6333 SOFT THUNDER TRAIL



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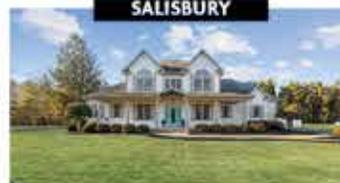
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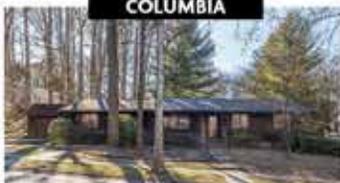
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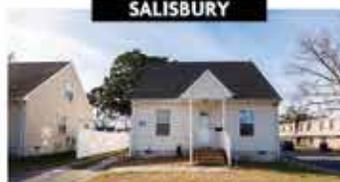
702 BRADLEY ROAD #10



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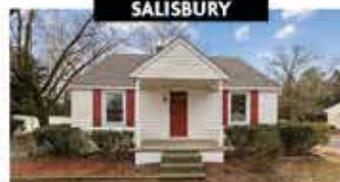
3502 DAVENPORT COURT #B



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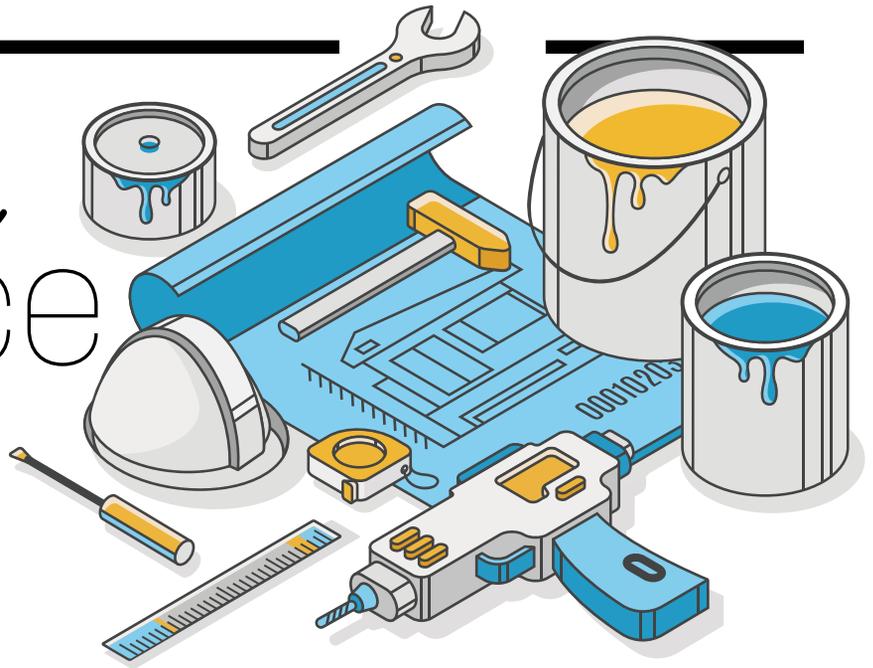


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chestertownriverarts.org

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Reflective & Hopeful

COLOR TREND FORECAST 2021

By Lisa J. Gotto

If you haven't already guessed what the single biggest influence on trending color palettes for 2021 is, you're probably not really trying. Themes of simple comforts, nostalgia, respite, reflection, and hope abound this year, as we recuperate from the unprecedented physical and emotional stresses of 2020.

All of the major paint manufacturers have taken these themes and their own color-, culture-, and design-based research and formulated a series of palettes that reflect a sense of well-being, familiarity, and optimism. This is more important than ever as we know the essential role that color plays when it comes to mood.



WELL-BEING



In Pittsburgh Paint's (PPG) Palette of the Year we see three primary tones: Big Cypress, a shaded ginger with persimmon undertones, Misty Aqua, a watercolor cerulean blue, and Transcend, a mid-tone oatmeal-colored hue. Working together and applied according to the 60-30-10 design rule; 60 percent being the dominant color, 30 percent the

secondary, and 10 percent the accent color translates to a tranquil room for dining or space in which to work.

These softened hues blend well with the room's subtle aspects of nature, as well as its blonde and natural brown-toned woods.

"These comfort colors are similar to comfort foods—both offering a certain sense of familiarity and normalcy when facing the unknown," says Dee Schlotter, PPG senior color marketing, architectural, and industrial coatings specialist.

Use of these hues in other areas of the home such as the bedroom and separate workspaces translate well especially for consumers who wish to embrace mindful intention by showcasing natural colors that evoke restorative, compassionate, and optimistic feelings.





FAMILIARITY

This year Benjamin Moore is taking to the kitchen to unveil its Color of the Year: Aegean Teal.

This intriguing blue-green hue has an elegant and hand-spun quality to it; one that creates natural harmony and invites us to reflect and reset. Addressing today's need for what is familiar and stable, much like the exercise of baking batches of homemade cookies, colors like Aegean Teal will be among the most requested at paint counters this year.

“Amid uncertainty, people yearn for stability,” says Andrea Magno, Benjamin Moore Director of Color Marketing & Development. “The colors we surround ourselves with can have a powerful impact on our emotions and wellbeing.”

Eleven other complementary colors have been introduced by Benjamin Moore as part of this collection for both their modernity and their time-tested appeal, including Chestertown Buff, Muslin, and Silhouette.



OPTIMISM

It's time to think again about the bright, the light, and the happy. Sherwin-Williams introduced four collections for 2021 that evoke a spectrum of possibilities. With spring now around the corner we can certainly see how much this thinking will be welcomed.

This vibrant Jaipur Pink is from SW's 2021 Tapestry palette collection, which includes happy modern hues meant to signal joy and layer together to tell a story through texture and pattern.

The Continuum palette conveys a story of smart living and the role technology plays, how it ties into how people live today, and the desire for it to blend seamlessly into the whites, charcoals, and pops of color in their everyday environments.

The Sanctuary palette is rooted in the idea of nature, focusing on the connection that the natural world has to nurturing wellness and calm. This simple, tasteful corner of a room is dressed in the



quietness of SW Pure White as a signal to take respite, slow down, and embrace what's truly important.

Defined by heirlooms and the stories behind them, the Encounter palette conveys special meanings and tells stories of hyperlocal connections through a bohemian aesthetic and natural materials complemented by earthy tones.

Sherwin-Williams' Director of Color Marketing, Sue Wadden, explains that this

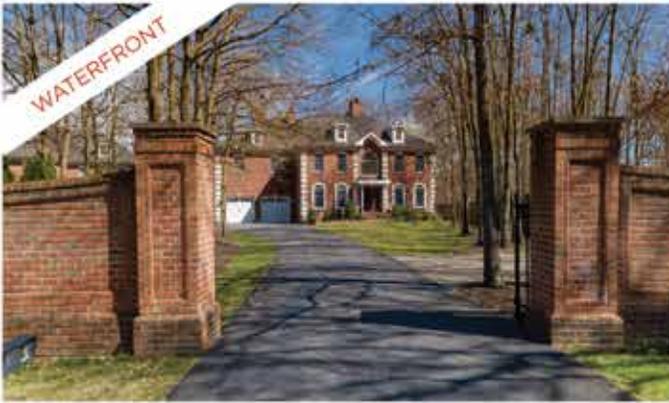
year's themes are a continuation of a color story that began last year about being grounded as we headed into a new decade.

"Now we are continuing that inward journey by exploring the past, examining the present, and looking at what all of this means for our future," Wadden says.

Which leaves us to ponder, what colors will you use to reflect simple comfort in your home's future?

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HOME DESIGN

Spring Clean

THE BEST IN GERM-BUSTING MATERIALS & SURFACES

By Lisa J. Gotto

There has probably not been a more anticipated spring than this one of 2021. (Closely rivaled, of course, by spring 2020.) But with this spring, we see an even greater light at the end of the tunnel. Life at home will change as we slowly progress to doing more outside of the house. And who isn't looking forward to that?

As predicted, however, the pandemic has altered some things in our lives for the foreseeable future, if not for good. The concept of the annual ritual of spring cleaning seems to take on more significance now that we have realized just how precious and essential our interior spaces really are. To that end, home industry professionals including manufacturers and fabricators are assessing and addressing new needs when it comes to what our interiors are made of and what they need to do for us now.

What We Touch, Touches Us

Surfaces and materials within the home are taking center stage as it makes sense going forward that they work to protect us, as well as comfort and serve us.

While interior experts have been working with what is known as “performance fabrics” for years, the emphasis now is on a certain fabric within that class. Unlike others that offer surface-level stain-resistance, Crypton is a textile uniquely created with a patented system that encases textile fibers with a copolymer formula. This process infuses the fabric with stain, moisture, mildew, odor-reducing, and that all-important anti-bacterial protection.

Initially adapted in the healthcare industry and hospitality sector scenarios, Crypton is now used regularly within the residential home market for both indoor and outdoor fabric applications. Companies like Brentano offer many custom upholstery options that offer the added protection of Crypton.



With demand for fabric coatings that also possess virus-resistant properties now high, scientific research in this area has been robust. The University of Pittsburgh has been actively studying how to make more efficient PPE (Personal Protective Equipment) for healthcare professionals and is making significant strides. Currently, a coating is being developed that can be applied to PPE and furnishings such as those in doctor's offices and schools where viruses easily spread. With consumer interest high, the goal is to eventually provide coatings of this nature to manufacturers of home furnishings, as expediently as possible.



COMING TO A LIVING ROOM NEAR YOU?

These marvels are already being used in hospitals, and for commercial and industrial applications. Using UV light that kills 99.9 percent of bacteria, the autonomous ZenZoe robot can treat an entire room in 15 minutes. Can residential applications be too far behind? Smaller, portable personal home sanitizer units are already available for in-home applications. These little wonders also use UV light to remove 99.9 percent of illness-causing microbes. For just under \$80 you can purchase a PhoneSoap 3 for your mobile phone.



FAST FACT:

Did you know that unchecked bacteria on your countertop can double in numbers every 20 minutes?



Hard Choices

Fortunately, consumers have become better educated as to how to help prevent disease-causing bacteria from living on hard surfaces. We've all been schooled on how to properly handle and then clean surfaces like our kitchen countertops after working with raw chicken. But what if we could actually work on a surface that is already helping us fight germs?

Fact is, some already do! The best types of countertop materials for the pandemic-centric world we now live in are non-porous. The less porous the material is, the

less chance that bacteria can live and breed on it. In recent years, sealed concrete countertops have been making the scene in sleek modern kitchen scenarios, and if you have already made this choice little did you know how smart you would look.

A material that is making a countertop comeback in the kitchen due to COVID19 is copper. Copper has natural antimicrobial properties and requires little maintenance to keep it germ-free. This material is regularly used in restaurants and other commercial scenarios because of its antimicrobial advantages, but if you ever thought of applying

it at home, now is a good time to ask your design professional about residential application.

In general, metals like copper and zinc are just better at keeping germs at bay, but if you are afraid of your kitchen looking too sterile, there are other surfaces like silestone quartz that also naturally possess antimicrobial agents, and you will not sacrifice your style sensibilities in any way with this choice.

At the end of the day, even less-porous and more cost-ef-

fective surfaces like Formica perform well when it comes germs, and if you would rather not part with the marble, granite, or wood countertop that you already have, just remember that now is not the time skimp on regular maintenance, or any sealant applications they require. Keeping your countertops and vanities in tip-top shape and thoroughly cleaned daily with the right disinfectant, can provide peace of mind without having to change everything up because a once-in-a-hundred-years pandemic blows through.

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HOME GARDEN

Porches, Decks & Patios

By Janice F. Booth

For, lo, the winter is past, the rain is over and gone; the flowers appear on the earth; the time of the singing of birds is come, and the voice of the turtle is heard in our land.

I can't assure you that the rains are past, and I'm not too sure I've ever heard a turtle's voice, but these beautiful lines from Ecclesiastic's "Song of Solomon" seem to me just the right note for this season in the garden. We've come through a long, difficult winter, and many of us have rushed early into our gardens to look and plan and dream of better seasons ahead.

We may have spent some of our daydreams imagining which bulbs will burst into bloom first and how lushly the camellia or the azalea's blossoms will cover the bushes. But, let me turn your thoughts and imagination to an asset in your garden that may have been either overlooked or overused through the long winter past—your porch, deck, or patio. Perhaps now is the time to plan a few projects to freshen up that transitional space—half house, half garden. Through the winter months, you may have used your patio as a place to more safely meet friends or just breathe some fresh air. Or, maybe you preferred the cozy indoor spaces and left your deck chairs and tables covered and unused.

So, let me propose, first, we re-examine how you and your family and friends can comfortably enjoy your garden's beauty from your porch, patio, or deck. Second, let's consider ways to enhance your outdoor living areas. And finally, how can we bring our gardens into or nearer our porches and decks, bring Nature's charms within easy reach.

COMFORTABLE OUTDOOR LIVING

Depending on the style of your home, you may have a porch or porches and a deck. A patio is often part of a townhouse or condominium's amenities. Sometimes, one or more of those structures, particularly a front porch, is overlooked and underutilized, its beauty and usefulness left untapped. So, looking first at a **front porch**, consider that it is more than a setting for the front door and steps. Think of your front porch as a gift box inviting guests into the beauty contained inside. The porch can set the tone for the residence—calm and sophisticated or casual and bustling. We've all read and seen videos on the importance of the front door, both for design and color. Perhaps what surrounds that front door can be equally inviting. The size of your front porch dictates your plans. The long porch facing the front yard and walkway flower beds is the perfect place for inviting neighbors and friends passing by

to stop and chat. A few chairs and small table provide a conversation area and a great setting for a cascading fern or perky, pink begonia. For a comfy, old-fashioned look, install a porch swing suspended from the ceiling or on a glider-frame. A swing can be a handy way to turn away from the neighbor's driveway and face the attractions of the front yard.

If your front porch is little more than a stoop, don't despair. Look at the porch as an architect might. The support for the roof—could there be columns rather than posts? Would adding a wrought iron railing add a touch of elegance? Here too, bring some of your garden's beauty to that tiny porch. A tall urn filled with elegant plants or a low bowl overflowing with blooming flowers might sit invitingly beside the front door.

The **back porch, patio, or deck** will be much easier to update and freshen. Lighting

is important, and easy string lights are great. But, you may want to consult an electrician about adding recessed lighting on the steps leading from the porch or deck. Seating is equally critical to a comfy outdoor area. Simple wood or vinyl chairs will work. You can choose cushions for added comfort. And, again, add some potted plants to your porch, patio, or deck. The porch has one important difference in that it's usually roofed. So, if you're choosing plants to bring on the porch, consider shade plants: coleus, sweet potato vine, vincas, hellebores, and impatiens. Lots of color there. And think about looking up! Hang some plants from the ceiling; bicycle hooks are sturdy and easy to install. Another option is to install a trellis on the porch or patio. Add rectangular pots beneath the trellis, and plant vines that will find their way up the trellis. This is great if you have some unsightly recycle cans or a neighbor's garden shed to hide.



EXPANDING YOUR OUTDOOR LIVING SPACE

Even if your living space is interior, you might want to consider expanding out into lawn or garden. One simple way to do that is by creating a small seating area. This doesn't have to be set up on a permanent slab or wooden platform. Your two chairs and small table might be placed, picturesquely, near the tall pine in your backyard, or next to a group of azaleas. If you wish, you could even pick up a few paving stones at the hardware store and put them under the chairs for stability. Or, why not have a small area set out with timber or brick borders and fill that square with gravel or crushed shell? This impromptu patio can be a charming gathering place.

If you're ready for a bigger project, why not consider screening-in your porch, patio, or deck? While the screens will lessen the breezes, they'll also keep out the pesky mosquitoes, flies, and midges that plague us day-and-night. If you decide to go with screen-

ing the porch, add ceiling and pedestal fans to the area. They'll keep the air moving.

BRINGING THE GARDEN ONTO THE PORCH, PATIO, OR DECK

In addition to the planters, trellises, and hanging pots we've already discussed, you can bring your garden onto the porch in other ways. It may be interesting to set up a little plant nursery on the porch. Start some seeds, they could be flowers or vegetables, even an avocado pit or pineapple top would be fun. As the weeks go by, you can enjoy watching the seedlings and shoots grow and strengthen. (And, if they don't make it, just quietly dispose of them and start again.) You might want to frame a group of your garden photos to hang on the porch. You don't need a wall, you could suspend them, one below the other, from the ceiling—a great conversation piece.

Whatever you decide to do, I hope you'll enjoy the voice of the turtles and the touch of the breezes in your garden, as I will in mine.

Gracious Living on Gibson Island

By Lisa J. Gotto

Meticulous, customized, and sublime describe this gorgeous English cottage-style home on Gibson Island. With its architectural flair and Tudor air, this waterfront property is all-at-once stately yet stylish with an eye for impeccable detail.

The home's solid stucco exterior is punctuated with custom window block designs; a subtle departure from classic cottage style that sets this home apart from its neighbors.

Upon entering, the eye is caught by a set of large arch-style double doors with cross-hatch leaded glass inserts. You'll notice the beauty of its interior mahogany highlights immediately in the home's striking staircase design as well as in a floor elevation treatment custom-designed to display a grand piano.

The main level's open-plan design features a gourmet kitchen with cherry custom cabinetry, a large, two-level center island with counter seating, all stainless-steel appliances, and a separate eat-in area that offers tranquil views of the Magothy River.



Primary Structure Built: 2006
Sold For: \$3,785,000
Original List Price: \$3,850,000
Bedrooms: 3
Baths: 4 Full, 1 Half
Living Space: 4,225 Sq. Ft.
Lot Size: 1 acre





These views are also on display in the large great room which offers warm hardwoods, period mantel and wood-burning fireplace, and expansive sliding glass doors that open to home's gracious multi-level deck and patio area. This generous outdoor entertaining space overlooks the property's lush, landscaped gardens. The main level also features a cozy den, laundry room, and a full bath.

Ascend the striking, custom-crafted staircase and you'll find a large master bedroom with his and her closets and a large master bathroom. Two charming bedrooms with en suite baths are also located on this floor.

Outside you're just steps from water fun on the Magothy River and from the numerous amenities living on Gibson Island affords.

"When one buys a house on Gibson Island, one isn't just purchasing a home—it is a lifestyle, and a very special one," says Seller's Agent, Sarah Kanne of Gibson Island Corporation Real Estate.

Listing Agent: Sarah Kanne; Gibson Island Corporation Real Estate; m: 301-351-1319; o: 410-255-1341; sarahkanne@gibsonisland.com; gibsonisland.com

Buyer's Agent: Debbie Greenfield; Engel & Volkers Annapolis; 138 West Street, Annapolis; m: 410-353-1605; o: 443-92-6767; annapolis.evusa.com; debbie.greenfield@engelvoelkers.com

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Bedrooms: 5
Baths: 5 Full, 1 Half
Living Space: 6,922 Sq. Ft.
Lot Size: 1.73 acres

HOME REAL ESTATE

Stately Oasis on The Water

By Lisa J. Gotto

This home's new owners are just a short boat ride away from everything there is to do in historic downtown Annapolis via the Severn River. Located in the community of Downs on the Severn, this nearly 7,000 square-foot home offers everything for the homeowner who loves to entertain and enjoy a superb quality of life along the water.

The home's entry is a grand one with luscious marble floors, a stately curved staircase, and sightlines to a spectacular water view through the formal living room. This space offers a trio of large, arch-topped windows situated to form a gallery of sorts providing views of the home's private pier and lush landscaping. Light hardwoods flow throughout and an attractive Federal-style fireplace with well-trimmed built-in bookcases provides another alluring focal point.

An all-white custom kitchen awaits and awards the ambitious chef with an abundance of prep space in the form of gleaming quartz countertops, all stainless-steel appliances, and a Dacor downdraft cooktop with five burners. A lovely eat-in area awash in natural light from a trio of sliders that open to the outside and skylights from above make summer morning breakfasts an event. An elegant butler's door feature provides entry into a spacious light and bright formal dining room with attractive crown molding and chair rail treatment.



There's plenty of room to roam and spread out from here as this level also offers a spacious home office suite/library with its own full bath and rich wood floors and paneling throughout. The home's roomy master suite is also available on this level and features a private waterside balcony. The master bath has been recently updated to include a luxurious soaking tub, over-sized shower, and a marble-topped, dual vanity.

This level also includes a family room with fine Brazilian Cherry hardwood floors and a cozy, wood-burning fireplace, making this a prime casual gathering spot.

Upstairs, the new homeowners will have the convenience of four additional bedrooms. All the bedrooms were recently remodeled and each shares a Jack-n-Jill bathroom. Below the main level, there's additional recreation space including a well-equipped home gym.

Outdoors, the new homeowners will enjoy the privacy of lush, mature landscaping, several brick patios and decked gathering areas, and a large, in-ground swimming pool, all located just steps from their private pier on the Severn River and the array of amenities offered by the Downs on the Severn Community.

"This home was the trifecta of waterfront living: great views, waterside pool, and a really nice home. We helped the seller with some updating and staging and had multiple offers," says seller's agent, Reid Buckley of the Mr. Waterfront Team of Long & Foster Real Estate.

Listing Agent: Charlie & Reid Buckley; Mr. Waterfront Team of Long & Foster Real Estate; 320 6th Street, Annapolis; o. 410-266-6880; Team@WaterfrontHomes.org

Buyer's Agent: Steven Arce; Mr. Waterfront Team of Long & Foster Real Estate; 320 6th Street, Annapolis; o. 410-266-6880; steven@WaterfrontHomes.org



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HEALTH & BEAUTY HEALTH

All About Aromatherapy

By Dylan Roche

Think about some of your favorite smells. Maybe it's lavender. Or lemon. Or cinnamon. Whatever it is, it might be healthier for you than you think—because believe it or not, it's possible to smell your way to better health.

That's the idea behind aromatherapy. And with National Sense of Smell Day coming up—observed annually on the last Saturday in April, specifically on April 24th in 2021—it's worth remembering that smell is much more than just a pleasant sensation.

The National Association for Holistic Aromatherapy explains that aromatherapy has been around for millennia, going as far back as Ancient Egypt and Ancient Rome. In contemporary times, aromatherapy is moving from a fringe holistic practice into the mainstream and, although the research isn't conclusive, there is some science to support it. Johns Hopkins Medicine explains that when a person inhales, scent molecules go from the person's olfactory nerves, which control your sense of smell, to the brain, where they affect the amygdala, the gray matter inside your brain that controls your emotions.

In the case of aromatherapy, what the person smells are essential oils—fragrant plant extracts that are created by steaming or pressing certain plant parts like leaves or flowers. Common types of essential oils include those made from jasmine, cinnamon, lemongrass, oregano, chamomile, and bergamot.

By treating your amygdala to the scent molecules of these essential oils, you can alleviate certain mental health problems like anxiety, depression, and insomnia, as well as the physical symptoms of nausea, low appetite, and headaches.

So, how do you actually undergo aromatherapy? You have a few options:

JEWELRY: By wearing an aromatherapy necklace or bracelet, you can dab a small piece of absorbent material connected to the accessory that you lift to your nose and sniff throughout the day.



DIFFUSER: These small appliances sit right on your countertop or tabletop and release essential oil into the air via steam vapor throughout the day. Diffusers aren't ideal for households with more than one person, as everyone reacts to aromatherapy differently.



AROMA STICKS: These absorbent sticks can be soaked in a small amount of essential oil and then left out to scent the air.



BODY OIL: Mix a small amount of essential oil with a carrier oil or lotion to massage it onto the skin. You'll then be able to smell the scent on your hands, forearms, or neck throughout the day.



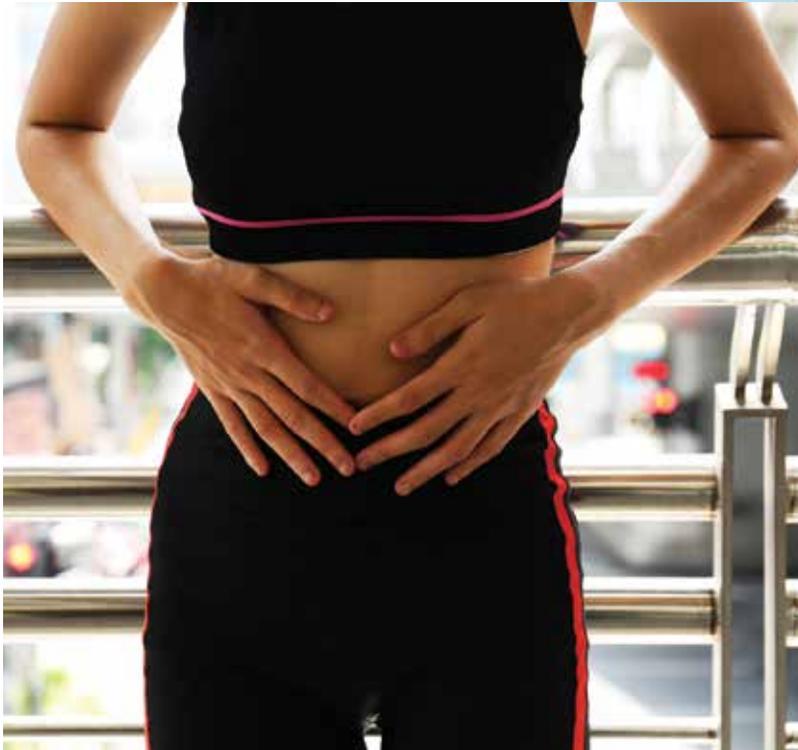
It's important to use discretion in how often you're doing aromatherapy—the Cleveland Clinic discourages using essential oils too much or else your body gets used to them and they lose their effectiveness. And while some people respond very well to aromatherapy, others do not. Older adults, for example, may not benefit as much as younger people because the sense of smell declines with age.

So go ahead—give your mood a boost and have a scent-sational National Sense of Smell Day on April 24.

Fitness Tips

EXERCISING ON YOUR PERIOD?

By Dylan Roche



There's a longstanding misconception out there that women shouldn't exercise while on their period—and that doing so could even make them more vulnerable to injuries. While it's certainly understandable that women may not be in the mood at times to exercise during menstruation, health experts agree there's no serious risk to engaging in physical activity, and the benefits of exercise can actually help offset some of the negative symptoms.

Here's what you should know:

WARNINGS ABOUT PERIOD-RELATED EXERCISE

INJURIES ARE UNSUBSTANTIATED. Over the past few decades, a handful of studies have looked at female athletes who have been injured during their premenstrual period or menstrual period, but there's not a conclusive connection, according to Harvard Medical School. In fact, plenty of

women have successfully competed (and won!) while menstruating. Fu Yuanhui, the Chinese swimmer who took home the bronze for the 100-meter backstroke at the 2016 Olympics, made headlines for openly discussing the fact that she raced while on her period.

EXERCISE CAN ACTUALLY MAKE YOUR PERIOD MORE BEARABLE. Most people know about the way exercise relieves stress and

makes your body release feel-good endorphins. Those same benefits apply even when a woman is going through PMS. Additionally, exercise improves circulation, which can reduce cramps, and raises energy levels, which can stave off headaches and fatigue.

A MENSTRUAL CUP WORKS BETTER THAN TAMPONS OR PADS.

Some women are worried about exercising on their period because of the physical discomfort they have with a pad or tampon. Pads can chafe, and certain moves—such as squats—might cause leakage with a tampon. Many female athletes find they're much more comfortable and reassured using a menstrual cup.

IT DOESN'T HAVE TO BE AN INTENSE WORKOUT.

Even if you don't have the energy or stamina to do your regular

workout on your period, a little bit of light activity can still deliver the benefits you're hoping for. Go for a walk, do some gentle yoga, or engage in some light calisthenics.

A missed period could be a sign of overtraining. While some women are taking rest days because of their period, there's also the opposite problem—some women are training themselves so hard that their period stops altogether. This state is called amenorrhea and it can happen when nutritional needs are not met to fuel the body during these intense training periods. To preserve energy, the body shuts down functions that aren't necessary for survival, including the reproductive system. However, overtraining might not be the only cause; if you notice your period is irregular or has stopped, consult your doctor.

Fresh Take

ASPARAGUS

By Dylan Roche

Spring is a time of year when flowers are all in bloom—including asparagus.

That's right. This green vegetable is, botanically speaking, actually a flower. Those parts we prepare and eat are actually shoots, and if they were left to mature, the buds at the end of each spear would open up and sprout ferny leaves. It would look pretty (some people even use mature asparagus, which is known as "sparrow grass" in folk culture, as part of floral arrangements) but the asparagus would then take on an unpleasant woody taste.



Asparagus Casserole

INGREDIENTS:

- 1 1/2 pounds asparagus
- 3 cups sliced white mushrooms
- 2 cups cooked green peas
- 1 cup sundried tomatoes
- 1/4 cup crushed whole-grain crackers
- 1/4 cup parmesan
- 1/4 cup shredded swiss cheese
- 1/4 cup olive oil
- 1 teaspoon garlic
- 1 teaspoon dried thyme
- 2 teaspoons dried basil
- 1 teaspoon salt
- 1 teaspoon black pepper

DIRECTIONS:

Preheat the oven to 400 degrees Fahrenheit. In a small bowl, combine the olive oil, garlic, thyme, basil, salt, and pepper. Trim asparagus into six-inch pieces and line them along the bottom of a standard 12x8-inch casserole dish. Brush generously with oil, then add a layer of mushrooms, peas, and sundried tomatoes. Add another layer of asparagus and brush with oil. Alternate layers up to the top of the dish. In a separate small bowl, combine parmesan, shredded swiss cheese, and cracker crumbs. Sprinkle atop the layered vegetables. Cover with glass top or aluminum foil and bake for approximately 30 minutes. Remove the cover and continue baking for another 5-10 minutes. The top layer of the casserole should be golden brown and bubbly.

Harvested at just the right time, however, and prepared in just the right way, asparagus has a savory flavor reminiscent of a blend between broccoli and green beans. It's also in its peak season in April and May, making it an ideal addition to spring meals.

The Produce for a Better Health Foundation encourages people to look at the spear-like shape of asparagus and think of it as a weapon for fighting off carcinogens and free radicals—this is because asparagus is rich in antioxidants, particularly glutathi-

one, the same antioxidant found in abundance in kale and Brussels sprouts that the National Cancer Institute describes as a "potent cancer fighter." Asparagus is also one of the best sources of folic acid, also known as folate or Vitamin B9. This mighty B vitamin is necessary for the formation of red blood cells to carry oxygen all around the body. Folic acid is especially important for women who are pregnant or trying to get pregnant because a deficiency could result in major birth defects of the baby's brain (anencephaly) or

spine (spina bifida), according to the Centers for Disease Control and Prevention.

In addition to folate, other nutrients in asparagus include Vitamin A (good for healthy vision and immunity), Vitamin C (important for the formation of blood vessels, cartilage, and muscle), and Vitamin K (necessary for blood clotting and healing), all at about only four calories per spear.

On the subject of the way the body breaks down and uses asparagus, it's worth noting that some people will

notice their urine has a distinct odor after eating asparagus. According to Harvard Medical School, this happens because the human body sometimes forms sulfuric chemicals when it metabolizes acids in the asparagus. Don't notice the smell? Everyone metabolizes asparagus differently, and some people might not be affected.

When you're at the grocery store or farmers' market to pick up asparagus, seek out the stems that are a uniform green color from end to tip, avoiding any that look limp or wilted. After you get them home, dampen a towel and wrap it around the ends, then place the wrapped asparagus in a plastic bag to store in the fridge for up to four days, per the advice of the Produce for a Better Health Foundation.

The easiest way to prepare asparagus on warm spring days is to toss it with some olive oil and lemon juice, then place it on a hot grill to sizzle until it's tender. But if you're looking for some more creative ways to use this veggie, here are two recipes that are sure to impress.

Asparagus Gazpacho

INGREDIENTS:

1 pound asparagus, steamed
4 avocados, pitted and scooped from their skins
1 1/2 cup milk
2 tablespoons minced garlic
1 lemon, juiced
1 lime juiced
2 tablespoons olive oil
1/2 teaspoon cumin
1/2 teaspoon turmeric
1/4 teaspoon cayenne
1 teaspoon salt
1 teaspoon black pepper

DIRECTIONS:

Add all ingredients to a food processor or high-power blender and process until smooth. Transfer to a container and allow to chill completely before serving. Garnish with kale leaves if desired.



HEALTH & BEAUTY HEALTH

Probiotics:

MAGIC PILLS OR MARKETING PLOY?

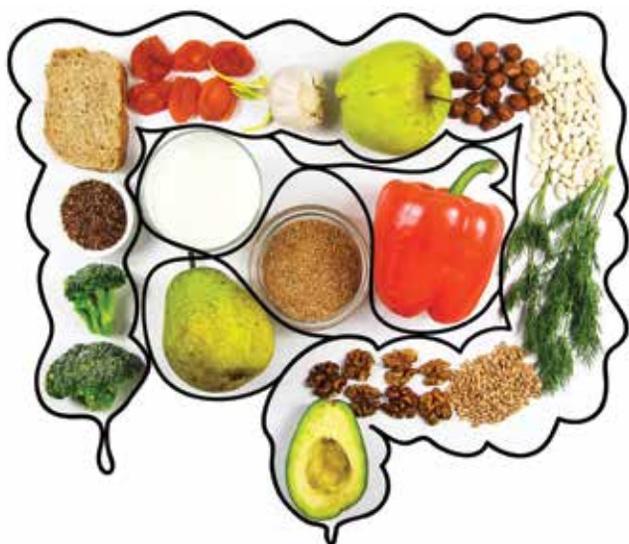
By Dylan Roche

Bacteria has such a bad reputation, but it's important to remember that it's not all harmful stuff. Some bacteria are actually good for you—specifically, the live, active microorganisms known as probiotics. You might have heard of them because they've been gaining popularity in health and wellness circles for more than a decade now.

Certain foods are hailed as being rich in probiotics, and there are supplements available on store shelves in pharmacies and health food stores. But is it worth all the hype? Well, yes and no.

Probiotics are healthy, but they might not be the cure-all that some consumers expect them to be. Furthermore, those consumers might not be getting quite the dose of probiotics they expect when they buy supplements right off the store shelf.





Back up, though. I'm supposed to be consuming bacteria?

That's right. Probiotics help feed the gastrointestinal microflora that naturally exists in your digestive tract—the microflora that helps your body break down food, offset bad bacteria, and support your immune system.

The problem is that sometimes the bacteria in your gut aren't quite present in the amount they should be. Maybe this is because your diet hasn't been great, or maybe it's because of a recent bout of illness. It could even be because you're on an antibiotic, which will result in good bacteria being killed off just as much as the bad bacteria.

By ingesting probiotics, you can help set the balance of bacteria in your guy right again. Research suggests—but hasn't proven conclusively—that this reset balance can prevent or treat digestive problems like diarrhea or irritable bowel syndrome, boost your immune system, offset inflammation, and alleviate your allergies.

You mentioned that these bacteria are sometimes found in food?

Specifically, fermented foods. When food is preserved via fermentation, bacteria convert the carbohydrates to alcohols and acids so that the food doesn't spoil. This fermentation process also gives foods a distinctive pungent taste. More importantly, it promotes the growth of good bacteria.

You're probably familiar with fermented foods like yogurt, sauerkraut, and pickles—these are all rich in good-for-you bacteria. Other less recognizable fermented foods include miso (a Japanese seasoning made from soybeans typically used in

soup), kimchee (a Korean dish made of fermented vegetables), kefir (a type of drinkable yogurt), and tempeh (a patty made of fermented soybeans that's popular in Indonesian culture).

Just as important as probiotics are those foods known as prebiotics—high-fiber foods that feed the microorganisms, thus contributing to the balance in your digestive tract. Prebiotic foods recommended by the Mayo Clinic are whole grains, bananas, and green vegetables.

But I can take a supplement?

In theory, supplements will have a higher concentration of probiotics than food will. But it's not necessarily a reliable source. Some strains of bacteria die out in heat, moisture, oxygen, and even bright light. Because of this, certain brands of supplements state on their label that they should be kept refrigerated. In general, check the storage instructions on any probiotics you're buying and pay close attention to the expiration date.

It's also good to remember that dietary supplements aren't tested and regulated the same way medicine is, and it's up to the manufacturers to make sure their products do what they say they will do. Even if your shelf-stable probiotic says it can be kept at room temperature, some of its bacteria may have already died out—which means you're not getting quite as many live, active microorganisms as you expect.

Anything else I should know?

For the most part, probiotics are considered safe, but people with sensitive stomachs could potentially experience mild digestive side effects such as gas. People who are immunocompromised could suffer serious complications and infections. You also don't know how probiotics will interfere with other medicines you're taking, so always check with your doctor before you start taking them or any other kind of supplement.





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Only licensed medical doctors may access the survey forms.

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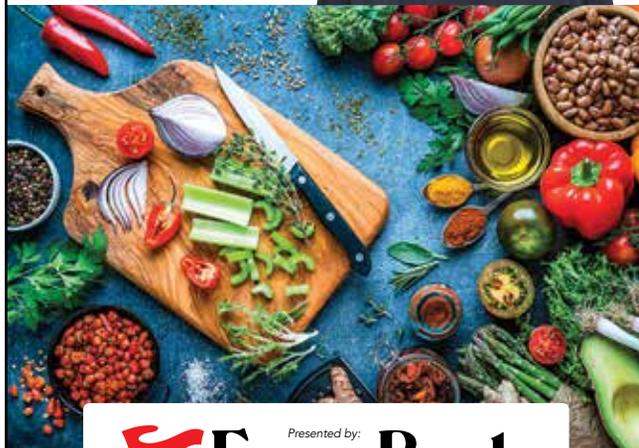
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HEALTH & BEAUTY HEALTH

Health Passports

GREAT IN THEORY, DIFFICULT IN PRACTICE

By Dylan Roche

As more and more people start to get vaccinated against the novel coronavirus that causes COVID19, there's one question that's bound to come up more and more frequently: When can I start to do "normal things" again?

It's a good question, and one that doesn't have an easy answer. How quickly life goes back to the way it was before the pandemic will vary from country to country and from state to state.

One way some experts have thought about making the process safer and more efficient...health passports. There's some disagreement on what a health passport would include and how it would be used, but the basic idea is that when a person is fully vaccinated, they receive a passport that will grant them the freedom to travel internationally or even do simple everyday activities like eat at restaurants, go to concerts, or engage in athletic activities.

The idea is nothing new. Similar practices were implemented when vaccines were developed for diseases like polio and yellow fever, and even to this day, the World Health Organization provides an International Certificate of Vaccination or Prophylaxis (ICVP) to those who are traveling to and from certain countries.

Experts have offered suggestions of something similar for COVID19 for several months, even before the coronavirus was fully understood. In August 2020, the *Journal of Medical Ethics* discussed the idea of immunity passports—which are slightly different from vaccination passports in that, as their names suggest, immunity passports designate immunity and vaccination passports designate vaccination.

In theory, these immunity passports could be given to people who have recovered from COVID19 and are presumed to have achieved immunity; unfortunately, the Centers for Disease Control and Prevention reports cases of coronavirus reinfection, and scientists still don't know how long a person's immunity to the coronavirus lasts or how susceptible they are to being infected a second time. If scientists were to conclusively determine either of these points, then people might be able to get immunity passports with expiration dates or renewal dates by when they would need to retest for antibodies.

But until there's evidence, the idea of immunity—and the false sense of security it carries—poses a major problem. This is one of the reasons that the World Health Organization discouraged immunity passports in the early months of the pandemic. "People who assume that they are

immune to a second infection because they have received a positive test result may ignore public health advice," the WHO says. "The use of such certificates may therefore increase the risks of continued transmission."

Health passports currently in the works include the **International Air Transport Association's Travel Pass Initiative**, the **International Chamber of Commerce's AOKPass**, and the **World Economic Forum's CommonPass**. Although there are subtle differences, the idea behind each of the passes is that travelers can maintain authenticated, secure medical records via apps that they use to demonstrate they've met all health and safety requirements set by the country they are entering.

Discussions on such programs will likely continue as the vaccine rollout progresses, but how they affect the world's return to pre-pandemic normalcy remains to be seen. As explained by the *Journal of Medical Ethics*, a health pass could make it safer for more people to return to work.

However, there are downsides as well—namely, those people without passes could grow resentful of those who have them, which behavioral scientists fear could reduce feelings of solidarity that are necessary to control the pandemic in the long term.

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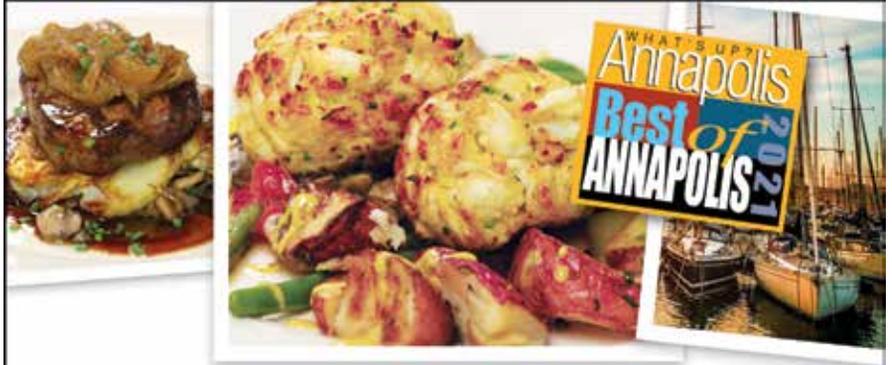


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Dining

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DINING REVIEW

Pizzas Galore & So Much More

By Rita Calvert
Photography by Stephen Buchanan

Whether for lunch, dinner, all night noshing, or leftover for breakfast, Bella Italia Annapolis has it covered. Anchoring the end of a bustling shopping center, which serves the nearby Annapolis court buildings, Naval Academy, and many surrounding offices. A quick stop off Route 50, this small but mighty Italian eatery stands at the center of multiple crossroads serving many dedicated customers. Owner and chef Lino Chiaro has owned Bella Italia since 2005 along with two other family restaurants—Bella Italia Arnold and Piazza Italia Glen Burnie.

Considered a no frills, casual family place, this cucina Romana offers something for all: pasta, pizza, calzone, veal chicken, seafood pasta, parmigiana, wings, soups, salads (with or without protein), and even thick crust Sicilian or gluten-free pizzas. Complete Family Dinners including Pasta, House

Salad and Toasted Bread are a go-to for busy weeknights.

As with many fast-paced restaurants, you order at the counter and waitstaff bring the food to your table.

Even if you order takeout, it's worth going inside at least once to see the loaded pizza counter, along with displays of fresh salads, blackboard specials, the restaurant's cleanliness, and to savor the always-pleasing aroma of Italian cooking. The three Specials blackboards are a must-see as these are creative: one for salads, another for entree specials, and new subs and soup items. So, if you don't eat in or place your order inside, try to find them online. Bella Italia does a brisk take-out business so they are skilled at getting the orders out efficiently.

Portions of desserts are sliced and offered in a refrigerator that I liken to a mini version of those famous diners in southern New Jersey. So tempting! Picture rich and

moist looking tiramisu and delectable pistachio mini cannoli (with a tag noting they're imported from Italy).

As we're still dealing with the pandemic, we did take-out: ordering directly at the counter so I could actually peruse the offerings. Blackboard specialties abound with seven entree specials including Lobster Ravioli, Shrimp Pesto, Chicken Zingara (breast meat topped with fresh mozzarella and a Marsala sauce), Beef Ravioli, Matricianella (Italian sausage with a red sauce over linguine), and Salmon with a caper lemon sauce over linguine. The blackboard items were tempting but we stayed with our original entree choices of Eggplant Rollatini and Chicken Saltimbocca.

Bella Italia is known for their thin round New York style pizza with a dedicated following. Since we were getting takeout, we decided to make it lively and assemble our own pizza tasting. Bella Italia is unique in offering

more “by the slice” options. It’s important to note that the slices are generous, often huge, so they’re perfect for splitting. Our assortment of four different slices sported side containers of marinara for drizzling or dipping.

First on our pizza sampler was Bella Italia Special Pizza with a crispy crust; more of a traditional loaded pizza with just a light smear of tomato sauce. What a classic! Colorful and fragrant, this one fit the bill with quality, traditional pepperoni and sausage in just the right amounts. Plus, fresh and bright green peppers and red onions perfectly cooked. A welcome change from too many pizzas with too much meat and unevenly cooked (or worse, canned) veggies, and of course, cheese. Purists can ask for anchovies, but we kept it simple.

Here you can get that meatball on your pizza not just on spaghetti! The Meatball Pizza supports halves of mighty meatballs, plump and sturdy, made the old-fashioned way

with abundant bread crumbs. The mountainous slice had a bed of marinara sauce and lots of cheese to coat those orbs. Note that the meatballs are also available as a side dish on their own.

For our third sampling slice, we ordered Chicken Carbonara Pizza, which took us back to a very rich concoction originating in Rome. I have heard all carbonara referred to as bacon and eggs. On this thin crispy crust, oozed a creamy sauce thickened with egg. The small cubes of chicken were tender while the “bacon”—prosciutto in this case—added a pleasant saltiness.

In another review of Bella Italia, I read a description of an intriguing pizza slice that I had to try. When I went in to order and pointed to it, one of the employees said it didn’t have a name. This “No Name” slice had a bottom crust and a top crispy crust with a rich bubbly filling of four cheeses dotted with ham, salami, and pepperoni. I later spoke to Chef Lino and suggested



it would be a good idea to display names for each pizza, especially the “no name” pizza. He said it’s called Stuffed Meat Pizza and explained that they had to remove all of the pizza name tags during the beginning of COVID19 because they only offered a few main pizzas. Hopefully, the tags will return as will even more of the previous 25 different pizza varieties.

Next, we dug into Eggplant Rollatini, a lavish twist on the traditional version. Accustomed to a simple prep with rolled eggplant, ricotta filling, and red sauce, this variation goes to town. If you’re a prosciutto lover, you’ll be over the moon with the generous slices, tucked inside along with spinach and mozzarella. We even joked about slipping out the prosciutto for a follow-up sandwich meal. The perfectly cooked rollatini were impressive with their creamy pink sauce and large portion of pasta. Perfect for anyone with a hearty appetite and a taste for creativity.

Our second entree, the sumptuous Chicken Saltimbocca, was seen during Rome’s Imperial period. The very tender boneless chicken was topped with fresh wilted spinach, mozzarella, prosciutto, and liberally doused with a piquant garlic white wine sauce. The bed of spaghetti it topped had that pleasing wine influence.

Nutella Cake was our choice to share for dessert, to savor the combination of chocolate and hazelnut. We lucked out with a gorgeous winter day for our carryout extravaganza and chose to enjoy our delicious hazelnut cake in the sunny garden, warmed by a large pour of my own home brewed deep coffee. Good pick as it had big flavor and a perfect moist texture. The golden cake layers sandwiched a fluffy hazelnut/chocolate filling that doubled as frosting. Chocolate curls wrapped the outside. Even after our hearty meal, we were sorry we had ordered just one dessert once we discovered this delicious confection.



Supplementing Your Health

By Tom Worgo | Photography by Stephen Buchanan

David's Natural Market in Gambrills offers a unique blend of local, domestic, and international foods, including organic and natural produce, and nutritional items such as vitamins, supplements, and dietary products.

And with so many restrictions affecting the restaurant industry, there's been a trickle down effect, so to speak, that benefitted grocers. David's business has weathered the pandemic remarkably well.

"I think more people are grocery shopping because fewer restaurants are open," David's Market General Manager Zack England says.

England's stepfather, David London, owns stores in Gambrills, Columbia, and Forest Hill, all called David's Natural Market.

David's is all about sourcing product from local and regional suppliers, including Odenton's Cozy Quail Covey Eggs, Envista Farms in Glen Burnie, Oksana's Produce Farm in Chestertown, and Leela's Pure Goodness in Upper Marlboro, to name a few.



General Manager Zack England with his step-father and David's Natural Market owner David London.



David London, at right, sources the market's salmon from Chesapeake Smokehouse.

They source regionally from South Mountain Creamery in Middletown and The Family Farm in Bel Air, as well as Albert's Organics in New Jersey and Four Seasons Produce in Pennsylvania.

The market also sets itself apart by giving customers access to a certified nutrition specialist, Courtney Carpenter, who has worked out of the Columbia store for 27 years and 38 overall in the industry.

We recently talked to England about what David's Natural Market is all about and how Carpenter can help customers.

Zack, why is it important for your market to specialize in organic produce?

Most stores carry both organic and conventional products. With us, you don't have to pick around and look

to see if something is organic. You know if you are buying it here, it is organic.

Do you get quite a few of your products locally because that's what customers want?

If the organic produce looks good or tastes good, we just got it in and see how well it sells. It's not an order type of thing. A lot of people look for it. It also helps local businesses out, and I like supporting local businesses. The Family Farm delivers every Thursday and people look for their lettuce, carrots, beets, and kale in the winter, and in the warmer seasons, berries, tomatoes, and lettuce are popular.

Do you also get your meat and fish locally?

We get our salmon from a Maryland vender, the Chesapeake Smoke House

in Annapolis. Our salmon is very popular and we sell quite a bit of it. Other meats come from Pennsylvania. We get a lot of our steaks from Stoney Point Farm Market in Pennsylvania. We have a butcher who cuts fresh rib eyes from Pennsylvania.

How did you develop your partnerships with your farms and the meat producers?

We mainly deal with regular distributors. Some distributors will bring us samples from the different producers, and we try their stuff. And it's also by word of mouth. Somebody telling us about a good supplier.

Courtney, you have great credentials, including three degrees with a Masters in Human Nutrition Science from the University of Bridgeport in Connecticut. Is it unusual to have a certified nutrition specialist like yourself at a natural market store?

I am rather unique. There aren't very many in the stores who have that designation of a certified nutrition specialist. I got that designation by having a masters from Bridgeport, which had one of the first master's programs of its type. A nutritionist is someone that is licensed by the state as dieticians and nutritionists. It's unusual for someone like me to stick around in retail with this much education, but David has valued me.

Do you build supplement plans for customers?

I talk to a lot of people about supplements, and a lot of times I am just giving them the information on how they work and how they should

be taken. My focus is on food and I really try to do that first. When I see people privately, I often try to build good food plans for them and help them understand why they should eat the way I am recommending. I have seen multiple generations of families and advise them on both food and supplements. I really don't do plans for people at the store because on the spur of the moment because it takes too long. If that's what they need, they see me privately (at the store). It's been seamless.

What are some of the more popular supplements?

We have combinations that are like wellness formulas from Source Naturals. We also have vitamin C and elderberry. Some of the things that people have been using forever like vitamin C and Zinc are turning out to be important for your health during the winter and other times of the year—things that support the immune system. My niche is that I can tell you about something that's more specific to you than what you are taking. Not only do we have tablets and capsules, but we have herbal extract powder and vitamin C powder and liquid. We have things you won't find in big box stores or competitors that are chains.

What health concerns do most people have?

People fall into two categories. They either have something going on short term that they are dealing with, or they know they need to change their ways, and they are coming to see what I might recommend

as a start. I always try to encourage people to think of supplements as supplements to things they are doing to improve their health. That's especially diet, sleep, and exercise. The supplement industry is built on the structures and functions of the human body. They don't work in a vacuum. You have to give them a firm foundation of better food, good, quality sleep, and exercise.

What are some of the specific things that can't be bought without your certification?

There are a lot of brands that we'll only sell to you if you have a certification. They want to give some practi-

tioners an avenue that is exclusive. So, you can't just walk into chain stores and get it off the shelf. Designs for Health is one. Ortho Molecular Products and Pure Encapsulations are others.

Have you seen a shift in the way people approach their diets now versus 10 years ago?

Yes. One thing that is helping us is that finally just about every segment of the scientific community—people on the medical and health food side—are coming to the conclusion that you have to eat real whole foods and not stuff in boxes. I think the younger people are focusing on quality at any cost.



DAVID'S NATURAL MARKET
871 Annapolis Road, Gambrills
410-987-1533
davidsnaturalmarket.com

Dining Guide

Advertisers Listed in Red

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

📞 Reservations

🍷 Full bar

👨‍👩‍👧 Family Friendly

🌊 Water View

☀️ Outdoor Seating

🎵 Live Music

🐾 Dog Friendly

👑 Best of 2020 Winner

Downtown Annapolis

Annapolis Ice Cream Company

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

Armadillo's Bar & Grill

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

Bean Rush Café

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

The Big Cheese & Sammy's Deli

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

Buddy's Crabs & Ribs

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

Café Normandie

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

Castlebay Irish Pub 1

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

Chick & Ruth's Delly

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

City Dock Café

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

Dock Street Bar & Grill

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

Dry 85

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

Federal House Bar & Grille

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

Flamant

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

Fox's Den

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

Galway Bay Irish Restaurant & Pub

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

Harry Browne's

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

Harvest Wood Grill & Tap Room

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

Iron Rooster

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

Joss Café & Sushi

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

Latitude 38

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

Mason's Famous Lobster Rolls

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

McGarvey's Saloon & Oyster Bar

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

Middleton Tavern

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

Mission BBQ

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

O'Brien's Oyster Bar & Restaurant

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

Osteria 177

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

Preserve

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

FADO IRISH PUB

"My family and I went for a birthday dinner, enjoyed everything we got and can't wait to come back for more great food, service, and drinks"—Matthew Tucker

Pusser's Caribbean Grille

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

Red Red Wine Bar

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

Reynolds Tavern

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

Sakura Café

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

Sofi's Crepes

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

Vida Taco Bar

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

Upper Annapolis

49 West, Coffeebar, Winebar & Gallery

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

Azure

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

Carpaccio Tuscan Kitchen & Wine Bar

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

El Toro Bravo

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

Fado Irish Pub

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

Lemongrass

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

Level Small Plates Lounge

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

Light House Bistro

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

Luna Blu

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

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; Gordonsbiersch.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 \$\$\$ 🍷 🍴 🍷

Lebanese Taverna Café

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

Lemongrass Too

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

Lures

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

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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, Sinfronterascfe.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; Union-jacksannapolis.com; British-style pub; lunch, dinner, Sunday brunch \$\$🍷👑🍷👑

Ziki Japanese Steakhouse

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

Zoe's Kitchen

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

Eastport / Bay Ridge

Adam's Taphouse and Grille

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

Annapolis Smokehouse & Tavern

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

Bakers & Co.

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

Blackwall Hitch

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

Boatyard Bar & Grill

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

Bread and Butter Kitchen

303 Second Street, Ste. A, Annapolis; 410-202-8680; Breadandbutterkitchen.com; American; breakfast, lunch \$🍷👑

Caliente Grill

907 Bay Ridge Road, Annapolis; 410-626-1444; Calientergrillannapolis.com; Latin; lunch, dinner \$\$🍷👑🍷👑

Carrol's Creek

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

Chart House

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

Davis' Pub

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

Eastport Kitchen

923 Chesapeake Avenue, Annapolis; 410-990-0000; Eastportkitchen.com; American; breakfast, lunch, dinner \$\$ 🍷👑🍷👑

Grump's Café

117 Hillsmere Drive, Annapolis; 410-267-0229; Grumpscafe.com; American; breakfast, lunch, dinner \$🍷👑🍷👑

Jack's Fortune

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

Lewnes' Steakhouse

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

Main & Market

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

O'Leary's Seafood Restaurant

310 Third Street, Annapolis; 410-263-0884; Olearysseafood.com; Seafood; dinner, Sunday brunch \$\$\$ 🍷👑🍷👑

Rocco's Pizzeria

954 Bay Ridge Road, Annapolis; 410-263-9444; Roccospizzashop.com; Pizza; lunch, dinner \$🍷👑🍷👑

Ruth's Chris

301 Severn Avenue, Annapolis; 410-990-0033; Ruthschris-Annapolis.com; Steakhouse; dinner \$\$\$ 🍷👑🍷👑

Sammy's Pizza Kitchen

1007 Bay Ridge Ave, Annapolis; 410-990-9800; Sammyspizzakitchen.com; Italian; lunch, dinner \$-\$ 🍷👑

Vin 909 WineCafe

909 Bay Ridge Avenue, Annapolis; 410-990-1846; Vin909.com; Farm-to-table; lunch, dinner \$\$ 🍷👑🍷👑

Edgewater / South County

Adam's Taphouse and Grille

169 Mayo Road, Edgewater; 410-956-2995; Adamsgrilleannapolis.com; Barbecue; lunch, dinner \$\$ 🍷👑🍷👑

All American Steakhouse

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

Bayside Inn

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

Broadneck Grill & Cantina

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

Chad's BBQ

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

The Crab Shack

3111 Solomons Islands Road; Edgewater 21037; 443 837 6279; Thecrabshackmd.com

Deale Umai Sushi House

657 Deale Rd, Deale; 410-867-4433; Sushi, lunch, dinner \$ \$ *

Dockside Restaurant & Sports Bar

421 Deale Rd, Tracy's Landing; 410-867-1138; www.docksiderestaurantmd.com; American, Seafood; breakfast, lunch, dinner \$ \$ *

Edgewater Restaurant

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

Fuji Steakhouse

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

Glory Days Grill

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

The Greene Turtle

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

Happy Harbor

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

Harvest Thyme Modern Kitchen & Tavern

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

Hispa Restaurant

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

JesseJay's Latin Inspired Kitchen

5471 Muddy Creek Rd, Churchton, 240-903-8100; jessejays.com; Latin, Lunch, dinner \$ \$ 🍴 Y 🍴 🍷

Killarney House

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

Ledo Pizza

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

M Thai Restaurant

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

Mike's Bar & Crab House

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

Nova Sushi Bar and Asian Fusion

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

Old Stein Inn

1143 Central Avenue, Edgewater; 410-798-6807; Oldstein-inn.com; German; dinner \$ \$ Y 🍴 * 🍴 🍷

Petie Greens Bar and Grill

6103 Drum Point Road, Deale; 410-867-1488; Petiegreens.com \$ \$ 🍴 Y 🍴 🍷 * 🍴

Pirate's Cove

4817 Riverside Drive, Galesville; 410-867-2300; Piratescovemd.com; Seafood; breakfast, lunch, dinner, Sunday brunch \$ \$ 🍴 Y 🍴 🍷 * 🍴

Pier Oyster Bar

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

Rod N Reel Restaurant

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

Saigon Palace

10 Mayo Road, Edgewater; 410-956-0505; Vietnamese; lunch, dinner \$ Y 🍴

Senor's Chile

105 Mayo Rd, Edgewater, 410-216-2687, sensorschile.com, Mexican, lunch, dinner, \$ \$, 🍴 Y 🍴

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 \$ Y 🍴 * 🍴 🍷

S & J Riverside

4851 Riverside Drive, Galesville; 410-867-7200; Seafood; lunch, dinner \$ \$ Y 🍴 🍴 *

Yellowfin Steak & Fish House

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

Arnold / Severna Park / Pasadena & Beyond

Adam's Ribs

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

Ashling Kitchen & Bar

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

Bella Italia

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

Blackwall Barn & Lodge

329 Gambrills Road, Gambrills; 410-317-2276; Barnandlodge.com; American; lunch, dinner, weekend brunch \$ \$ 🍴 Y 🍴

Brian Boru Restaurant & Pub

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

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 \$ \$ 🍴 Y 🍴 * 🍴

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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 \$ \$

La Posta Pizzeria
513 Baltimore Annapolis Blvd., Severna Park; 443-906-2840; Lapostapizzeria.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; O'loughlinspub.com; American; lunch, dinner, late-night \$ \$ 🍷 🍴 🍷

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

Pherm Brewing Company
1041 MD Route 3; Gambrells; 443-302-2535; phermbrewing.com; Food trucks on Weekends

The Point Crab House & Grill
700 Mill Creek Road, Arnold; 410-544-5448; Thepointcrabhouse.com; Casual contemporary American Seafood restaurant; brunch, lunch, dinner \$ \$ 🍷 🍴 🍷 🍷 🍷

Rico's Tacos and Tequila Bar
1266 Bay Dale Drive, Arnold; 410-571-3466; Ricostacos.co; Mexican; lunch, dinner, weekend brunch \$ 🍷 🍴

Rips Country Inn
3809 N. Crain Highway, Bowie; 301-805-5900; Ripscountryinn.com; Rustic country cooking and Chesapeake eats; breakfast, lunch, dinner \$ \$ 🍷 🍴

Romilo's Restaurant
478-A Ritchie Highway, Severna Park; 410-544-6188; Romilosrestaurant.com; Greek; lunch, dinner \$ \$ 🍷 🍴

Severna Park Taphouse
58 W. Earleigh Heights Road, Severna Park; 410-793-5759; Severnaparktaphouse.com; American, sports bar; dinner \$ 🍷

Sin Fronteras
7700 Ritchie Highway, Glen Burnie, 410-424-2022, Sinfronterascafe.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 \$ \$ 🍷

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Bistro St. Michaels
403 Talbot Street, St. Michaels; 410-745-9111; Bistrotstmichaels.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; Theislandhideawaysolomons.com; American; lunch, dinner 🍷 🍴 🌊 🍷 *

Knoxie's Table
180 Pier 1 Road, Stevensville; 410-249-5777; Baybeachclub.com; American; dinner, weekend brunch 🍷 🍴

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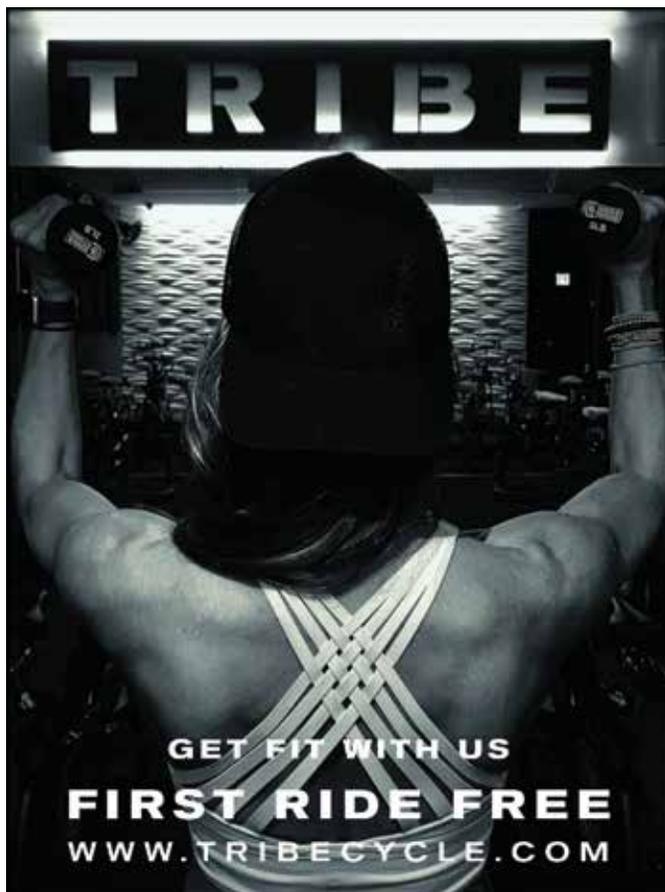
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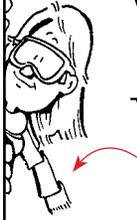
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Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one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

Congratulations to this month's winner: David Delia 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



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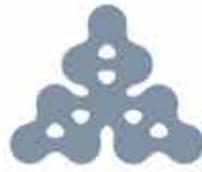
What is your age bracket? (Circle one) <25 25-34 35-44 45-54 55+

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Entries must be received by April 30, 2021. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

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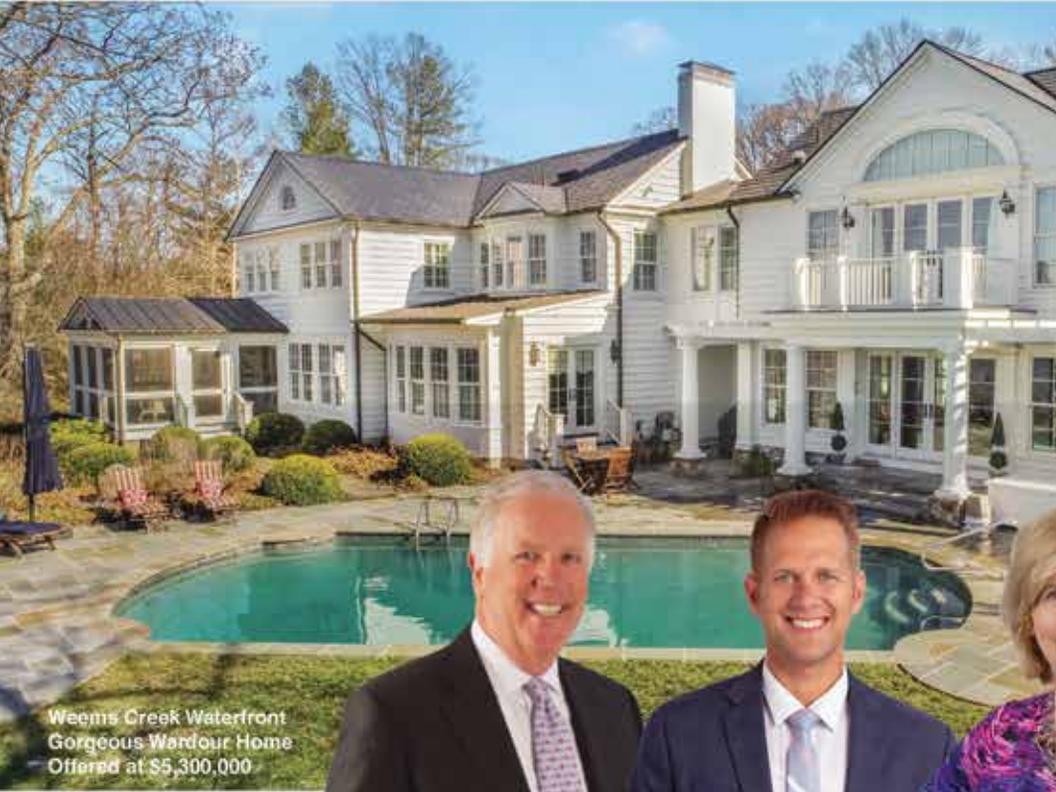
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