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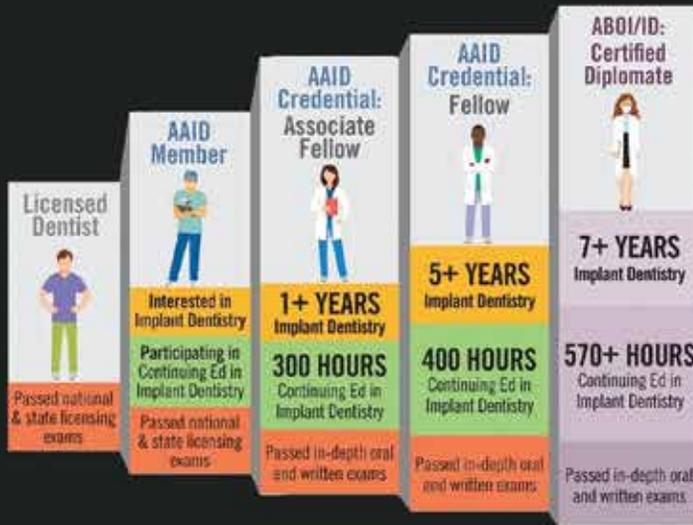


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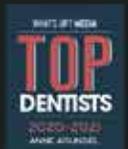


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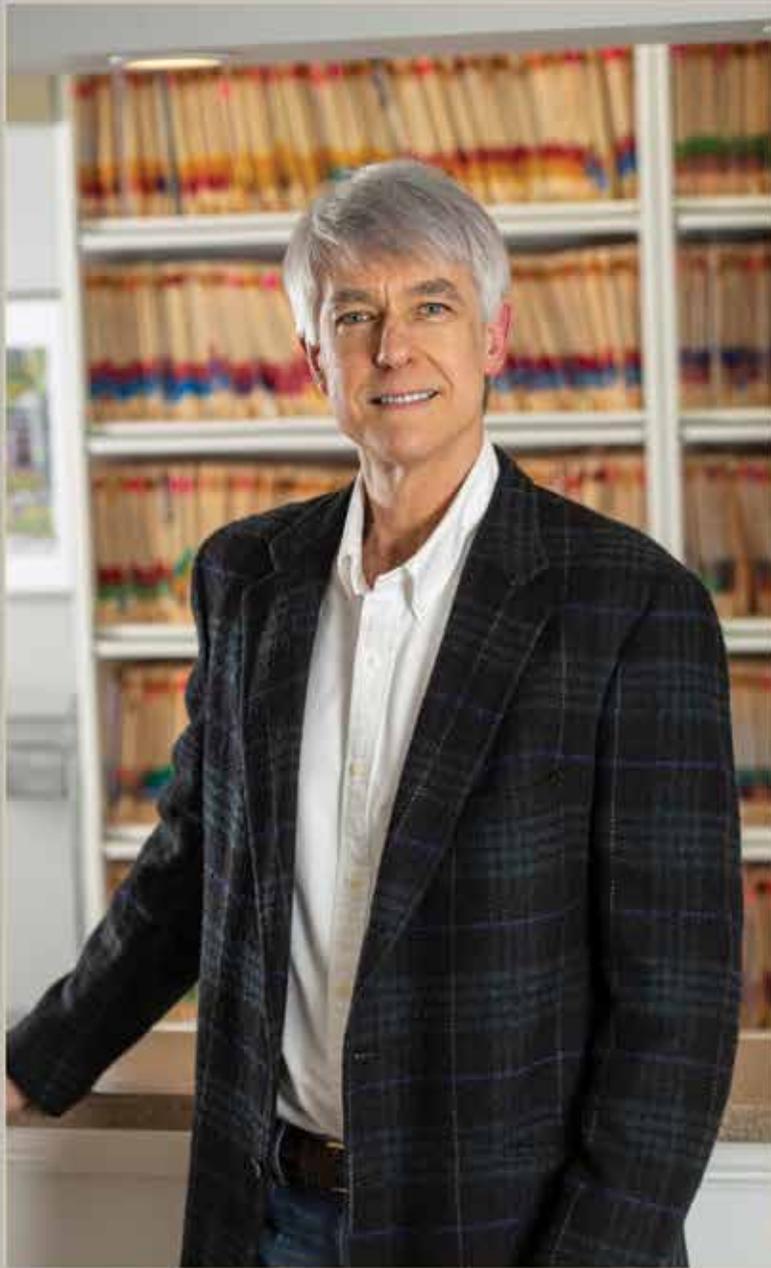
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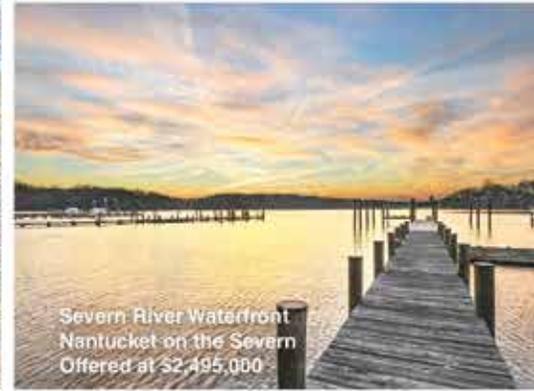
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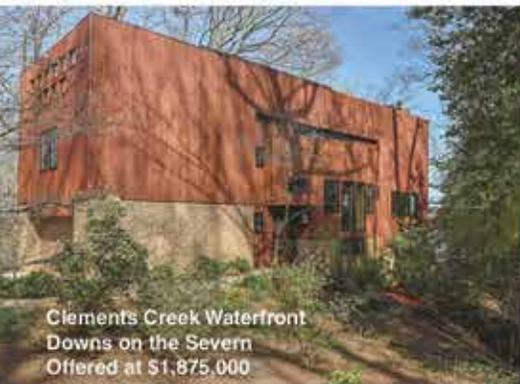
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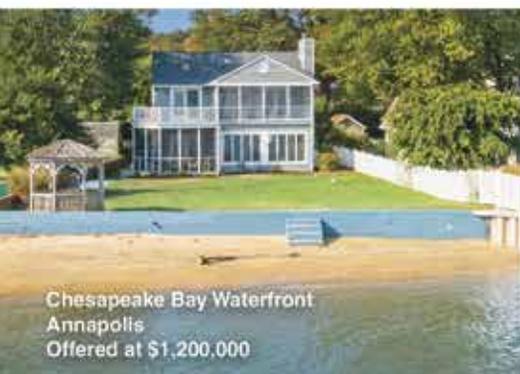
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Abeel A. Mangi, MD
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Back Row (L-R) Jeffrey E. Cohen, MD, Ammar S. Bali, MD, Christian C. Shults, MD, Brian T. Bethea, MD, Ricardo O. Quarrie, MD, Hiroto Kitahara, MD

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On the Cover: Burger and a brew at Dry 85 in Annapolis. Photograph by Tony Lewis, Jr. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. ♻️ Please recycle this magazine.

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From the editor

TWENTY-FOUR YEARS AGO,

What's Up? Media was launched by Veronica Tovey on a wing and prayer. Well, it was much more than on a whim, but you get the idea. Her notion that an entertainment and lifestyle magazine could thrive in a market already populated by several local publications seemed a bit zany at the time (1997). But by delivering a beefy calendar of local events (now online at whatsupmag.com) rounded out with fun feature articles and touchpoint coverage of home, health, environment, and dining, Tovey and team proved itself to have a winning formula and one that's stuck. It's been a fun ride and next May, when we eye our silver anniversary, we'll reflect more on the magazine, its influence in the community (and vice versa!), our readers, and those who've become family and friends.

This May, we celebrate so much more than our anniversary. And I think the feeling is mutual, as all of us continue to emerge from the pandemic's slumber and begin to socialize safely. It's been a while. And in many ways, we're seeing all the hard work of this past year pay off. Though we're not out of the tunnel entirely, we can certainly see the light. There are events. There are summer past-times. There are vacations on the horizon.

On the 1st of the month, May Day, one of the most beautiful traditions blossoms throughout Annapolis, towns, and communities across the Chesapeake landscape. Bouquets, wreaths, and arrangements of bright, colorful flowers adorn the front doors of our homes—a cheerful reminder that hope springs eternal. A couple weeks later, all eyes will be on “The Run for

the Black Eyed Susans”—what we've long known and enjoyed as the Preakness Stakes thoroughbred races. The 146th running will have fans in the grandstands. Shortly thereafter, we'll turn our attention skyward for the return of the Blue Angels, who'll be soaring above the Chesapeake Bay and Severn River, to celebrate the United States Naval Academy's Class of 2021 graduation. The following weekend, barbecues will ignite the Memorial Day holiday—a time to reflect on those that gave their lives in battles past so that we can enjoy our freedoms today. All of these traditions near and dear to Marylanders' hearts—it's our culture.

And this issue is chock full of local flavor. For the best of our beloved blue crabs, the results are in! Consult the Best of Annapolis Food & Dining results for the bevy of Chesapeake bounty you voted tops in town. Speaking of bounty, we also talk with several local farmers in the Rita Calvert-penned “Thank Goodness!” feature about their operations in the “age of COVID” and how they've coped, tweaked, and developed during this challenging time. There's good news in that one. I also recommend reading about Coastal Conservation Association Maryland and volunteer Mike Wissel to get an idea of how their work is vital toward protecting Chesapeake habitat and fisheries. And to get a feel for the many, many nonprofit organizations in our region working hard to ensure prosperous, safe, equitable, and clean environments and communities, we've compiled “Nonprofits You Should Know”—a comprehensive resource list of local orgs.

Like life—and like the many years we've been at it, making magazines—this issue has so much more to it than what I've touched on herein. As you enjoy this spring, and flipping through this issue, I hope you'll feel inspired, enriched, and maybe even a little zany. We could all use that energy about now.

James Houck,
Editorial Director

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From constructing homes to building a brand.

A conversation with Brant Nielsen, Founder of Nielsen Construction and CEO of the newly formed Nielsen Development Group (NDG).

PL*: Brant, you've worked hard to make Nielsen Construction into a formidable business in the Annapolis area. How did you learn your work ethic and what are your earliest memories around working?

Brant Nielsen: I was born in a small town in Texas. Between the ages of 4 and 6, I went to the cattle fields almost every day with my grandfather. Work was the only thing he knew. Work, work, work. Up at 4:30 am. In bed by eight. There was no TV, no real leisure activities. He was either working with the cattle or working around the house. And when he finished work, he went to bed. So, I would definitely say that my initial work ethic was developed as a child in Memphis, Texas.

PL: What prompted you to start in construction?

Brant Nielsen: Growing up, my parents provided all I needed. That said, they raised me to understand the value of providing for myself by having me work for what I wanted. I didn't want a minimum wage job where I punched the clock daily. So, I took a job pouring concrete at the age of 14. I discovered fast that I could make real money if I were willing to work my tail off. I was a skinny little runt, but I could outwork every guy on the worksite. At 16 years old, it was nothing for me to bring home \$800 to \$1000 a week, because work was all I knew.

PL: Would you say that self-reliance has been key to your success?

Brant Nielsen: Absolutely not! Everything I've achieved, I owe to God and people who were put into my life and the relationships they've helped me build. From an early age, most of the people I worked with were personal or family friends. With those bonds came a level of trust and mutual obligation. I learned fast that integrity was key. If you weren't a person of your word and if you said one thing and did another, relationships wouldn't survive. All of this has certainly helped and continues to define my success.

PL: Based on what we've learned about you, you place a high priority on exceptional outcomes.

Brant Nielsen: Of course, great outcomes are critical, but process matters too. We're going into people's homes and disrupting their lives. If clients have a bad experience with us, that'll stick. They may be happy in the end, but they'll remember what went wrong along the way. A deadline missed. Expensive overruns. That stuff matters to me because they'll share that experience with their friends. Good experiences beget positive reviews and most importantly, good sustainable relationships.

PL: Your reviews certainly are impressive.

Brant Nielsen: 98.5% of new customers are referred to us by satisfied clients. Reviews are the lifeblood of our business and we're mindful of the fact that when a satisfied client refers us to a friend, they're putting their own reputation on the line. They're saying, "I was happy with the experience and outcome with NDG, you will be too." That's a lot to ask of a customer.

PL: And you have a reputation for bidding jobs very accurately and maybe sometimes on the pricey side.

Brant Nielsen: We certainly aren't the cheapest, but we're not about gouging our customers to make a quick buck either. In remodeling, like everything in life, you get what you pay for. I'd rather be known for being expensive at the outset, than bidding low to get the job, and then having to come back to the client and ask them for more money in the middle of the project.

“The way I see it, we're not in the construction business, we're in the customer service business.”

PL: So, once you offer a firm bid, you stick to it?

Brant Nielsen: We try. Generally speaking, we come in on time and on budget. We spend an inordinate amount of time during the bidding, listening to clients and explaining our process. This is where we identify and explain additional "hidden" expenses, which is why our bids tend to be higher than our competitors.

PL: Things ever go wrong?

Brant Nielsen: Absolutely. We've made our share of mistakes and when we do, we own them. Then we make things right and when appropriate, at our own expense.

PL: Can you share a story that backs this up?

Brant Nielsen: I got a call one day from a guy, a former Navy Pilot. I asked how he found us, and he told me he got the number off a Nielsen Construction sign outside an historic restoration that he admired. He made a point of reminding me that as a Blue Angel, he had somewhat of a

perfectionist streak that made him a little more demanding than other customers.

PL: And that didn't faze you?

Brant Nielsen: Not at all. I welcomed the challenge from someone who shares my obsession with detail. He explained he needed some wrought iron staircases built that accurately reflected the original 19th century wrought ironwork. We did an awesome job replicating the powder coating. It was perfect. Except for one thing, the staircases, as we'd built them, didn't conform to 2019 code. So, I called him up and pointed out the problem.

PL: Just like that? A contractor admitting a mistake. That's likely one for the records.

Brant Nielsen: Yeah, but that's how we work. We got back together with the wrought iron specialists and rebuilt the staircases to reflect their 19th century authenticity along with 21st century code.

PL: I bet that cost you a pretty penny.

Brant Nielsen: Not really, I considered that an investment in my reputation. Besides, when we were done, he was happy to hang a Nielsen Construction sign outside his historic home. That's some valuable real estate we earned right there.

PL: And pretty soon you'll be putting out new signs?

Brant Nielsen: That's right. We're rebranding as NDG - Nielsen Development Group. With 5 divisions: NDG Remodel, NDG Kitchen & Bath, NDG Roof, NDG Paint and NDG Home Team.

PL: What's driving this change?

Brant Nielsen: It's simple. Customers are looking or searching for specialized offerings. A customer looking to build their dream kitchen or bathroom doesn't search for a General Contractor. They look for a kitchen or bath specialist. Our decision reflects our depth of experience in every facet of construction. After 20 years we've achieved a level of mastery and have strong relationships with the best sub-contractors in the business. This is our way of telling customers we can deliver any construction service at the highest level.

PL: You've built a stellar reputation by being hands-on and detail oriented. How will this change the way you operate day to day?

Brant Nielsen: Until now, I've been hands-on, managing all Nielsen projects. I'll always be the face of the company, but if we're going to grow, I need to build a strong bench of managers who'll let me loosen the reins and enable us to grow without diluting our core values. To use a construction analogy, I won't be the one swinging the hammer.

I'll just be there to make sure the nail's not crooked.

PL: What is the NDG Home Team?

Brant Nielsen: We started our Real Estate Division because we have decades of experience buying, renovating, and selling homes, both in good markets and bad. I've noticed that virtually everyone who's bought or sold a home has a horror story to share. We believe we can give customers a better experience.

“To use a construction analogy, I won't be the one swinging the hammer. I'll just be there to make sure the nail's not crooked.”

PL: Real estate horror stories?

Brant Nielsen: ...bad experiences with the realtor or the bank, the closing company, or the settlement company. In many cases, all of them. Somewhere along the line, something has just put a sour taste in their mouth.

PL: For example?

Brant Nielsen: A friend of mine was selling a home in Columbia. He interviewed several realtors. Virtually everyone told him the house would never sell without a \$50,000 bathroom renovation. I understand the motivation of the realtors, but to be honest, most don't have our experience or knowledge of renovation. To his credit, my friend rejected their advice and went with Redfin.

They ended up showing the house 70 times and only one potential buyer commented on the bathroom. He eventually sold the house without the renovation and saved himself from some expensive suspect advice. Most sellers don't get the impartial advice they need. In most cases, I tell my customers a renovation isn't going to get them a better price. And I'll also spare them the hassle of showing their home 70 times!

PL: So, you'd tell a seller not to renovate? You'd turn down a renovation that could make you money?

Brant Nielsen: Absolutely! Given the choice between a quick profit and a long term relationship, I'd choose the long term relationship every time. One way or another, I'll earn their business because I've made the effort to earn their trust. I said it earlier and I'll say it again. Everything we do is about building relationships based on trust and transparency. The way I see it, we're not in the construction business, we're in the customer service business.

Whenever I send an email welcoming a client, I end it with the statement, “We look forward to serving you.” And I mean it. I remind my team every day that our customers pay their salaries.

Most people in construction don't have a clue when it comes to customer service. Some of our competitors are in the sticks and bricks and hammers and nails business. The most customer



Photo by Tony Lewis Jr.

service you'll get from some construction companies is 'get out of my way or you'll get a nail in your forehead. This is my project and I'll see you at the end of it.'

Sometimes it's a point of contention with my jobsite supervisors who argue that the customer is not always right. In the end, it doesn't matter. We might be right. We might win the battle, but in the end, all the customer will remember is an argument. And we'll lose the war.

Most, if not all our customers recognize and appreciate the difference in our approach. It's not simply about how we talk to them. It's about creating an operational framework that puts them first. This is how one of our customers expressed her experience with NDG:

“Other contractors tried to fit us into a formula that was convenient for their crew, not us. NDG's approach was ‘What do you need? How can we make the vision you've poured energy into with your architect, come to life in your home?’”

We make a deliberate effort to listen well and talk straight with our customers.

PL: Everything you've shared suggests a clear and coherent culture. How do you grow without compromising the things you stand for?

Brant Nielsen: Great question! That's an issue we're grappling with right now. I was talking with my senior team leader about this just the other day. I mentioned a plan that a media consultant had

proposed that could, in short order, deliver \$15 million in revenue. We're at the point where we can turn the dial up or down and produce exactly what we want. I know that sounds great, but the last thing we need is to grow too big, too fast. We need to grow right!

PL: What does that mean?

Brant Nielsen: We have to hire well. Get the right team members. We can't compromise our standards and hire for the sake of expediency. The wrong people can poison the well. We must hire for attitude and core values, not aptitude. Aptitude, we can teach.

I feel like I am coming full circle here, but it's all about creating and sustaining relationships. A critical aspect of growth is self-knowledge. Acknowledge what you don't know and get help from someone who does. We know a lot about construction, but growing a business is like navigating a minefield. Fortunately, we have a relationship with Patrick Lee and his team at Chesapeake Think Tank. We lead when it comes to construction. They lead when it comes to business building.

* Patrick Lee, President, Chesapeake Think Tank

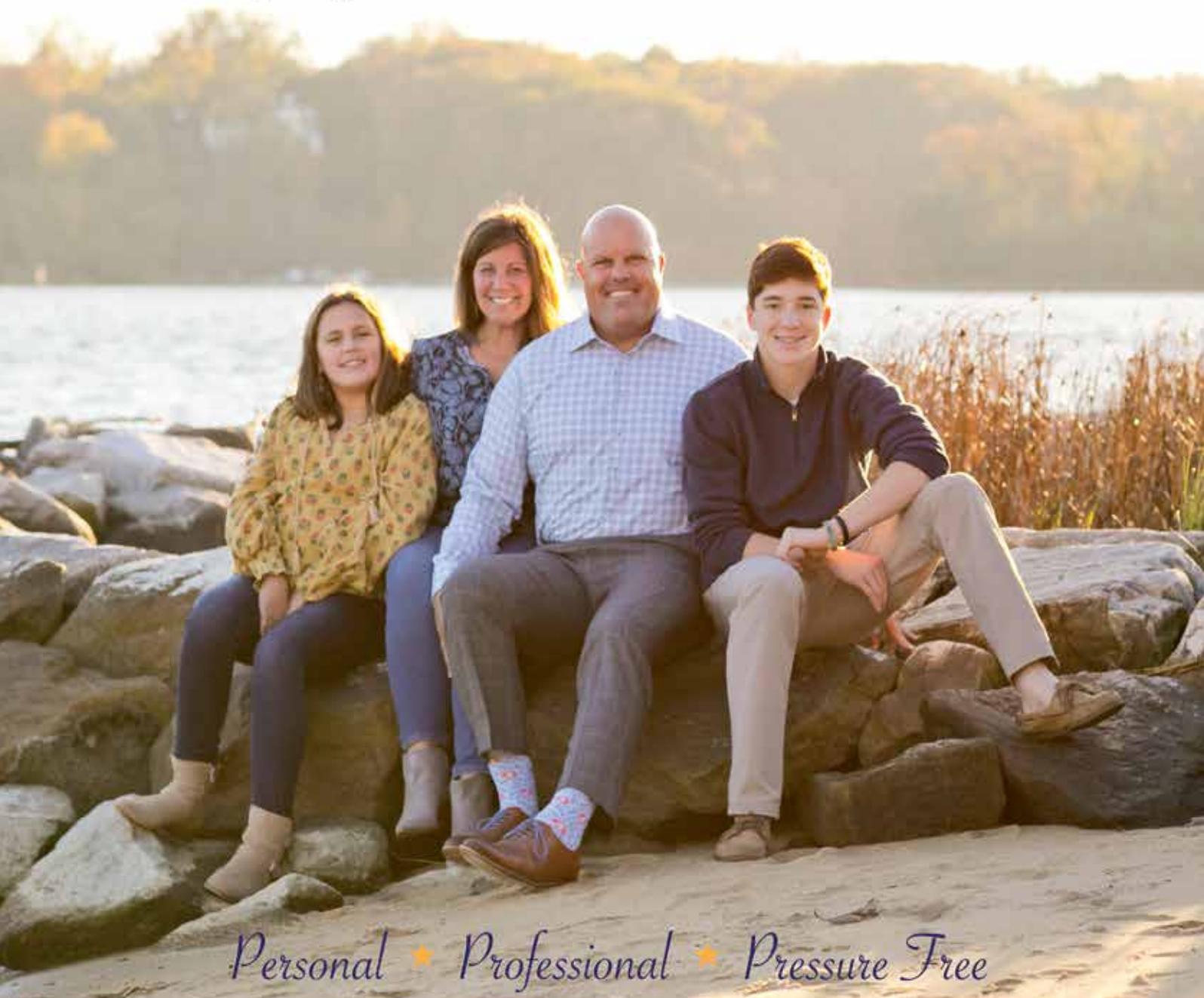
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Out on the TownE

21 ACTIVITIES | 28 SALUTE | 34 SPOTLIGHT | 38 ATHLETE



April showers bring May flowers, right? Well, those rainfalls are not the only thing that causes Maryland to have some of the most beautiful flowers, shrubs, and trees. The Chesapeake Bay Watershed grows over 2,700 species of plants, grasses, shrubs, and flowers. Planting native plants in your garden is important to preserve Maryland's biodiversity. Whenever you plant natives, you impact the area around your home because they cross-pollinate with wild flora and are able to disperse seeds into surrounding areas. It is also the best way to help pollinators like bees and butterflies. Native plants and native insects have an intricate balance of co-evolving with each other. Read about some of the stars of the region and what they can bring to your own garden.

BLACK-EYED SUSAN (RUDBECKIA HIRTA)

Might as well start with the most popular, Maryland's State Flower. These flowers consist of bright yellow petals and a black, dome-shaped center filled with seeds ready to be caught in the wind and plant new seedlings. Show your Maryland spirit and start planting a few state flowers in your garden and see how even more sprout season after season.



CARDINAL FLOWER
(LOBELIA CARDINALIS)

In wet woods and meadows throughout the state, you can find the intense and beautiful Cardinal Flower. This flower blooms from July through September and is super easy to maintain if you choose to add it to your own garden. Plant it in your shaded garden to attract swallowtail butterflies, bees, and hummingbirds.



BERGAMOT
(MONARDA)

Bergamot creates brightly-colored flowers, perfect for a pollinator garden. Unlike most of the other plants and flowers on this list, you are not likely to find this lavender beauty by the Bay, as Monarda needs dryer soils found in meadows and woodland edges. And good news, this flower is both deer and rabbit resistant.



WHITE OAK
(QUERCUS ALBA)

The tall and strong White Oak is just one of twenty-one species of oaks native to Maryland, but this is the only one that can claim to be Maryland's Official State Tree. We can find the White Oak through all woodlands in Maryland and even in yards and neighborhoods. These trees can tower from 60 to 100 feet and provide a beautiful, majestic silhouette. The largest known White Oak had a trunk circumference of 32 feet and grew in Wye Oak State Park in Talbot County. In 2002, a storm destroyed the tree.



ROSE MALLOW
(HIBISCUS MOSCHEUTOS)

Once you see the amazing white or pink flowers with a deep pink center, you know you have found a special Rose Mallow. Rose Mallow loves the marsh and sun, so it may not be the best fit for your home garden, but that does not stop it from being beyond beautiful. A crazy fact about Rose Mallow is that they have been used medicinally in the form of tea to treat digestive and urinary tract inflammations.



JOE-PYE WEED
(EUPATORIUM DUBIUM)

Coming from the daisy family, Joe-Pye Weed loves to be in the moist woods and marshes, making it perfect for our area. They attract birds and bees to their surroundings and they are not hard to find, considering they can grow up to 10 feet tall. Just like the Rose Mallow, Joe-Pye Weed have been used herbally and homeopathically to treat urinary tract and gall bladder problems.

↓ **Wine and Dine in the Garden**

Dine al fresco at the William Paca Garden in Annapolis on May 12th at 5:30 p.m. Enjoy extravagant food and wine provided by Ken's Creative Kitchen for this unforgettable evening. Experience a four-course dinner in the picturesque English Garden. Be sure to register by May 5th, seating is limited. The dinner is all inclusive, both food and wine at \$150 per person. Register today at Annapolis.org



Denim & Diamonds

Unfortunately, with everything going on last year, Anne Arundel Medical Center had to cancel their annual Denim & Diamond event. To make up for it, this year, they will be having a whole month event to raise money for Luminis Health Anne Arundel Medical Center's mental health and addictive care services. May is Mental Health Awareness month so from May 1st to May 31st, participate in this virtual celebration of Denim & Diamonds —Delightfully Deconstructed. Throughout the month, join in for a virtual auction, restaurant/boutique events in the community on both sides of the Bay Bridge, and much more. Find more information at [Aamedeni-mandiamonds.org](http://Aamedeni-manddiamonds.org)

May Day Celebration 2021

Celebrate the 66th annual May Day in Annapolis with The Garden Club of Old Annapolis Towne on May 1st from 10 a.m. to 5 p.m. Annapolis residents are to set out May baskets on their porches to show gratitude and appreciation to all of the numerous healthcare workers and other helpers in our community. Be creative and use flowers from your own garden to give residents and Annapolis visitors beautiful things to look at around the town. Post pictures of your colorful baskets to social media using #MayDayAnnapolis2021 and #66thAnnapolisMayDay.



↑ **Big Little Boat Festival Races & Rendezvous**

Chesapeake Light Craft are hosting the 2021 Big Little Boat Festival Races & Rendezvous on the campus of Camp Wabanna in Edgewater. The festival will take place on May 22nd and consist of a 1-, 3-, 8-, or 20- mile race for paddlers, rowers, and sailors. In addition to the race, there will be a boat parade and room for camping in tents and small campers. Find more information and register at Clcboats.com/festival

Annual Strides Against Skin Cancer 5K



Anne Arundel Dermatology is hosting the Annual Strides Against Skin Cancer 5K to benefit the Skin Cancer Foundation. The 5K run/walk will take place on May 15th at Quiet Waters Park in Annapolis. All race proceeds will benefit the Skin Cancer Foundation who educates both the public and medical community on the importance of skin cancer, how to prevent it, and how to protect ourselves from it. Find more information and register for the race at Give.skincancer.org/2021strides

Oxford Fine Arts Virtual Gallery ↓

Fifty incredible artists will be showcased in the Oxford Fine Arts Virtual Gallery opening on Friday, May 14th at noon and closing on Sunday, May 16th at 4 p.m. Virtual studio tours and workshops will be offered online all weekend. The show will feature artists from the Cayman Islands, Arizona, the Talbot County area and more. If the pandemic allows, there will be a in person pop-up show on May 15th. Proceeds from the VIP experience, the demos, and 30 percent of the art sales will support the Community Center's mission to serve, educate, and inspire. Keep an eye on their website to stay up to date on the show at Oxfordcc.org



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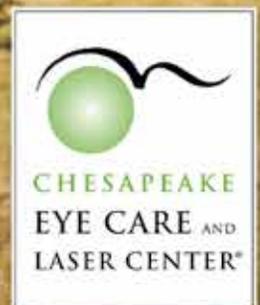
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IT'S OUR RESPONSIBILITY TO HELP CONSERVE OUR PRECIOUS MARINE RESOURCES. EDUCATION IS SO IMPORTANT, AND RAISING PUBLIC AWARENESS CAN REALLY MAKE A DIFFERENCE. WE HAVE AN OBLIGATION TO CREATE A MORE SUSTAINABLE FUTURE FOR THE NEXT GENERATION."

chapters (Central Region Chapter), and he has been a staunch advocate and dedicated volunteer for the entire organization since that time.

"It's our responsibility to help conserve our precious marine resources," Wissel says. "Education is so important, and raising public awareness can really make a difference. We have an obligation to create a more sustainable future for the next generation."

A nonprofit organization, the mission of CCA Maryland is "to advise and educate the public on the conservation of our marine resources" and "to conserve, promote, and enhance the present and future availability of coastal resources for the benefit and enjoyment of the general public." CCA Maryland consists of several chapters that serve as a forum for recreational anglers and volunteers who are interested in conservation.

As the co-founder and vice president of the Central Region Chapter, Wissel organizes meetings, schedules guest speakers, and helps launch local programs to raise awareness. Perhaps one of the chapter's most successful achievements is the creation of the Living Reef Action Campaign (LRAC), which is regarded as "CCA Maryland's flagship habitat, education, and outreach program."

Established in 2015, LRAC offers in-class and hands-on learning experiences in area schools to teach students about

the ecological benefits of oysters and the importance of habitat creation and restoration. The students build artificial reef components (called reef balls) that are deployed in the Bay and its tributaries. Not only is the program fun, but it also helps generate interest in the environment and foster stewardship.

"The Living Reef Action Campaign demonstrates how we can put life back into the Bay," Wissel says. "A few months after deploying the first reef ball off Tilghman Island in 2016, new life and oyster growth could be seen. By applying the science and creating these living reefs, we are able to see a concept put into action from start to finish, and that is such a rewarding experience. It's also great to see how excited the students are about the program."

In addition to his hands-on volunteer work, Wissel also plays a business/administrative role for CCA Maryland. He serves as the chairman of the State's Management Committee and as the vice chairman of the State's Board of Directors.

"Mike is the kind of volunteer and leader that any grassroots organization would be proud to have in their ranks," says David Sikorski, executive director of CCA Maryland. "He constantly keeps his eye on the end goal of any CCA Maryland effort and has been the driving force behind building and maintaining our Central Region Chapter. Mike's attention to detail and



Photography by Stephen Buchanan

TOWNE SALUTE

Mike Wissel

Coastal Conservation Association Maryland

By Lisa A. Lewis

Born and raised in the Chesapeake Bay region, Mike Wissel has always loved the area's rivers and developed an interest in fishing at a young age. When he moved back to Maryland in 2009 from New York—where he had been pursuing his career—he renewed his passion for the sport of angling. So, when Wissel noticed a decline in the number of fish caught while enjoying one of his favorite pastimes, he became concerned and knew that he had to help.

While participating in a fishing tournament hosted by Coastal Conservation Association Maryland (CCA Maryland), he met a lot of like-minded people who shared his interest in conservation. After speaking to the then-executive director of CCA Maryland, Wissel decided to take action. In 2014, he co-founded one of many regional

follow through is second to none, and he constantly steps up to the plate to lead and motivate others. Furthermore, Mike's family and community have always risen to the occasion to support his efforts, [which] shows the true value he brings to those around him."

Like all organizations, CCA Maryland has had to adapt to meet the challenges presented by the COVID19 health crisis. The organization utilizes a virtual platform to conduct its events, including fundraisers, banquets, and raffles. Wissel says that interest in fishing has increased since the pandemic started, and CCA Maryland remains committed to its mission, which is even more important than ever during this difficult time.

Wissel, who works in financial services, lives in Carroll County with his wife, Kelly, and their three children, twins Lauren and Carter, 13, and Addison, 15. An avid angler, he feels lucky that CCA Maryland offers him the opportunity to combine two of his passions: conservation and fishing.

"Coastal Conservation Association Maryland is a great organization, and I love being a volunteer," Wissel says. "The more I developed my interest in fishing, the more I became engaged in conservation. It's so important to protect our marine resources, and CCA Maryland offers a way for recreational anglers to play a role in advancing conservation efforts. It's truly a win-win situation for people who love fishing."

For more information about Coastal Conservation Association Maryland, visit ccamd.org.

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



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↑ EAGLE TITLE HIRES NEW DIRECTOR OF BUILDER SERVICES

Eagle Title, Anne Arundel County’s award-winning residential and commercial title services company, announced the hiring of Barry DesRoches as Director of Builder Services. DesRoches brings his expertise from a lengthy career in leadership roles across the title and homebuilding industries, as well as decades of title company management and ownership. With his strong background in new construction, DesRoches will spearhead Eagle Title’s Builder Services Division, providing developers, builders, lenders, and other real estate professionals with a high level of title and escrow services tailored to support this specialized business segment.

“Barry brings a fresh perspective and broad knowledge base to our business and will be an immediate asset to our Builder Services division,” says Jay Walsh, President and CEO of Eagle Title. “His proven experience coupled with his ability to navigate complex closing processes, will bring obvious value to each transaction. We are thrilled that he has joined our team.”

Golf Club at South River Announces Major Course Renovation ↓

The Golf Club at South River will be renovating its golf course’s fairways and greens surrounds this summer. The Golf Club will be converting 22 acres of Bentgrass fairways, in addition to rough, approaches, and greens collars to almost 30 acres of Bermuda grass. This process will allow the club to redefine the fairway lines and allow easier access from the cart path, while improving playability during the peak golf season. The project is slated to take 8-weeks, from June 14 to August 16, 2021.

The golf course will be closed during this conversion. The clubhouse, including The Bistro, events, fitness center and golf simulator room, as well as the driving range and putting green will remain open with normal operating hours.



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

ARC CENTRAL CHESAPEAKE RECEIVED GRANT

The Arc Central Chesapeake Region, a nonprofit committed to transforming lives for people with intellectual and developmental disabilities (I/DD), recently announced an \$18,250 grant from the Community Foundation of Anne Arundel County to continue and expand the critical healing and crisis prevention work through Coping with COVID. Created in Summer 2020, Coping with COVID helps people with I/DD process their emotional response to the pandemic and identify ways to adapt to the many changes and disruptions in their lives. “Our role as a provider is to proactively acknowledge the challenges and changes people are experiencing, and to help people grieve healthily so they are able to move forward without fear,” says Jonathon Rondeau, President & CEO, The Arc. “People with I/DD are already at an increased risk for isolation. Ongoing social distancing could lead to people feeling disconnected from their community, resulting in challenging behaviors and even trauma.” To learn more, visit thearcctr.org.

Virtual Surprise Financial Gift Presentation →

Annapolis-based Premier Planning Group recently surprised a local woman by providing 12 months of housing payments through its “Premier Planning Group Day of Giving.” To provide this gift, Premier Planning Group partnered with clients, as well as the Gradient Gives Back Foundation, a nonprofit that devotes its resources to assisting families in need. The recipient was singer and song writer, Mary Byrd Brown, who has suffered with Lyme disease for 25-plus years. This invasive disease has taken much from her, including her love of performing her music. “Mary has dealt with more difficulties in the past several years than many people encounter in a lifetime.” says Brion Harris, CEO and founder of Premier Planning Group. “My hope is that this money will give her the hand up she needs to get back on her feet.” To learn more about the Gradient Gives Back Community Outreach Program, nominate a family in need or to donate, please visit www.gradientgivesback.com.



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This year's Excellence in Nursing campaign kicks off this month! A peer-survey project that celebrates exemplary nurses practicing in the Greater Chesapeake Bay Region. This is nurses celebrating nurses!

The two-month nomination period opens May 1st and closes June 30th.

We are calling for licensed nurses and medical professionals—to nominate your fellow nurses in several fields of practice. The results will be tabulated, vetted, and become Excellence in Nursing 2021.

This is truly *professionals nominating professionals*. This is not open to the public at large. *Only licensed nurses and medical professionals may access this survey.* The process will be anonymous, but do have your state license number handy to access the nomination form. The license number is required to verify and qualify each nomination form. Only one

nomination form may be entered by each person. There are 15 categories/specialties on each nomination form. You may nominate up to two nurses per category; one nurse practicing within Anne Arundel and Prince George Counties, and another nurse on the Eastern Shore.

Thank you very much for your time and participation. You are truly benefitting the medical community by acknowledging the contributions of your peers. **Voting will close June 30th.**

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

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

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TOWNE ATHLETE

Bronwyn Patterson

South River High School Cross Country, Indoor Track, Lacrosse

By Tom Worgo

Lacrosse consumed South River’s Bronwyn Patterson. At least until she got hooked on running. Patterson played lacrosse for a decade—including a stint on the top-caliber team, Chesapeake Club Lacrosse—before capping off that stretch with a Class 4A state championship win as a freshman member of the South River varsity in 2018. Patterson, now a senior, started running cross country and track to stay in shape for lacrosse. And it changed everything.



I AM GRATEFUL FOR THE OPPORTUNITIES I’VE HAD, AND VERY PROUD OF MY TITLES. I NEVER THOUGHT ANY OF IT WOULD HAPPEN. I’VE JUST ENJOYED THE RIDE.”

“I realized that as much as I love the sport of lacrosse, I really wanted to pursue running throughout the rest of my high school career and beyond,” Patterson says. “It’s where my heart was ultimately. I made that hard decision. It really surprised me. I didn’t ever think I would leave lacrosse.”

It turned out that running rearranged her future. What started out merely as exercise became a lifestyle. She’s captured six Class 4A state championships in cross country and indoor track, including running a leg on the 800-meter title winning team as freshman.

The number of titles could easily have been higher if not for the pandemic and a foot injury that caused her to miss two seasons in both cross country and track. Her other five titles came in individual events: the 800 and 1,600.

“There’s really a part of me that wonders what could have been,” says South River’s Josh Carroll, the school’s cross country and assistant indoor track coach. “You could have been looking at 10 to 14 championships. She is a one-of-a-kind runner that I’ve worked with in my 21-year coaching career.”

The 5-foot-4 Patterson will be taking her blazing speed to the University of Pennsylvania. She’ll run cross country, indoor, and outdoor track

at the Philadelphia school.

“I am grateful for the opportunities I’ve had, and very proud of my titles,” Patterson says. “I never thought any of it would happen. I’ve just enjoyed the ride.”

The cross-country championship she won at host Hereford High in the fall of 2018 as a sophomore means the most Patterson. She finished 12 seconds ahead of the runner-up and the race included about 150 participants.

“Cross Country is a grueling sport and the course I ran there is really strenuous,” Patterson recalls. “That was my breakthrough race. It really pushed me and I surprised myself in that race.”

Carroll adds: “That is the toughest courses in the nation, and she went out and dominated. She was physically prepared to win that race and I think it was the turning point in her running career.”

That crown led to her being named the 2018 *Washington Post* Runner of the Year. That was one of 20 overall titles (county, regional titles among them) in her career.

“Her range is great,” Carroll says. “Very few kids can have the speed and endurance that she has.”

The 18-year-old Patterson trains like a champion. She works out two hours a day,

and her routine includes running, Pilates, and core exercises. Patterson is only one of two female runners to have trained with the boys team at South River during Carroll's coaching career. She'll train with her fellow women runners in college.

"She is amazingly dedicated," Carroll says. "And not just with completing her workouts. She's a perfectionist when it comes to how she treats her body whether its nutrition or staying well-rested and grounded."

Patterson may be an even better student than athlete. She carries a weighted 4.81 grade-point average and has taken 15 advanced-placement classes in high school, including six as a senior. She also helps out with community service at her Church, Severna Park United Methodist, and serves as president of her school's Wounded Warriors Club. On top of that at South River, Patterson, who wants to be an environmental lawyer, belongs to the National Science Honor Society and Seahawks Saving Shorelines Group, which aids in rebuilding Chesapeake Bay Shorelines.

"If you are measuring your kid against her, good luck," South River Athletic Director Dave Klingel says. "She does it all. She is the definition of the complete student-athlete. I would have loved to see her run for 12 seasons and see what she could have accomplished."

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

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THANK GOODNESS

RESILIENT LOCAL FARMERS
HAVE ADAPTED TO PANDEMIC
PRESSURES TO PROVIDE
SUSTAINABLY DELICIOUS
MEATS, PRODUCE, AND WARES

BY RITA CALVERT

Ironically, COVID19 may have had an unexpected benefit: making us more mindful of what it takes for food to reach our plates, and more aware of what local farmers and producers do for us. For local farmers and producers, the boost in consumer interest was a welcome gift. We can't beat the pandemic without safe production and distribution along the entire food chain and that's what our local farms have demonstrated as they pivoted and adapted—transitioning customers from grocery store mentality to local seasonal production. With the increased interest in staying home and cooking, many small farms and CSAs are experiencing a boon, both in customers and production volume. Local farm food popularity is still “off the charts” 11-plus months into the pandemic. Let's dive in with some of our local farmers to see how their lives and their businesses have been affected.



HOLLYWOOD FARM

Hollywood Farm, owned by Jean-Francois and Thackray Seznec, is a small, fifth-generation family-operated farm on the Broadneck peninsula of Annapolis, with one of the largest tracts of conservation land in Maryland. They specialize in raising 100 percent grass-fed Katahdin lamb on 70 acres of pasture, but have quite a few other operations on the farm, which help make them a regenerative farm, meaning they are working on improving the land and soil.

I had a lovely tour of the farm and talked to “JF,” as he is called, to learn about special sustainable practices for the sheep, pasture improvements to rectify the soil, and methods used to make the farm more of a homestead, including: their sawmill to make use of wood from fallen trees, poultry processing, converting sod acreage to pasture, jam making from black currants and apples, and bread baking. Hosting multiple acres of gardens has a multi-pronged effect for the farm by promoting community interaction and improving the soil by organic gardening practices. The community garden, Grow Annapolis, is thriving in a half-acre corner of a 126-acre farm.

Gwen Manseau, daughter of JF and Thackray, is manager of Hollywood Farm, as well as mother, farm market manager, chicken processor, and full-time attorney. She conveyed the changes brought about by COVID19. “At first we were frightened of the pandemic as it began negatively,” she says. “We were concerned about the health of the people on our farm—family and employees. The same problems with finding safety equipment applied to us as well. We had a huge concern for our business as the pandemic came right at lambing season, plus at a time when we process our meat. Many of our processors



abruptly shut down, while processing demand was way up as farmers in the region needed to get *more* meat processed due to ‘pandemic hoarding.’ Lack of a processor translates into loss of revenue. It was a huge learning curve for us! We had to make four separate trips for meat processing rather than one.”

COVID also hit at the beginning of Hollywood Farm's season at the farmers' market in April. They set up home delivery in an expanded area and then realized quickly that they needed to limit deliveries to just Annapolis limits because they could not fill the demand. However, sales continued an uptick and when they also offered product at Anne Arundel County Farmers' Market in Riva, they sold out for the season.

MISE EN PLACE FARM

Mise En Place is a small forward-thinking farm in Davidsonville, Maryland, using regenerative sustainable methods and specializing in salad greens, mixed vegetables, ginger, turmeric (by the ounce), lemongrass, shishito peppers, serano peppers, Jimmy Nordello peppers (sweet), basil, thyme, parsley, sage, chives, mint, radishes, sunflower shoots, microgreens, broccoli, cilantro, radish, and more! I have gotten to know J.J. Minetola and his wife Cristina as I indulge weekly in his creative delicious tacos at the Anne Arundel County Farmers' Market. As we talked, JJ relayed the family's COVID19 experience and told how he came to be a farmer.

"COVID19 affected our family a lot in the beginning," Minetola explains. "My wife, Cristina, closed her acupuncture office for three months, so she helped a lot on the farm and she is still helping at the market. My off farm part-time job slowed down a lot too, so I scaled up the farm a little. I hired two part-time farmhands and started doing tacos at the market in the summer. Of course, we have been homeschooling our son Dean who helps with the tacos at market."

He continues, "I've always been into food. I worked up to chef in Annapolis restaurants like Tsunami and Metropolitan and a couple of D.C. restaurants. I loved buying from farmers directly as the produce farmers would sell us was always the best. I left the restaurant business to get a better schedule, as I was starting a family and farming sounded like a super-rewarding career where I could continue my love of food and ridiculously hard physical work. I took a couple of online farming courses and got into a beginner farmer program with Future

Harvest, which has been fantastic. We have a pretty small farm by most standards, but we keep scaling up every year.

"I like cooking with funky, rare ingredients so I keep trying out unusual crops, as long as they sell of course. We have four greenhouses/high tunnels now and the tropical crops like turmeric, fresh ginger, and lemongrass do well in them.

"The farm that used to sell breakfast sandwiches for years at the farmers' market stopped coming last spring, so I took the opportunity to start selling hot food. The health department and the board of directors were totally behind the taco idea. We use different seasonal ingredients from the other farmers every week for the taco recipes to promote all the other vendors, so it's a really collaborative community thing. We always have a breakfast and a vegetarian taco on the menu and I mix it up with the other tacos based on what we can get from other vendors, like a meat taco filled with pulled lamb or pork. We try to be a little authentic Mexican and a little creative. We post the menu every week on Instagram and Facebook, like a food truck would, and it's been really busy every weekend.

"Our new normal has given us more time to focus on growing the farm. Quarantining on the farm seems pretty easy, honestly. Homeschooling takes up a bit of time, but this year of extra family time hasn't been bad—we're not sick of each other yet.

"I sure hope 'buy local' will continue because it is so important for so many reasons. Supporting local businesses, freshness, not buying products shipped thousands of miles, and just chatting with the farmers and producers is fun. We shop for ourselves at the market," Minetola concludes.



**I'VE ALWAYS BEEN INTO
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BUYING FROM FARMERS
DIRECTLY AS THE PRODUCE
FARMERS WOULD SELL US
WAS ALWAYS THE BEST."**

—J.J. MINETOLA



Photo by Stephen Buchanan



NUMBER 1 SONS AND THE FARM AT SUNNYSIDE

For some farms, small scale business models facilitated easier adaptations to COVID-induced market changes. Over the course of a few weeks in spring 2020, D.C.-based Number 1 Sons' Caitlin Roberts transformed her business from primarily selling pickles and ferments at farmers markets into a home delivery service for their own wares, plus products from local farmers and producers. The creative transition came about thanks to a novel collaboration with Stacey Carlsberg and Casey Gustowarow, managers of The Farm at Sunnyside in Rappahannock County, Virginia, and one of the highest volume vendors at DuPont Circle Farmers' Market.

Since Sunnyside stopped going to farmers' markets completely in 2020 due to the pandemic, Carlsberg and Gustowarow started brainstorming when COVID hit on how to keep farming and keep everyone safe. They called Roberts about the possibility of doing a veggie drop at Number 1 Sons. But Roberts suggested more! Home delivery with a collaboration of farmers.

The Farm at Sunnyside changed from being a farmers' market business to a wholesale packing, distribution business also selling culinary kits as well as salad or hot pepper packs. Carlsberg and Gustowarow enjoyed the creativity of putting the new seasonal packs together, envisioning how people could use them at home. However, it was difficult adapting all of the packaging materials and labor. Employees also had to adjust to the unpredictability about the number of orders every week. Staffing was a juggling act, organization was essential, and they worked it out.

"What a great success and eye-opening experience," Carlsberg states. "We did \$300,000 in 2020 with COVID through a sales channel, which did not exist before!"

NICE FARMS AND CREAMERY

Federsburg, Maryland-based Nice Farms Creamery has had a very strong following for 12 years. You can even see them at the Anne Arundel County Farmers' Market with a long line waiting to buy weekly milk, yogurt, butter, and ice cream in summer. Bob Miller, owner and operator, told me their story of COVID resilience.

"Well, we will probably sound like everyone else here, but the past year was interesting, scary, and extremely challenging. This was compounded by internal forces, which were already impacting us. The farm had been in my family for three generations, but I was the one who encouraged the family to sell dairy products directly to market rather than to a dairy coop. In the summer of 2019, my parents gave me an ultimatum to buy the farm or they would sell.

"I managed to get loans and we soldiered on through that winter and summer of 2020, which was the time COVID hit. In the winter of 2020, we were able to buy out the dairy farm from our parents and send them off into retirement! I learned a lot thanks to COVID. The core creamery crew, Jaclynne, Brandy, my brother Lucas, and even my little ones (John 14, Anna 8, Mary 6, Aria 4) are some of the toughest, indefatigable people ever. Many days were 18 hours to keep the creamery and farm going, plus do our emergency delivery routes and normal delivery routes and farmers' markets. I learned that our everyday farmers' market supporters and families are some of the best people ever—they kept coming out to markets and our social distanced creamery pick-ups during the crazy shutdown periods of winter and early summer of 2020."



Photo by Tom Bagley

I LEARNED THAT OUR EVERYDAY FARMERS' MARKET SUPPORTERS AND FAMILIES ARE SOME OF THE BEST PEOPLE EVER—THEY KEPT COMING OUT TO MARKETS AND OUR SOCIAL DISTANCED CREAMERY PICK-UPS DURING THE CRAZY SHUTDOWN PERIODS OF WINTER AND EARLY SUMMER OF 2020."

—BOB MILLER

Miller explains that COVID affected his business in several ways. First, some of their larger accounts closed, forcing them to dump a lot of milk for several months. The farm also lost much of the onsite ice cream business at fairs, steam and gas shows, and other events. Keeping additional employees at work was challenging. Every time someone came down with the sniffles, they were not permitted to go into the creamery production rooms or handle product. And they are still having a hard time getting gloves, hairnets, wipes, soaps, paper towels, spare parts, bleach, etc. to keep the creamery going. On the farm side, finding things like tractor spare parts or pricing replacement equipment has been challenging for Miller.

"The first major change to our dairy volume was to find a home for about 60 percent of our milk after one of our large accounts, without warning, shut down," Miller explains. "Due to this, we immediately lost all of our restaurants, coffee shops, cafes business—they were either closing or scaling back. A donation drive with the Maryland foodbanks in Caroline and Talbot counties enabled people to get onto our home delivery site to buy milk and, in turn, we would send them to food pantries.

"Social media and our email lists were the primary way of getting our adjusted plans out to people. Of course, word of mouth or talking to our customers in person also contributed to getting the word out for our new normal, which was an operation for emergency delivery routes. As the farmers' markets we supported, in Annapolis, Salisbury, and Lewes, became super busy, we added the extra burden of emergency delivery routes, more foot traffic at our dairy, and of course, longer searches for the supplies we need to keep operating.

"We are going on 12 years now with our dairy business, so we know the Annapolis area and central Delmarva really do care about supporting a local dairy. We are now starting a program with regular home delivery. Jaclynne and Brandy have taken the experience of the emergency COVID routes from last year and have created the Curbside Cow, A Nice Farms Delivery Service. This is a more fleshed out version of what we did last year. This women-run portion of our operation will combine our dairy products with a few other carefully selected local operations such as Easton's Chapel's Creamery and Princess Anne's Twin Post Farm for farm fresh eggs. We are looking to form routes around Easton, Denton, and Centreville."

If Miller and his farming brethren's fortitude, creativity, and ever-adaptive business models have proven thus far, our local farms will emerge from this pandemic even better positioned to serve farm-to-table goods and wares to our communities for years to come.

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JUSTICE ON THE FRONTLINE

WHAT'S NEW, CHALLENGING, AND NEEDED TO LEAD THE CITY OF ANNAPOLIS AND ANNE ARUNDEL COUNTY POLICE DEPARTMENTS... AND HOW YOU CAN HELP

BY LISA HILLMAN

[SHE WAS NINE WHEN HER FATHER LEFT, ONE OF SEVEN CHILDREN HER MOTHER RAISED ALONE.](#)

[HE GREW UP IN BALTIMORE CITY IN PUBLIC HOUSING, ONE OF FIVE SIBLINGS.](#)

From such modest beginnings, Amal Awad and Edward C. Jackson have risen to the highest posts in the Anne Arundel County and City of Annapolis police departments. As the first African American and female chief, Awad assumed her position with the county force in December. Jackson, also African American, was confirmed in July, 2019.

The two chiefs step into leadership roles at a challenging time for law enforcement. Nationally, civil unrest, the rise of white supremacy and militia groups, outrage against police brutality, and cries for police reform and “defunding” flash across the nightly news. The pandemic has added another layer of danger, both for police and the public they serve.

Through interviews with the chiefs and those closest to them, what emerges is a similar style and certain humility. They both understand that their most important

mission is to gain and sustain public trust. They also share a common academic approach to policing, as well as a respectful understanding of their department’s separate roles and unique duties.

A SHARED GEOGRAPHY

According to a recent U.S. Bureau of Justice Statistics Census of state and local law enforcement, Maryland has more than 140 law enforcement agencies. In Annapolis and Anne Arundel County,



“ALL OF OUR SPECIALTY ASSIGNMENT POSITIONS ARE OF IMPORTANCE AND VALUE.”

—CHIEF AMAL AWAD



these include not only the two respective departments, but also the Anne Arundel County Office of the Sheriff, State Police, and the Maryland Capitol police. As a division of the State Department of General Services, Capitol police provide security and police services to state buildings, parking lots, and garages. Anne Arundel County and City of Annapolis police each limit their authority to their primary jurisdictions. However, they frequently overlap. Because the city is in Anne Arundel County, county police have the authority to enforce laws in the city.

It is often not clear-cut. Forest Drive is an example. The roadway crisscrosses county/city boundaries. Any incident closer to the Safeway shopping center draws city police. But an event at the eastern end of the road, toward Annapolis Roads, would draw county police.

More often, the departments overlap due to specific requests. Because Annapolis attracts large celebrations, protests, and other crowd-drawing events, Chief Jackson is never reticent to ask

MARYLAND LAW ENFORCEMENT HAS MORE THAN

140
AGENCIES

county police to augment his forces. During the Thousand Man March in Annapolis last year, county police assisted with traffic

control. Navy football games also typically involve the two departments, both at the stadium.

One of the most dramatic examples of collaboration occurred just months ago. Following the January 6 assault on the United States Capitol, the FBI sent warnings to state capitals across the country of potential spill-over riots. Sunday, January 17 was a targeted date.

“That morning, when I arrived at Navy-Marine Corps Memorial Stadium, I saw a sea of law enforcement ready to protect the city,” Chief Jackson says. “I have never seen anything more beautiful in my entire career.” His vision swept a “sea” of police from Anne Arundel, Prince George’s County, Baltimore City, Baltimore County, State Police, Capitol Police, and the National Guard. He compared the show of force to Pope John Paul II’s visit to Baltimore in 1995.

“It was such a peaceful morning. People were out walking their dogs, jogging. Several came up to thank us,” he recalls. “It was almost idyllic. Anne Arundel County was among the first in their effort.”

“ELITE” UNITS

Anne Arundel County Police Chief Awad dislikes the term “elite.” So do city officers. Says Chief Awad, “All of our specialty assignment positions are of importance and value.” It is typical of police and the self-effacing nature of their profession to focus on the team. They prefer “special” or

“unique.” But certain units are, indeed, “elite.” And the public is well-served in having them.

CITY OF ANNAPOLIS BOMB UNIT

One of the area’s most unique units is not in a police department. Housed within the Annapolis fire department, the city’s bomb unit—which provides coverage for the city and county—is one of only seven statewide and 400 in the country that are accredited. Its six certified bomb technicians also serve as emergency medical technicians and fire investigators, as well as perform other duties. What makes theirs such a highly regarded unit is the rigorous training. Members attend the six-week program at the FBI’s Hazardous Devices School in Huntsville, Alabama. Established in 1971, the FBI school has trained and certified more than 20,000 local, state, and federal first responders and bomb technicians. Technicians must be re-certified every three years since training changes as new threats emerge. According to Deputy Chief Carroll Spriggs, the unit began in the early 1980s when Olympic soccer came to Annapolis. Spriggs says calls about suspicious packages have increased since 9/11, now averaging 10–15 calls a month evenly divided between the city and county.

“We use x-ray equipment to determine the contents of a package. Then we evaluate the entire scene and any associated threat to determine if we should utilize a robot or disarm the device manually,” Spriggs says.

The unit also employs four highly trained dogs. Each is assigned to a technician. Typically, the dogs scan Navy-Marine Corps Memorial Stadium before football games and support city and county SWAT teams whenever called.

“Ours is a very competitive field,” Spriggs says. “We train hard and learn a lot. We get to see things most people never see.”

POSITIVE IMPACT PROGRAM (PIP)

Another unit unique to Annapolis is its reentry program, a targeted effort to help men and women returning to the community after incarceration. Just



“**THAT MORNING, WHEN I ARRIVED AT NAVY-MARINE CORPS MEMORIAL STADIUM, I SAW A SEA OF LAW ENFORCEMENT READY TO PROTECT THE CITY. I HAVE NEVER SEEN ANYTHING MORE BEAUTIFUL IN MY ENTIRE CAREER.**”

—CHIEF EDWARD C. JACKSON

one year old, the program has spurred interest from the Anne Arundel County Police Department.

“PIP” may be new to Anne Arundel County, but similar programs exist across the country. Baltimore City has had such a unit for years. Familiar with its success, Chief Jackson tapped a former colleague who developed that program to begin one in Annapolis. Officer Robert Horne joined the force last June.

Horne’s goal is to “catch returning citizens and those most vulnerable to commit crime in our communities and build relationships between them and police. It doesn’t always mean we have to arrest people. We can be a bridge between police and the community.”

A deeply spiritual man, Horne serves as a volunteer Islamic Chaplain at the Maryland Diagnostic Correctional Center. He adopts a “holistic approach” to his work. Using many of the same service providers who helped in Baltimore, he plugs returning citizens into job training, housing, and “all the services they would need



to combat recidivism.” Still in its early stages, the program includes locally well-known Bishop Charles Carroll. The Lighthouse shelter, Gaudenzia, and Maryland Reentry Resource Center also offer support.

Horne notes they first had to overcome disbelief that police would help them. “These individuals do not trust cops.” But police often are first responders and in a position to help. Horne knows that gives them credibility. As he says, “Who else would meet them at the gate when they are released?”

CRISIS INTERVENTION TEAMS (CIT)

Last year, this county police unit achieved worldwide acclaim when Crisis Intervention Team International named it the best “Team of the Year.” Few police agencies anywhere in the country have such a unit, let alone one so highly regarded.

The CIT integrates county police with county mental health professionals. The goal is to treat what causes the crisis, not the symptoms. On any crisis call, available 24/7, a police officer responds with an experienced and highly-trained clinician.

Teams respond to crisis situations anywhere in the county including Annapolis. Chief Jackson readily admits “We depend upon them.” Sgt. Kam Cooke, County police information officer, explains “The officer is there for safety, and the clinician to determine what further help that individual needs.”

CIT Coordinator Lt. Steve Thomas and police leaders praise Jen Corbin, the Anne Arundel County Mental Health Agency’s Crisis Response Director, and her team with the unit’s success. Thomas, Corbin, and their CIT colleagues exemplify the best in “community policing” by diverting in-

dividuals from the judicial system into the health system. Staff follow-up with individuals to ensure they receive the services they need. In recent years the opioid crisis has highlighted their work which has helped countless people with addiction to find paths to recovery.

The team also trains rank and file officers to recognize symptoms of mental illness and substance abuse on routine patrols. Anne Arundel County Executive Steuart Pittman has named CIT “one of the greatest things in Anne Arundel County government.”

AVIATION UNIT

Anne Arundel County has had its own aviation unit since 1991. The unit is expecting the arrival of a new 2020 Bell 407 GSi helicopter to replace its 2003 aircraft later this year. Three fulltime pilots undergo training annually at Bell’s facility in Fort Worth, Texas.

Sgt. Shannon Mack, the unit’s supervisor, has been with it since 1999. “We are used for everything any time someone needs an aerial platform to perform their work.”

While the Aviation Unit typically works in areas of the county, it also responds to city calls. Most often these happen at night. Sgt. Mack cites a recent incident in which a burglar was trapped in the woods near the Annapolis and Anne Arundel County SPCA off Bay Ridge Road. The helicopter’s thermal cameras located the suspect who was soon apprehended by city police.

Few people realize that the unit does more than police work. Given their knowledge of the topography and unique abilities, pilots perform surveillance flights for other county agencies. They also assist federal agencies. Annually, they fly for the U.S. Department of Agriculture into an area east of the Allegheny range to distribute vaccine-containing baits as part of the wild raccoon rabies vaccine program. The FBI seeks their support for surveillance during presidential visits. “We aren’t only a police asset,” Mack says. “We are a county asset.”

K9 UNIT

While the county and city each have a K9 unit, their working relationship is one of the best examples of police collaboration. Since 9/11 the demand for working dogs has increased. Work-

ing dogs now populate several local police divisions. City Police Sgt. Chris Tucker, the unit’s supervisor, helped to establish the Maryland Capitol police unit which has three single-purpose explosive dogs. The Sheriff’s Office is supported by three dog teams, including two trained in explosives mostly to monitor the courthouse. The Bomb unit, which covers Annapolis and the county, also employs single-purpose bomb sniffing dogs. Typically, a dog is assigned to one officer and the pair train together.

As Tucker notes, “The K9 world is a small world. We need to work together.”

A scenario in the fall of 2016 involving M13 gang members showcases the close working relationship. The incident unfolded near Quiet Waters Park. Calls began coming into the city and county. Both responded.

“We had to communicate and make decisions quickly to determine roles and responsibilities,” Tucker says. While one team searched through yards for evidence and suspects, the other team entered the park doing the same, quickly clearing it.

City and county K9 units regularly patrol Navy football games and other events at Navy-Marine Corps Memorial Stadium, both before and during the events. K9 units are typically supportive.

[CITY AND COUNTY K9 UNITS REGULARLY PATROL NAVY FOOTBALL GAMES AND OTHER EVENTS AT NAVY-MARINE CORPS MEMORIAL STADIUM, BOTH BEFORE AND DURING THE EVENTS. K9 UNITS ARE TYPICALLY SUPPORTIVE. THEIR GOAL IS TO LOCATE AND FIND.”](#)



Their goal is “to locate and find.” Working dogs also routinely scan the grounds around the State House complex.

Officers assigned to K9 units love their work, but as Tucker notes it carries a unique responsibility. “They have a job that comes home with you.”

COMMON VIEWS

Few institutions in our country are under more of an assault than law enforcement. Whether it is from highly-publicized instances of alleged police brutality, or localized stories about “bad” cops, police face a near-crushing challenge to reform their departments—or be reformed.

Both Chief Awad and Chief Jackson are experienced enough to understand that change is inevitable in policing. Awad comes to Anne Arundel County after 20 years with the Prince George’s County Police Department and two as chief of the Hyattsville department. Jackson served 22 years with Baltimore City and taught criminal justice for 14 years at Baltimore City Community College. They welcome the discussion, but bristle at some of the suggestions.

CIVILIAN REVIEW BOARDS

Awad and Jackson acknowledge that police civilian boards are not new. Jackson has 20 years of experience



with them from his time in Baltimore. Both stress the need to proceed with caution. Awad notes, “We need to staff such a board with people who understand what police officers do.” Jackson says the same. “Members should receive education to understand the nature of policing before they pass judgement on an officer’s actions.”

“DEFUND” POLICE

Jackson argues this suggestion, calling it “potentially very destructive.” He agrees we may need to “do policing differently, but don’t defund.” Instead? “Re-imagine or repurpose.” His dream team is to have “all 140-plus officers plus clinicians and social workers.” Awad is already on that path with the Crisis Intervention Unit, but she, too, underscores the need to provide officers with more “awareness and de-escalation training.”

GREATEST THREAT TO THE PUBLIC

Awad states “there are too many variables to be able to identify the biggest threat.” Jackson claims a major threat is hate groups and terrorism, both foreign and domestic, citing recent FBI warnings.

GREATEST THREAT TO POLICE

According to Jackson, it can be as “simple” as an officer pulling a car over and not knowing if a gang member or

member of a militia group is at the wheel. He also cites COVID and infectious diseases in general. “We’re exposed to the elements 24/7.” Awad calls the greatest threat to her agency “something that would adversely affect our ability to serve our community, such as an incident in which there is an erosion of public trust.”

HOW THE PUBLIC CAN HELP

Both chiefs underscore the critical importance of building trust between the community and police. They encourage the public to volunteer in civilian programs. They also welcome direct involvement with officers, whether it is engaging them in conversation in a city neighborhood or taking part in one of the county’s four district community relations councils.

“Get involved,” Jackson says. “Take ownership for your neighborhood. Collaborate with police. Ask them, how can we help you?” Awad regrets that the pandemic has prevented her from interacting more directly with citizens. She looks forward to getting into communities to have face-to-face conversations because “we rely on the help of our community members to perform our role as public guardians.”

A FINAL WORD

What comes through in talking with both police chiefs and their top leaders is a sense of highly motivated, dedicated professionals under intense scrutiny. Passionate about keeping the public safe—as “guardians” of the peace—they flinch when yet another flash-point portrays the profession badly anywhere in the country. Often the “bad” gets more attention than the “good.” Police know that any negative incident on the evening news or in morning headlines can paint them all with the same brush. “Officers are people too,” many say in reflective moments. As the city’s new police chief reminds us, “Cops mostly deal with people at their worst. So they love it when you come up to them and let them know you appreciate them.”

Lisa Hillman is a local writer and author of the memoir “Secret No More.”







An Engaging Team Sport

THE PURSUIT,
CAMARADERIE,
CULTURE, AND
LESSONS
LEARNED OF
HORSEBACK
RIDING DURING
A PANDEMIC

BY JANICE F. BOOTH

After more than a year of pandemic quarantine, many of us are starved for contact, for interactions—a hug, a shared joke, and unmasked smiles. A pet is one way to safely share a hug and enjoy time with a friend—a dog or cat, fish or bird. But what about something or someone more substantial than that pet rabbit or gerbil? Have you thought about getting acquainted with a six foot-tall, 1,000-pound intelligent creature who can respond to your moods and will listen discretely to your secrets? Working with and caring for a horse could *safely* provide some of the emotional and physical warmth we’ve been craving. Horses and horseback riding might be the activity your family has been looking for, a sport you and/or your child can enjoy now. Riding provides opportunities for friendship, exercise, and skill development—no matter what your age. Sporting events, school athletics, and even the casual pickup game of baseball or basketball are dishearteningly dangerous during the pandemic. We’re left with a few “safe” sports—singles tennis, single-handed sailing, and... horseback riding among them. Horses and riding can be both a hobby and a sport even during this pandemic.

Since it's fun to have some basic knowledge of the "game" before you participate, here are a few bits of information about horses. You can toss these into a conversation to impress your friends; they may want to take up riding too.



HORSES ARE HERD ANIMALS

They feel more comfortable following a leader or moving in a group. As a rider, you will be the leader your horse will trust and follow; that will require confidence.



HORSES ARE PREY ANIMALS

That means they instinctively protect themselves and react to what they perceive as danger. As a rider, you must protect your mount by guiding and directing it to avoid danger and injury; that will require concentration and careful observation.

As of the 2014 survey by the Kentucky Equine Research Institute, over **80,000 HORSES** RESIDE IN **16,000 LOCATIONS** IN MARYLAND; 700 OF ARE LICENSED STABLES.

"Maryland claims to have more horses per square mile than any other state," according to Equineews.

There are **2,000 MILES** OF RIDING TRAILS IN MARYLAND

Lots of beautiful places to explore on horseback, from Calvert Cliffs to the Susquehanna River.

Symbiotic Relationship

To get started with this new activity, you and your child may want to learn to care for and interact with horses, perhaps volunteering at a local farm or stable. From that acquaintance, you can move on to horseback riding where the rider develops skills like self-control and patience, which are prized in most sports. Teacher and mother of two, Megan Ells-Perry is a skilled rider and horse trainer. She has spent her career working with children in the classroom and with horses on the farm. "Working with a horse requires that I *regulate my own emotions*. The horse senses if I'm tense or distracted," she says. "Horses live in the moment. They're very responsive to the people who are caring for, handling, or riding them. If I'm riding, or working a horse from the ground, I have to stay in the present moment, just as my horse is. The horse needs me to *stay grounded*, in the moment. That's an important life skill that I need to practice."

In addition to helping us relax and regulate our feelings, there are other skills we can cultivate as we take up riding. Like other sports, riding demands the synchronization of mind and body to achieve mastery. Physical *balance* must be combined with mental *concentration*. *Cooperation* between the horse and rider must be practiced, the way a quarterback or a captain of a swim team unites the team under her or his leadership. And, the rider must learn *strategic planning*, thinking ahead as to the path, the pace, and the goal for each riding experience. Riders learn to practice *high-level observation* and *problem solving*. For example, trail riding demands the rider anticipate dangers the horse might encounter such as uneven ground or startling distractions.

Guiding a horse through a jumper's course takes *strength* on the part of both horse and rider, as well as balance, coordination, and experience. In any type of riding, the rider and horse must be fully aware of one another's emotional state. *Confidence* on the part of the rider encourages the horse to obey and trust the rider's directions so they work as a team. Attentiveness is also critical; if a rider's attention strays from the horse and the course at hand, the ride will falter.

Training to be intensely *focused* is an important skill for any sport, and particularly for riders. Controlling and directing the animal requires *concentration* at every moment. The rider must *synchronize* his or her body with the horse's, and command that animal although that animal is many times larger and strong-willed. Essential to the rider's success is *team-work*—respect between the rider and her or his mount. While other sports may require coordination with team members on a defined playing field, riding demands coordination with the team member who cannot see you, but is propelling you through the event. You must call the plays, be the strategist for both of you. Without your guidance and the horse's cooperation, success will elude you.



"WORKING WITH A HORSE REQUIRES THAT I REGULATE MY OWN EMOTIONS. THE HORSE SENSES IF I'M TENSE OR DISTRACTED. HORSES LIVE IN THE MOMENT. THEY'RE VERY RESPONSIVE TO THE PEOPLE WHO ARE CARING FOR, HANDLING, OR RIDING THEM."

— Megan Ells-Perry



Learning and practicing *sportsmanship* is a valued quality in athletic events, and particularly so in horseback riding. Sportsmanship recognizes the importance of generous, honest, and fair behavior, treating others with respect—particularly that 1,000-pound animal that will carry you through the event safely and successfully. As the rider becomes experienced, she or he learns the rules and acquires skills and experience. Once the rider learns the elements and rules of dressage or cross-country or pleasure riding, he or she also figures out that the well-being of the rider and mount is the most important goal.

Like most sports, you'll want to be sure the rider enjoys spending time with teammates, getting to know them, becoming familiar with the unspoken signals of teamwork. If you're a rider, your teammate is your horse. The rider and the horse are a team, each with its own unique role to play in the sport. If you or your child

is not sure horseback riding is the sport for him or her, volunteering at a horse rescue farm provides an opportunity to discover if there's an affinity there—before you invest in expensive equipment and lessons. There are a variety of horse rescue organizations in Maryland. These organizations are always looking for volunteers to help care for the horses. You might be shown how to groom, feed, or exercise the horses, giving you the opportunity to discover whether you are comfortable and enjoy working with horses. (Usually, volunteers must be teens or older.)

Stable Pursuit

The next level of involvement with the sport of horseback riding may be selecting a place to begin your training. The type of riding you are to learn may depend on the instructor and stable or barn where you take lessons. Owning a horse is seldom a first step for novice riders. Just as a competitive swimmer seldom begins by building a pool, a rider may wait years to buy her or his own horse. Instead, investing in riding lessons allows you to use a horse owned by the stable offering the lessons. Riding lessons may seem expensive, but you are getting the use of an expensive horse and the equipment needed to ride that horse, along with the instructor's experience and time. There are many stables across Maryland that offer lessons as well as other horse-related services. It's wise to get recommendations from friends, if possible, or to research your options on the internet, noting the endorsements included on a stable's website.

There are some basic considerations when you are choosing a riding instructor from those available at the stable where you decide to ride. You can expect to be instructed in three areas: horse care, training (yourself and the horse), and riding. When you meet with an instructor be prepared to ask a few questions. See how she or he responds to you. Is she comfortable being questioned? Does he give answers that are clear to you? Is there a good feeling established between you? Trust your judgement. You or your child will get much more out of riding lessons if you and the instructor get along. You might even check to see if the instructor is certified.

There are two common certifications, either the American Riding Instructors Association (ARIA) or the Certified Horsemanship Association (CHA). Finally, ask about costs. You don't want any surprises there. Are you paying for a lesson of a specific length? Will you pay for a block of lessons? Must those lessons be taken before an expiration date? Are there stated goals for the lessons? What equipment does the stable provide and what equipment is your responsibility? Remember, as with any sport, you or your child should enjoy learning; the training should be fun. If you get an uncomfortable feeling while you're talking with a particular instructor, it may be best to keep looking. Interview a few other instructors at other stables until you find someone who makes you feel comfortable and enthusiastic about riding lessons.

Saddle Up

Once you've found a place to learn to ride, you'll be ready to invest in the essential equipment. Your instructor may give you a list of equipment suggestions, but you may want to do some research, so you have an idea of your investment before getting too deeply committed to the sport. Along with the horse you ride and that horse's tack (saddle, bridle, etc.) that are owned by the stable, the clothes you purchase and wear are important if you are to enjoy riding and remain safe. The *riding helmet* is critical and should be new. (Old helmets may be damaged or brittle, unable to provide the essential safeguards you will need.) Look on the helmet's label for "SEI Certified." The Safety Equipment Institute (SEI) monitors safety equipment for most sports.

Next in importance are the *riding boots*. They don't have to be elegant leather, but they should have only slight tread and half-inch heels. The heels are vital to keeping your feet from sliding out of the stirrups. (Winter boots won't work, since they have deep tread for snow and ice.) A bright colored vest and shirt will help the rider stand out against the grays, browns, and greens of the ring and field. (Of course, dressage has very specific attire for competitive events.) Pants and undergarments should be chosen for



comfort. Two-way stretch is useful for riding britches, though jeans are acceptable; avoid baggy styles that may bunch and rub against the skin. Close-fitting gloves will help protect your hands as you grasp the leather reins. That's about all you need.

In this difficult time of isolation and loss, Ells-Perry points out the value of horses and riding as therapy. Horseback riding and simply spending time with these intelligent, empathic, beautiful creatures can comfort us. As an elementary school teacher, Ells-Perry has worked with children with special needs such as Autism, ADHD, ADD, and Asperger's Syndrome. She and her husband, attorney George Perry, have raised their children around horses. "Everyone has personal challenges, especially now," she says. "Engaging with a horse brings a lot of joy, builds confidence, patience, and self-control. Horses don't care if your highlights have grown out or you don't feel like talking. Working with a horse decreases hyperactivity and develops sustained attention...A horse provides immediate feedback. If you stop paying attention to the horse, it stops paying attention to you—simple to see and understand." Ells-Perry points to Maryland Therapeutic Riding located in Crownsville, which has real success helping special needs children, and even veterans, through horses and horseback riding. (horsethatheal.org)

Finally, there is simply joy in spending time with horses and riding. Ells-Perry observes, "Horses read your intent; they're sensitive to your emotional state. We can all use some empathy right now." If all these skills and qualities seem worthwhile to you, you may be ready to try horseback riding as your hobby or sport of choice. Perhaps you're looking for a safe sport for your child, one that encourages all the fine character traits of competitive sports but keeps your young athlete out of the six-foot danger zone and away from unmasked competitors. Saddle up!

"EVERYONE HAS PERSONAL CHALLENGES, ESPECIALLY NOW. ENGAGING WITH A HORSE BRINGS A LOT OF JOY, BUILDS CONFIDENCE, PATIENCE, AND SELF-CONTROL."

— Megan Ells-Perry



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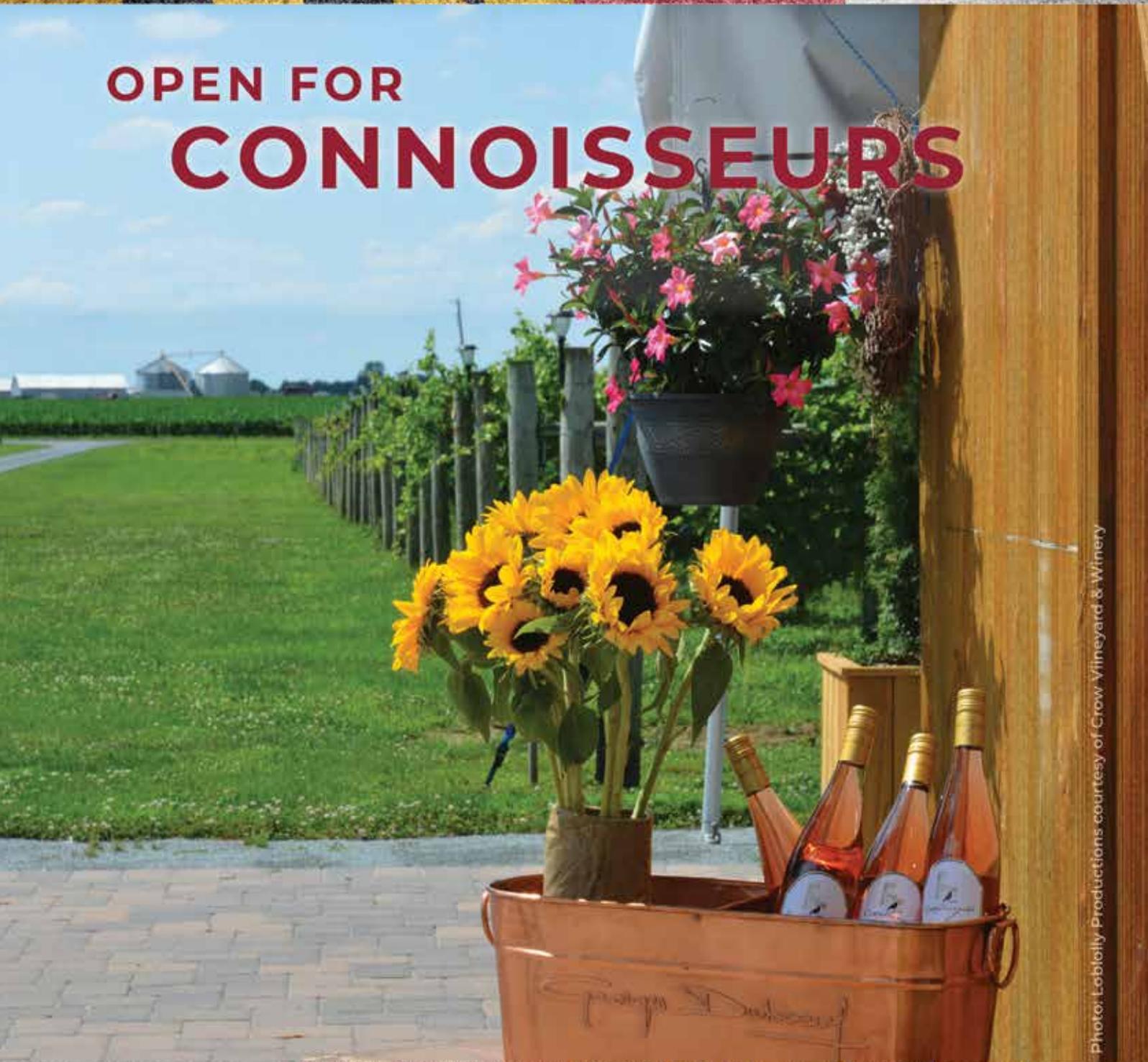


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He created a decoy and invited me to a fake military 'ball' at the Hotel del Coronado. He suggested we head to the beach first to take advantage of the 'photo booth' before dinner. All of our family and friends were hiding behind the rocks. I was completely surprised when he popped the question! He told me, 'After 316 days, I knew from day 1.'

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Imani Dunigan + Antoine Heath

I guess 2020 wasn't all bad, quarantine bride & groom has a nice ring to it. Focusing on what matters in life, making your own rules, and having fun, is what is the goal! We can't wait to embark on this new journey together. Love is never canceled!

Photography by Lynn Dunigan

Kristin M. Baldwin + Andrew C. McCarra



Kristin and Andrew grew up in Crownsville and have known each other since they were in elementary school. They reconnected over a double date six years ago and have been inseparable ever since! Engaged in June of 2019, Andrew and Kristin had to postpone their 2020 wedding due to the pandemic. They plan to marry on New Year's Eve of this year.

Photography by Megan Cara Photography

Chelsea Grieco + Keith Mallery

Keith and Chelsea met 10 years ago in college, at the University of Maryland in College Park. After years of long distance, Keith convinced the city girl to move from New York City to his hometown on the Eastern Shore of Maryland... an adjustment to say the least! In 2019, the couple moved from the shore to Anne Arundel County and have settled into their new home and lovely community in Odenton. The couple is very excited to finally seal the deal at their upcoming wedding which will be held at the Winterthur Museum, Garden & Library in Delaware this September!



Photography by Kemp Collective

Garrit K. Haley + Jazming N. Thompson

Locals to the Eastern Shore, Garrit and Jazming, took advantage of a beautiful fall evening photo session in the sunflower patch of a nearby farm. Planning for a fall 2021 wedding has been exciting and fun! Photography by Arden Haley



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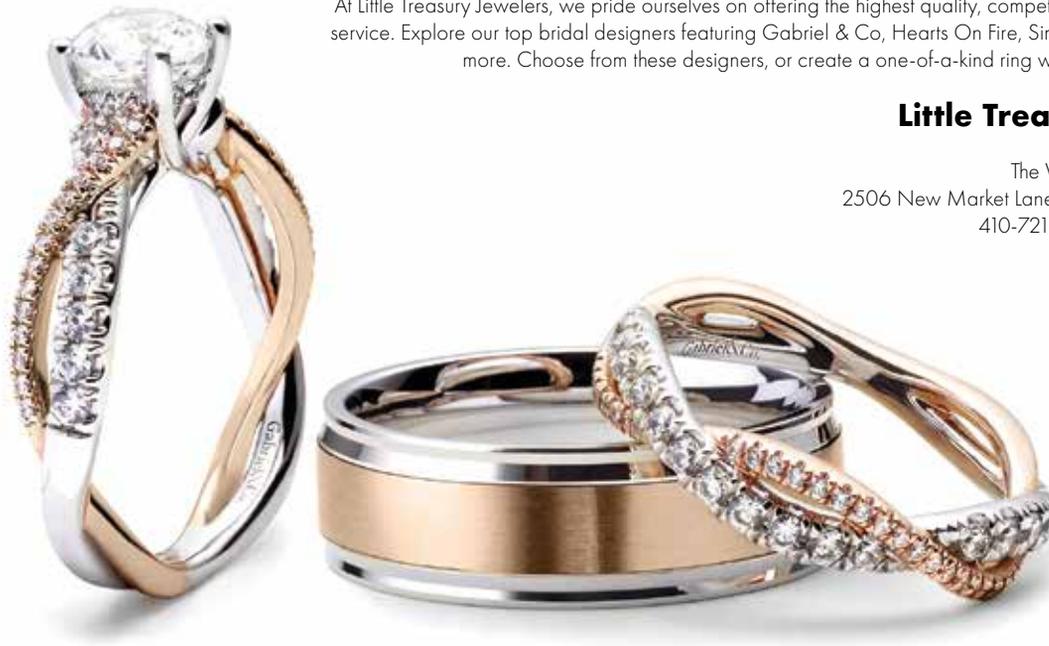
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Seth Mackin + Kim Fetsko

We met on February 19th, 2010 at a basketball game at our high school. A couple months later we started dating, and the rest is history. Just over ten years later on July 10th, 2020, after a bike ride to one of our favorite spots in Annapolis, Thomas Point Park, she said yes.

Photography by 410 Films

Casey-Jene Whitehead + Adam McClanahan



Adam and Casey met the summer of 2012 at Arden beach. They began dating shortly after in October. The couple got engaged in their backyard surrounding their closest friends (and dogs) and plan to get married a few days after their nine year anniversary in Crownsville, MD.

Photography by Michael Twiss

Scott Collins + Jessi Windon

Sparks fly between a cigar roller & rum runner on the Eastern Shore! Scott Collins proposed to Jessi Windon on their dock, on Tuesday evening last July. They share a love of great cuisine, cocktails & the Chesapeake Bay. Their respective businesses, Port of Call Cigars & LYON RUM, are both located in Saint Michaels. Photography by Jaime Windon



Sierra Diniz + Christopher Dove

After 9 1/2 years together and 2 beautiful children later, we're so excited to finally start this next adventure together. Snowboarding has always been a hobby we love for both of us and when Chris proposed at the top of the mountain at Wisp Resort, it was like a fairytale. I'm obsessed with all the wedding planning and can't wait to celebrate our wedding in 2022.

Photography by my future Father-in-law

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Natalie M. Ewing + Craig M. Teat

Craig and Natalie got engaged in the Florida Keys on March 7, 2021. Growing up in Talbot County, both enjoy fishing together on the Chesapeake Bay and adjoining rivers. They are eagerly planning for a summer wedding on August 7, 2021, overlooking the Tuckahoe Creek.

Photography by Arden Haley

Jacob S. Van Schaik + Angelica I. Sichette



We originally met in high school and have now been dating for 6 years. Jacob proposed at Rockefeller center in New York City during Christmas time. We have now been engaged for a year and four months and are very eager for our wedding on June 12th, 2021 at The Oaks, in Royal Oak MD!

Photography by Cassidy Mister

Shelby Murphy + Blake Melton

Local couple, Shelby Murphy & Blake Melton of Hebron, Maryland had their engagement photos taken on beautiful Assateague Island. They are looking forward to their June wedding.

Photography by Bill Whaley



Courtney Marie Rice + Jordan Michael Kenney

Jordan proposed to Courtney on the Fells Point pier right next to their first date spot Barcocina on 4/10. While looking at the engraved bricks on the pier he said, "one day we will have a brick right here because this spot will forever be special to us" and took a knee and proposed. We then had brunch and were surprised by family and friends at Checkerspot Brewery to celebrate.

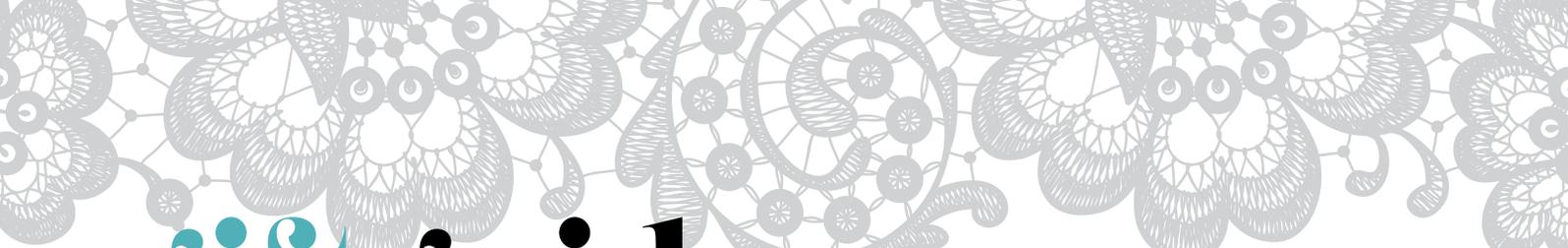
Photography by Whitney Shortt

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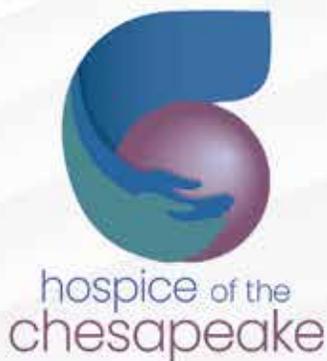
Care for those impacted by COVID-19 including much needed personal protective equipment for care teams and families.



Care for Veterans living with advanced illness as well as honoring their sacrifices on behalf of a grateful nation.



Care for children with a life-limiting illness and the families that love them.



Our community has responded generously and continues to support our important mission of caring for life.

As we grow to serve more than ever before, you can help. Please give generously to support our work in the community.

Donate today by visiting
www.hospicechesapeake.org/giving/donate-now
or call 443-837-3385.



LAUNCHING THE FUTURE

STUDENTS > COMMUNITY > TOGETHER

The Campaign for AACC

Students come to Anne Arundel Community College with dreams, dedication, and an enormous drive to redefine themselves for success. Yet the world they are entering has become increasingly complex. Having the right skills is the only way our students can improve their lives and provide for their families.

“

We are in business to educate and to provide solutions that strengthen our community.”

– Dr. Dawn Lindsay, President of AACC



Recognizing these needs, AACC launched a ground-breaking comprehensive fundraising campaign to prepare students for careers that are fueling economic growth and opportunity.

The *Launching the Future* campaign is focused on:

- Powerful Workforce Programs to address skill shortages and prepare students for the jobs of tomorrow through the construction of the Clauson Center for Innovation and Skilled Trades;
- Enhanced Services to support our changing student body and encourage greater diversity; and
- Increased Scholarship Opportunities to help more students fulfill their academic dreams.

As we enter the final months of our campaign, we are grateful for the donors who have taken part in this initiative to provide these much needed resources.

If you are inspired to join our efforts, please reach out to see how you can help launch the future – for our students and our community.

101 College Parkway | Arnold, MD 21012
410.777.1309 | launchingthefuture.org

**POWERFUL
WORKFORCE
PROGRAMS**

**ENHANCED
STUDENT
SERVICES**

**INCREASED
SCHOLARSHIP
OPPORTUNITIES**



>>

**philanthropy
2021**



LEADERSHIP
ANNE ARUNDEL

LAA



THE CALL TO COMMUNITY LEADERSHIP

**Empowering a full spectrum
of leaders, facing our
greatest challenges**

For nearly 30 years, Leadership Anne Arundel (LAA) has served as a central hub of community leadership where all roads meet. LAA provides an ecosystem of leadership development for leaders from all walks and experiences, dedicated to improving the quality of life in Anne Arundel County.

Community leaders require ongoing skill development and access to resources and connections. Some community leaders have honed their skill over many years. Others have a passion for grassroots community development but lack access to resources and connections to empower their drive to positively impact their community.

LAA Flagship and Neighborhood Leadership Academy (NLA) programs empower and enable grassroots, rising, and seasoned community leaders to gain the information and connections needed to positively impact the community. LAA engages our county's established and developing community leaders and removes barriers to entry for grassroots

leaders driven to impact systemic inequity and create positive change in their neighborhoods.

The Flagship program includes an intense curriculum of civic information and leadership skills development. Each year approximately 30-45 individuals are selected for this comprehensive, hands-on, multi-disciplinary study of Anne Arundel County. The program begins in September and graduates in June, meeting monthly throughout the course. The class is composed of a cross-section of the Anne Arundel County community, representing our ethnically, socially, economically, and geographically diverse population. Corporate entities, government, nonprofits and individuals - all are represented.

**The work of inspiring,
developing, and
connecting our local
leaders continues, more
important than ever,
and all are welcome.**

NLA is targeted to current and emerging grassroots leaders in neighborhoods throughout Anne Arundel County, providing an on-ramp for residents to access information, skills, and connections needed to improve their communities.

Where the Flagship program requires tuition investment, NLA provides access to leadership development offered at no cost to participants. Flagship scholarships provide a bridge between the programs to empower

grassroots leaders to continue forward with their leadership development.

More than 1500 LAA graduates provide ongoing cross-pollination throughout the community leadership ecosystem with a robust program of Alumni Development and Community Support Events.

Challenges emerging over the past year – health, social, economic – will require innovative solutions, thoughtful communication, and complex problem-solving skills. It's an all-hands-on-deck situation. While we will benefit from engaging seasoned leaders, it is imperative that grassroots leaders take their place at the table, bringing new understanding and approaches to challenges that face them most directly.

Leadership Anne Arundel is that nexus of community leadership. Look at the leadership of most stakeholder organizations, nonprofits, and community initiatives in Anne Arundel County and you will find LAA graduates.

Current Flagship and NLA classes will graduate together in June, the next Flagship class is forming now, and ongoing Alumni Development Events continue to engage LAA alumni and the community at large.

To learn more and apply for next year's Leadership Anne Arundel Flagship class, visit us online at:
www.leadershipaa.org/Flagship



NONPROFITS

YOU SHOULD KNOW

This month we have made it easy for you to map out your charitable giving agenda. Here are some of the many nonprofit organizations we have based in Annapolis, Anne Arundel County, and the surrounding region. Although we can't list them all, here are more than a few nonprofits you should know. Also check out the events these nonprofits are putting on in our Philanthropic Calendar both online and in our April issue.



NONPROFITS

100 Women Who Care Annapolis Annapolis; 100womenwhocareannapolis.com; A giving circle of local women who want to support Annapolis area nonprofits by pooling donations to create a larger impact.

21st Century Education Foundation, Inc. Annapolis; 410-222-5370; 21st-education.org; Match the needs of the public schools of Anne Arundel County and the resources of surrounding businesses, industry, and community.

Alliance for the Chesapeake Bay Annapolis; 443-949-0575; allianceforthebay.org; Engages individuals, groups, businesses, and other environmental organizations and not-for-profit groups to develop collaborative solutions to improve, preserve, and protect the Chesapeake Bay and all its resources.

American Diabetes Association Baltimore (regional office); 410-265-0075; diabetes.org; Funds research to prevent, cure, and manage diabetes as well as educate the public about diabetes.

American Heart Association Baltimore (regional office); 410-685-7074; heart.org; Mission to create a world free of heart disease and stroke—a world where everyone can achieve the best possible health.

American Red Cross of Anne Arundel County/Central Maryland 410-624-2000; redcross-cmd.org; Respond to disasters, assist members of the military, teach lifesaving skills, and serve as one of the largest blood suppliers in the United States.

Annapolis Community Foundation Annapolis; 443-854-9256; annapolis-communityfoundation.org; ACF serves the community by raising, managing, and distributing funds for the charitable purposes designated by its donors.

Annapolis Green Annapolis; 410-656-9420; https://annapolisgreen.com; Annapolis Green brings everyone together to create a healthy, thriving community and planet. Rather than focus on a single issue, Annapolis Green tackles a variety of challenges plaguing communities, motivating people to stand up for nature with programs that connect, inform, inspire and incite meaningful change.

Annapolis Immigration Justice Network Annapolis; aijnetwork.org; All-volunteer organization with the mission of building relationships with our immigrant neighbors in the greater Annapolis area.

Annapolis Maritime Museum & Park Annapolis; 410-295-0104; amaritime.org; Acquire, preserve, interpret, and exhibit artifacts, and photographic and archival collections that are part of the maritime history of the Chesapeake region.

Annapolis Opera Company Annapolis; 410-267-8135; annapolisopera.org; Foster singer development and opera education in our community.

Annapolis Summer Garden Theatre Annapolis; 410-268-9212; summergarden.com; Bring community-lead stage productions to downtown Annapolis during the summer.

Annapolis Symphony Orchestra Annapolis; 410-269-1132; annapolis-symphony.org; Produce, present, and promote memorable symphonic music that increases awareness, enjoyment, and appreciation of music for all ages throughout the region.

Anne Arundel Community College Foundation Arnold; 410-777-2515; aacc.edu/foundation; Solicits, receives, and administers private gifts, bequests, and donations to benefit students and to enhance the quality of teaching and learning at the college.

Anne Arundel Counseling Annapolis and Glen Burnie; 410-768-5988; annearundelcounseling.com; Counseling and therapeutic professionals dedicated to providing comprehensive treatment to children, adolescents, and adults through individual, family and group counseling.

Anne Arundel County CASA Annapolis; 410-267-7877; aacasa.org; Court Appointed Special Advocates' mission is to advocate for and support abused and neglected children to ensure their right to safe, stable, and permanent homes.

Anne Arundel County Community Action Agency Annapolis; 410-626-1900; aaccaa.org; Working in partnership with various governmental and non-public organizations to alleviate the difficulties that beset households with low-to-moderate incomes.

Anne Arundel County Food and Resource Bank Crownsville; 410-923-4255; aafoodbank.org; Assist those in need. It is a free resource bank and no fees are required for its assistance.

Anne Arundel County Library Foundation Annapolis; 410-222-7371; libraryfirst.org; Provide a margin of excellence and innovation in library services, above and beyond what core government funding can provide.

Anne Arundel County Literacy Council Annapolis; 410-269-4419; icanread.org; Provide free one-on-one tutoring in basic literacy and English as a Second Language (ESL) to adult residents of Anne Arundel County.

Anne Arundel County Mental Health Agency Annapolis; 410-222-7858; aamentalhealth.org; Coordinate a comprehensive array of services in the Public Mental Health System for Anne Arundel County residents.

Anne Arundel Medical Center Foundation Annapolis; 443-481-4747; aahs.org/foundation; Enhance the health status of the people they serve by providing patients with compassionate, high quality services that will help alleviate pain, preserve health, and extend life.

Anne Arundel County Historical Society Linthicum; 410-768-9518; aachs.org; Provide leadership in the preservation and exploration of shared history.

The Arc Central Chesapeake Region, Inc. Severn; 410-269-1883; thearccc.org; Advocate for the rights and respect of all people with intellectual and developmental disabilities living in Anne Arundel, Calvert, and all Eastern Shore counties.

The Arts Council of Anne Arundel County Annapolis; 410-222-7949; annearundelartscouncil.org; Encourage and invest in the visual arts, performing arts, and historic preservation for the people of our county; as well as well as create a financial support system for arts organizations.

Anrudel Bay Area Chapter of Jack and Jill of America, Inc. Gambrills; 301-261-3471; abajjia.clubexpress.com; Membership organization of mothers with children ages 2–19, dedicated to nurturing future African American leaders through leadership development, volunteer service, philanthropic giving, and civic duty.

Arundel House of Hope Glen Burnie; 410-863-4888; arundelhof.org; To provide emergency, transitional, and permanent housing with supportive services for the homeless of Anne Arundel County.

Arundel Lodge Edgewater; 443-433-5900; arundel-lodge.org; Provide psychiatric rehabilitation services to Anne Arundel County adults with severe and persistent mental illness.

Arundel Rivers Federation Edgewater; 410-224-3802; arundelrivers.org; Uses science, restoration, and community action to make the South, West, and Rhode Rivers cleaner and healthier.

Assistance League of the Chesapeake Millersville; 410-956-5826; alchESAPEAKE.org; This volunteer organization is dedicated to improving the lives of children and adults through community-based philanthropic programs.

Ballet Theatre of Maryland, Inc. Annapolis; 410-263-8289; balletmaryland.org; Promote interest in and the enjoyment of the dance arts in Maryland.

Baltimore Washington Medical Center Foundation Glen Burnie; 410-553-8560; mybwmc.com; Provide the highest quality health care service to the community they serve.

Banneker-Douglass Museum Annapolis; 410-216-6180; bdmuseum.com; The museum, named for Benjamin Banneker and Frederick Douglass, is dedicated to preserving Maryland's African American heritage and serves as the state's official repository of African American material culture.

Bay Community Health West River and Shady Side; 410-867-4700; baycommunityhealth.org; Provides Primary Care and Behavioral Health services to all ages in a Patient Centered Medical Home environment. Accepts uninsured patients and a variety of health insurances. Insurance Eligibility and Enrollment and Care Management services available at no cost.

Bello Machre Glen Burnie; 443-702-3000; bellomachre.org; Dedicated to providing loving care, support, and services to children and adults with development disabilities either in the family's own home or in a safe and caring Bello Machre home.

The Bernie House Annapolis; 443-951-5193; theberniehouse.org; Single family transitional home for the non-offending parent and children who have left an abusive situation.

Bo's Effort Davidsonville; 410-790-9673; boseffort.org; Seeks to assemble community resources to break the stigma of mental illness through education and guidance as well as fund initiatives that offer awareness to families and individuals seeking to live healthy and productive lives.

Box of Rain Foundation, Inc. Annapolis; 410-295-0104; amaritime.org/education; Teach life-building skills through maritime/boat building experiences for local youth-at-risk, targeting kids 9 to 14 years old, in honor of the memory of Lee Griffin.

Boy Scouts of America, Baltimore Area Council Anne Arundel County; 443-573-2500; baltimorebsa.org; Prepare young people to make ethical choices over their lifetime by instilling in them the values of the Scout Oath and Law.

Boys & Girls Clubs of Annapolis and Anne Arundel County Annapolis; 410-263-2542; bgcaa.com; Enable all young people, especially those who need the most, to reach their full potential as productive, caring, responsible citizens.

Burrows Hill Foundation to Fight Friedreich's Ataxia Annapolis; burrows-hill.org; Established to raise public awareness, money for research, find a cure, and assist those affected by FA.

Casey Cares Foundation Baltimore; 443-568-0064; caseycares.org; Provides uplifting programs with a special touch for critically ill children and their families in eight states and D.C.

We're proud to give back.

This year, more than ever, Severn Bank is grateful to those who serve our community with passion and dedication. Together, we can make a difference by supporting their missions.

Community Action Agency of Anne Arundel County • Anne Arundel County Public Library Foundation • Anne Arundel Medical Center • Alzheimer's Assoc. Walk to End Alzheimer's • American Cancer Society Relay for Life • American Foundation for Suicide Prevention • Annapolis Maritime Museum & Park • Annapolis Film Festival • Annapolis Green • Annapolis Heroes Classic • Rotary Club of Annapolis • Annapolis Symphony Orchestra • Anne Arundel Affordable Housing Coalition • Anne Arundel Comm. College Foundation • Anne Arundel County Food Bank • The Arc Central Chesapeake Region • Arundel House of Hope • Bay Community Support Services • Bello Machre • Boy Scouts of America • Boys & Girls Clubs of Annapolis & Anne Arundel County • Anne Arundel County CASA • Cash for Schools • Center of Help • Chesapeake Bay Foundation • Chesapeake Region Accessible Boating • Chrysalis House • Community Foundation of Anne Arundel County • Creating Communities • Greater Parole Community Association • Habitat for Humanity of the Chesapeake • Historic Annapolis • Hospice of the Chesapeake • Housing Authority of the City of Annapolis • Leadership Anne Arundel • LET'S GO Boys & Girls • Lifeline 100 • Light House • Lustgarten Foundation • Pancreatic Cancer Research • Maryland Hall • Maryland Federation of Art • MLK Awards Dinner • Anne Arundel County NAACP • Partners in Care • Partnership Development Group (PDG) • Providence Center • Samaritan House • Sarah's House • Scenic Rivers Land Trust • Seeds 4 Success • Severn Riverkeeper • SPAN • SPCA of Anne Arundel County • Touchdown Club of Annapolis • Wellness House of Annapolis • Wreaths Across America • YWCA



Toll Free:
800-752-5854

Annapolis:
410-260-2000

Baltimore:
410-841-2000



100+ Year Journey of Caring for Women and Children



The YWCA has supported women and children in Anne Arundel County for over 100 years. Since **1920** with the suffragist movement, we have helped to educate, empower, inform, and support our community on matters relating to racial and gender equality. In **1979**, domestic violence was identified as a critical issue. We started with the Legal Services program and in 1984, opened the county's only domestic violence safe house. Counseling support services, 24-hour hotline, and hospital accompaniment were then added to provide a continuum of care for survivors.

In **February 2019**, we opened our new 7.5-acre campus, with a 10,000 sq.ft. Safe House (with 32 beds), and 2700 sq.ft. Education & Wellness Center. Education programming was added.

The YWCA is still the sole provider of comprehensive domestic violence and sexual assault services for the County.

IN 2020 & 2021 OUR WORK IS EVEN MORE CRUCIAL.

We have been operating at full steam throughout the past year, protecting those most vulnerable and traumatized among us. We remain dedicated to providing critical resources to meet the social, emotional, physical, legal, and educational needs of survivors of domestic violence and sexual assault.

Now, more than ever, we need your support.

FUNDRAISING EVENTS ARE CANCELED, OUR MISSION IS NOT.

Your investment in our ongoing work for those greatly impacted by intimate partner violence can create a changed future and turn their experience from victim to survivor. Visit our website at the link below to positively impact women and children – our neighbors right here in Anne Arundel County.

www.annapolisywca.org/missiongoeson

THE CONTINUUM OF YWCA SERVICES INCLUDE:

- Emergency Safe House Shelter
- Crisis & Ongoing Counseling
- Victims' Support Groups
- Abuser Intervention Program
- 24-hour Hotlines
- Legal Representation
- Hospital Accompaniment
- Case Management & Advocacy
- Safety Planning
- Resource / Referral Information
- Education

**YWCA
IS ON A
MISSION**



The Arc

Central Chesapeake Region

**WHEN YOUR CHILD
IS DIAGNOSED
WITH A DISABILITY
- IT CAN BE A LONG
AND LONELY ROAD
TRYING TO FIGURE
OUT WHAT THE
FUTURE HOLDS.**

For 60 years, families have turned to **The Arc** to help their children succeed. You provided critical programs and services they can't access anywhere else. Your support ensures there will always be someone there to help navigate what's next.



How can you get involved today?

Support The Arc's work by donating www.thearcccr.org/whatsup



NONPROFITS

Center of Help Annapolis; 410-849-9194; centerofhelp.org; Empowers, educates, and connects immigrants with resources to promote self-sufficiency and to advocate for the successful integration of the immigrant community into Anne Arundel County.

Charting Careers Annapolis; chartingcareers.org; Ends the cycle of poverty in Annapolis by working individually with youth and their families while also addressing the systemic issues leading to poverty and inequities.

Chase Brexton Health Care Glen Burnie; 410-837-2050; chasebrexton.org; Provides a range of clinical services from primary medical care and behavioral health services to dental and pharmacy, among others, and welcome more than 40,000 patients annually.

Chesapeake Arts Center Brooklyn Park; 410-636-6597; chesapeakearts.org; Provides entertainment and education for adults and children including classes and workshops in visual and performing arts in dance, theatre, visual arts, and music.

Chesapeake Bay Foundation, Inc. Annapolis; 410-268-8816; cbf.org; Dedicated to the protection, restoration, and management of the Chesapeake Bay and its tributaries.

Chesapeake Bay Trust Annapolis; 410-974-2941; chesapeakebaytrust.org; Provides grants to nonprofit organizations, community associations, civic groups, schools, and public agencies for citizen involvement projects relating to the restoration of the Chesapeake Bay and its tributaries.

Chesapeake Children's Museum Annapolis; 410-990-1993; theccm.org; Provides educational activities for children of all ages and income levels.

Chesapeake Environmental Protection Association Galesville; 410-741-1014; cepaonline.org; Promotes good environmental practices through education and advocacy.

Chesapeake Region Accessible Boating (C.R.A.B.) Annapolis; 410-626-0273; crabsailing.org; Provides sailing opportunities for persons who traditionally have not had that option because of disability or economic circumstance.

Chesapeake Youth Symphony Orchestra Arnold; 443-758-3157; cysomusic.org; Provides young musicians with comprehensive musical and orchestral training for elementary through college-age students.

Children's Theatre of Annapolis, Inc. Annapolis; 410-757-2281; childrenstheatreofannapolis.org; Provides arts education for 5-to 18-year-olds through performances, workshops, technical stage training, internships, and apprenticeships in the theatrical arts.

Chrysalis House Crownsville; 410-974-6829; chrysalishouses.org; Offers substance use and mental health treatment to women around the state.

Coastal Conservation Association Maryland Annapolis; 800-201-3474; ccamd.org; Advocates for and conserves the sustainability of Maryland's marine resources.

Colonial Players Annapolis; 410-268-7373; thecolonialplayers.org; Provide entertainment, education, training, and encouragement to all members of the community interested in participating in the dramatic arts.

Community Foundation of Anne Arundel County Annapolis; 410-280-1102; cfaac.org; Connects donors, nonprofits, and community leaders to strengthen our county through philanthropy, creating a healthier community today and for generations to come.

The Coordinating Center Millersville; 410-987-1048; coordinatingcenter.org; Helps those with complex medical needs achieve a high-quality life.

Don & Sandy Pyle Charity Foundation Annapolis; 443-521-4998; birdeasepro.com; Raises money for local Maryland charities to carry on Don and Sandy Pyle's legacy of charitable giving.

Downtown Annapolis Partnership Annapolis; downtownannapolispartnership.org; Strengthen and sustain local businesses, recognizing that a vibrant and healthy business community is essential to the economic success of the city.

Ellie's Bus Anne Arundel County; elliesbus.org; Spread awareness of mental health issues and suicide prevention to teenagers across Maryland and across the country.

Food Link, Inc. Annapolis; 410-897-3941; foodlink-maryland.org; Fighting hunger in Anne Arundel County. No paperwork, no judgment, no rejections, and no waiting.

Foundation for Community Betterment Arnold; 410-394-9868; community-betterment.org; Network of generous individuals who believe a simple gesture that touches just one life can positively impact an entire community.

Four Rivers Heritage Area Annapolis; 410-222-1805; fourriversheritage.org; Protects and strengthens the natural, historic, and cultural resources of the Heritage Area.

Friends Foundation Annapolis; friendsfoundation.com; Raises funds through group activities and events, which are distributed to local charities.

Friends of Arundel Seniors, Inc. Annapolis; 410-222-4464; aacounty.org; This all-volunteer assistance organization is dedicated to helping seniors and the disabled.

Friends of the Maryland State Library for the Blind and Physically Handicapped Millersville; friendsmdlbp.org; Provides support and awareness of the Maryland State Library for the Blind and Physically Handicapped.

Gigi's Playhouse Annapolis; gigisplayhouse.org; Offers therapeutic, educational programs and tutoring for free, to support all ages, from families with a prenatal diagnosis through adult individuals with Down syndrome.

Girls on the Run of the Greater Chesapeake Annapolis; 410-507-8369; gotrchesapeake.org; This nonprofit prevention program for girls in 3rd through 8th grade educates and prepares girls for a lifetime of self-respect and healthy living.

Girl Scouts of Central Maryland Anne Arundel County; 410-358-9711; gscm.org; Provide a place where girls are encouraged to share and explore their hopes and dreams. Girl Scouting builds girls of courage, confidence, and character who make the world a better place.

Giving Back Linda's Legacy Severna Park; homeless-drive.org; Dedicated to helping the homeless and inspiring everyone to get more involved with volunteering.

Habitat for Humanity of the Chesapeake Baltimore (regional office); 410-366-1250; habitatchesapeake.org; Works in partnership with families in need of housing to build simple, decent, and affordable homes.

Haley's Helping Hands of Maryland Annapolis; 443-784-8200; haleyshelpinghandsmd.org; Works with individuals in need of assistance by providing gently used clothing, shoes, and sports equipment.

Hammond-Harwood House Annapolis; 410-263-4683; hammondharwoodhouse.com; To preserve for public education and enjoyment the architecturally significant Hammond-Harwood House museum and its collection of decorative and fine arts.

The Harbour School Annapolis; 410-974-4248; harbour-school.org; Provides supportive, individualized education to students with learning disabilities, autism, speech impairments, and other disabilities.

ARUNDEL LODGE behavioral health
hope re-imagined

At Arundel Lodge we are guided by the Recovery Model, a philosophy rooted in treating individuals with Behavioral Health and Substance Abuse Disorders with respect and tailored to each individual's needs. We treat over 3,000 clients each year. From infants to adults, families and veterans, we are here to help. As a 501(c)(3) nonprofit business we are grateful for the community support of our work. To our friends and partners we say thank you for your commitment and generosity.

Hope lives here.

2600 Solomons Island Rd • Edgewater, MD
443-433-5900 • www.arundellodge.org

Historic Annapolis Annapolis; 410-267-7619; annapolis.org; Preserves the city's architectural legacy and unique historic character for future generations—and for residents and visitors today.

Hope For All Glen Burnie; 410-766-0372; hopeforall.us; Provides basic human necessities (i.e. furniture, housewares, clothing, and personal items) to families and individuals without sufficient economic resources.

Hope House Treatment Center Crownsville; 410-923-6700; hopehousemd.org; Dedicated to providing men and women who are battling alcohol and drug addictions with the means to become healthy and productive citizens.

Hospice of the Chesapeake Pasadena; 410-987-2003; hospicechesapeake.org; Provides physical, psycho-social, and spiritual support services to individuals living with and affected by advanced illness.

Impact 100 Greater Chesapeake Annapolis; impact100greaterchesapeake.org; Giving circle of women committed to making a lasting impact by collectively funding transformational grants and raising awareness of local charitable organizations.

Isabel's Gift Riva; 443-510-2673; isabelsgift.org; Assist families with children in the neonatal intensive care unit, providing them with comfort and supportive services.

James' Place, Inc. Ellicott City; 410-480-2334; jamesplaceinc.org; Raises funds to provide services to those with substance addiction and educates on the complex issues of substances.

Junior League of Annapolis Annapolis; 410-224-8984; jlannapolis.org; This organization of women is committed to promoting voluntarism, developing the potential of women, and improving the community.

Kunta Kinte-Alex Haley Foundation Edgewater; 410-295-9395; kintehaley.org; Spreads Alex Haley's vision of a world that celebrates ethnic diversity while honoring humankind's common, universal experiences.

Langton Green Annapolis; 410-263-3225; langtongreen.org; Helps people with developmental disabilities to live with the highest possible degree of independence and quality of life.

Leadership of Anne Arundel, Inc. Annapolis; 410-571-9798; leadershipaa.org; Provides people of diverse backgrounds with the education, resources, and networks necessary to become successful, proactive leaders.

Leadership Maryland Annapolis; 410-841-2101; leadershipmd.org; A uniquely talented network of informed leaders representing business, nonprofits, government, unions, and education to be a catalyst for positive change in Maryland.

Leslie's Week Annapolis; 410-263-5598; lesliesweek.org; Provides vacations away from cancer for Stage 4 Breast Cancer women and their families.

The Light House Annapolis; 410-349-5056; annapolis-lighthouse.org; Helps rebuild lives with compassion by providing shelter and services to prevent homelessness and empower people as they transition toward self-sufficiency.

Live Arts Maryland Annapolis; 410-263-1906; liveartsmaryland.org; Enhances community life through performing a wide variety of music and to provide education programs for musicians of all ages. Programs include Annapolis Chorale, Annapolis Chamber Orchestra, Annapolis Youth Chorus, and St. Anne's Concert Series.

Maryland Coalition for Inclusive Education (MCIE) Elkridge; 410-859-5400; mcie.org; Promotes inclusion of students with disabilities in general education classrooms and neighborhood schools.

Wellness House
OF ANNE ARUNDEL

8TH ANNUAL SPORTING CLAYS CLASSIC

Thursday - June 17th 2021
511 Pintail Point Farm Lane
Queenstown, MD

**50 TARGETS • LUNCH • RAFFLES
PRIZES • SIDE GAMES**

- 8:30 am: Registration
- 9:30 am - Noon: Shooting Stations Open
- 12:00 pm: Lunch and libations

▶ Register online at www.annapoliswellnesshouse.org

THANK YOU TO OUR SPONSORS

BAY COMMUNITY HEALTH

Bay Community Health is a non-profit, Federally Qualified Health Center (FQHC) that has served southern Anne Arundel County and its neighboring areas for over 40 years. Our success relies in part on financial support from community members like you.

- Internal and Family Medicine
- Insurance Eligibility and Enrollment
- Behavioral Health
- Care Management

2 CONVENIENT LOCATIONS

WEST RIVER
134 Owensville Rd • West River, MD 20778

SHADY SIDE
6131 Shady Side Rd • Shady Side, MD 20764

Medical: 410-867-4700 | Behavioral Health: 443-607-1432

Interested in supporting our mission? Visit our website or Facebook page to donate. BCH is a 501c3 organization.

www.baycommunityhealth.org



NONPROFITS

Maryland Federation of Art Annapolis; 410-268-4566; mdfedart.org; Provides emerging and established artists with opportunities and enriches awareness of visual arts in communities across Maryland.

Maryland Hall for the Creative Arts Annapolis; 410-263-5544; marylandhall.org; Provides entertainment and education for adults and children including classes and workshops in visual and performing arts in dance, theatre, visual arts, music, and health.

Maryland Theatre for the Performing Arts Annapolis; 410-268-5854; mtpa.co; Creates a world-class performing arts center in our state capital to confirm Maryland's commitment and support of the importance of the arts in our society.

Maryland Therapeutic Riding Crownsville; 410-923-6800; horsethatheal.org; Provides therapy to special needs individuals with a range of physical, mental, and emotional disabilities using high quality therapeutic riding program.

Monarch Academy Annapolis; 443-449-2757; monarchacademy.org; Tuition-free, public charter school that educates students to be self-motivated, creative, critical thinkers and life-long learners who are productive contributors to the global community in the 21st century.

NAMI Anne Arundel County Arnold; 443-569-3498; namiaac.org; NAMI, the National Alliance on Mental Illness, is the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness.

Nature Sacred Annapolis; 410-268-1376; naturesacred.org; Inspires, informs and guides communities in the creation of public green spaces designed to improve mental health, unify communities and engender peace.

Olivia Constants Foundation Annapolis; 443-949-7714; oliviconstants.org; Supports and encourages individuals and organizations in their efforts to enhance the positive quality of individual, family, and community life.

Omni House Glen Burnie; 410-768-6777; omnihouse.org; Comprehensive psychiatric rehabilitation services and outpatient mental health clinic services for adults with severe and persistent mental illness.

Opportunity Builders, Inc. Millersville; 410-787-0700; obiworks.org; Provides adults with developmental disabilities a motivational environment offering vocational training, employment services, recreational activities, and support services.

Oyster Recovery Partnership, Inc. Annapolis; 410-990-4970; oysterrecovery.org; Coordinates the Maryland effort to restore the oyster community of the Chesapeake Bay.

Parents Place of Maryland Glen Burnie; 410-768-9100; ppmd.org; Resource center for families with children who have disabilities or special health care needs.

Partners In Care, Inc. Pasadena; 410-544-4800; partnersincare.org; Assists older and disabled adults to remain independent in their own homes by helping with transportation, handyman chores, and other neighborly tasks.

Patuxent Riverkeeper Upper Marlboro; 855-725-2925; paxriverkeeper.org; Protects, restores, and advocates for clean water in the Patuxent River and its connected ecosystem.

Pets with Disabilities Prince Frederick; 443-624-9270; petswithdisabilities.org; Provides humane sheltering and specialized vetting for those pets in need and provide support, resources and education for families whose pet has become disabled or those who are thinking about adding a pet with a disability to their family.

Project Chesapeake Annapolis; 443-214-5097; projectchesapeake.com; Strengthens communities through innovative, recovery-focused strategies and connects individuals seeking alcohol or drug abuse and addiction counseling services with the best treatment opportunities to promote long-term recovery and sustained success.

Providence Center Glen Burnie; 410-766-2212; providencecenter.com; Provides day programs for nearly 500 adults with developmental disabilities.



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NONPROFITS

Robert A. Pascal Youth and Family Services Severna Park; 410-975-0067; pascalcsi.org; Provides exceptional, comprehensive psychiatric and psychological care for children, adolescents, adults, and families in Anne Arundel County.

Rotary Club of Annapolis Annapolis; annapolisrotary.org; Proceeds from the Rotary Club of Annapolis's fundraising efforts go to many worthy organizations in the area, with the aim of making life in Annapolis better for everyone.

Sarah's House Ft. George G. Meade; 667-600-3550; catholiccharities-md.org/sarahs-house; Provides safe shelter, daily meals, personal, as well as professional casework support for those in need.

Seeds 4 Success Annapolis; 410-533-3847; s4sannapolis.org; Provides children from low income communities with the skills and support to achieve success in school and life.

Senior Dog Sanctuary Severn; 443-742-0270; seniordogsanctuary.com; Providing a permanent safe haven for senior dogs who are unable to be cared for by their owners, who are abandoned or abused, or face euthanasia.

Services from the Heart Severna Park; community-servicesfromtheheart.com; Provides children in need with weekly food backpacks over the weekend and holidays.

Severn Riverkeeper Annapolis; 410-849-2329; severnriverkeeper.org; To protect and restore the Severn River for our families and future generations.

Severn Town Club Annapolis; Severntownclub.org; The Severn Town Club is a group of active, diverse women who strive to contribute to the greater Annapolis community through various service projects. They are a member of the General and Maryland Federations of Women's Clubs.

SPCA of Anne Arundel County Annapolis; 410-268-4388; aacspca.org; The SPCA exists to protect animals in Anne Arundel County from acts of cruelty and neglect.

Special Olympics Maryland Baltimore; 410-242-1515; somd.org; Provides year-round sports training and competitions to children and adults with intellectual disabilities and other closely related developmental disabilities.

Start The Adventure In Reading Annapolis (STAIR) Annapolis; 410-703-8681; stairannapolis.org; Works with second-grade readers in Anne Arundel County Public Schools to help children improve critical early literacy skills.

The Summit School Edgewater; 410-798-0005; thesummitschool.org; Educates children with unique learning styles to their full potential. Serving bright students with dyslexia and other learning differences.

Vision Workshops Annapolis; 410-990-1611; visionworkshops.org; Provides innovative, dynamic, educational, and life-changing experiences for youth from underserved communities using the tools of photojournalism.

Walk the Walk Foundation Millersville; 410-980-1908; wtwf.org; Faith-centered organization working to help children with fundamental needs.

We Care and Friends Annapolis; 410-263-2874; wecareandfriends.org; Supports the building blocks to create strong families and communities in areas affected by drugs, poverty, and crime in Annapolis and Anne Arundel County.

The Well Baltimore; 410-589-6670; drinkatthewell.org; Community of women committed to transforming lives through long-term relationships, practical programs, and the healing power of love.

Wellness House Annapolis; 410-990-0941; annapoliswellnesshouse.org; Provides strength and support for people and families living and coping with cancer.

YMCA Camp Letts Edgewater; 410-919-1410; campletts.org; Offers Traditional and Specialty Day Camps, Resident Camps, and a year-round Retreat Center.

Yumi C.A.R.E.S. Foundation Potomac; YumiCARES@gmail.com; Therapeutic art program for pediatric hospital patients founded by Maryland's First Lady, Yumi Hogan.

YWCA Annapolis and Anne Arundel County Arnold; 410-626-7800; annapolis-ywca.org; Provides environments where women and girls can thrive.

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Read on to meet the Up & Coming Lawyers of 2021.



LAURA BURROWS HAVILAND, 40

The Law Office of Laura E. Burrows, Annapolis
410-960-6642; burrowsfamilylaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Family Law/Parent Coordination **The firm says:** Laura has been successfully litigating high conflict divorce and custody cases for 12 years. She now runs a family law firm with her husband, Eric Haviland. She and Eric have been working with divorcing parents doing co-mediation for nine years together. Laura is committed to reducing conflict for children, and is trained in Collaborative Law, Mediation, Parenting Coordination, and is a Best Interest attorney for children. Laura is on the Board of Directors for the Association of Family and Conciliation Courts (AFCC). She has been active in promoting Parenting Coordination in Maryland, having trained other parent coordinators in the "Problem Solving" method. She has served as a national and international speaker at annual AFCC conventions in family law and representing children.



EVAN KOSLOW, 38

Koslow Law Firm, Annapolis
443-482-5141; koslowlawfirm.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Family Law **The firm says:** Since graduating with honors, Evan then did a year-long judicial clerkship with Judge Weatherly at the Circuit Court for Prince George's County. After that clerkship, Evan has focused his practice on Family Law, as an attorney, mediator, and best interest attorney. He volunteers his time for the Anne Arundel County Circuit Court at Scheduling Conferences to try and help cases reach an amicable resolution sooner rather than later.



NATHAN VOLKE, 33

The Law Offices of Stacey B. Rice, Annapolis
410-709-8971;staceyricelaw.com

Alma mater: University of Baltimore School of Law **Legal Specialty:** Family Law **The firm says:** Nathan is an exceptional attorney. He is thorough and detailed oriented, and he does not skip a beat. He is well-versed on the law and always prepared for any obstacle that comes his way; whether it's a complex high-end property and financial matter, or a matter with highly-contested custody issues. Though his litigation skills are unparalleled, Nathan is also great at negotiating settlement agreements. He possesses all of the qualities that make for an all-around fantastic family law attorney.



SCOTT MACMULLAN, 39

Scott MacMullan Law, LLC, Annapolis
443-292-9033; macmullanlaw.com

Alma mater: Villanova University **Legal specialty:** Criminal Defense/Traffic Offenses/ Personal Injury/Estate Planning **The firm says:** Scott advocates tirelessly for his clients and is active in giving back to his hometown Annapolis community via numerous boards and nonprofits, including as a member of the Community Action Agency of Anne Arundel County and as Vice-Chairman of the Anne Arundel County Board of Appeals. He focuses his practice on criminal defense, personal injury, business, and estate planning matters. Scott was honored as a "Super Lawyer" in 2021.



ALEXANDER PAGNOTTA, 31

Sinclair Prosser Gasior, Annapolis
410-573-4818; spgasior.com

Alma mater: University of Maryland School of Law **Legal specialty:** Estate Planning/Elder Law/ Estate Administration **The firm says:** Alexander received his Juris Doctor degree from the University of Maryland School of Law, graduating with cum laude honors. He is a member of the American Academy of Estate Planning Attorneys where he is required to complete at least 36 hours of continuing education per year. Alex is dedicated to educating the public through seminars and webinars on the estate planning choices they can make to provide both financial and emotional security for their families and loved ones. He counsels individuals to meet their goals of preserving their wealth and protecting their legacy.



JOSH TABOR, 32

Law Office of Marla Zide, Glen Burnie
443-557-4153; marlazidelaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Family Law **The firm says:** After graduating law school, Josh clerked for the Honorable William C. Mulford, II. Since his clerkship, Josh has been a litigation attorney at the Law Office of Marla Zide, LLC. Josh has successfully represented clients in complex family law matters including custody and property division. Josh is a true team player within the office and he is well respected among his peers.



LISA ROBERTS WINDSOR, 36

Law Office of Marla Zide, Glen Burnie
443-557-4153; marlazidelaw.com

Alma mater: University of San Diego **Legal specialty:** Family Law **The firm says:** Lisa has been with the Law Office of Marla Zide, LLC for the last five years. Lisa has handled all aspects of family law matters and has recently become a Court certified mediator. Lisa is a zealous advocate for her clients and is truly a student of the law.



BROOKE BOWMAN, 38

Bowman Jarashow Law, LLC, Annapolis
410-267-9545; bowmanjarashow.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Estates & Trusts/Business Law **The firm says:** Brooke is excited to transition her practice back to Annapolis after practicing for almost a decade in Baltimore. After graduating cum laude from law school, Brooke's first job out of law school was a judicial law clerk at the Circuit Court for Anne Arundel County. Brooke's current practice focuses on assisting businesses with transactional and corporate matters while also serving individuals with their estate planning and administration needs. Brooke is recognized as a "Rising Star" by *Super Lawyer* magazine and serves as a Board Member for The Bill Sweeney Perinatal Care Fund, Inc.



FRANK P. LOZUPONE, III, 32

Bowman Jarashow Law, LLC, Annapolis
410-267-9545; bowmanjarashow.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Civil Litigation **The firm says:** Frank is a young and growing lawyer, rooting his practice in civil litigation and business matters in Anne Arundel County. His client focused approach and ability to listen, digest and provide assertive advice to clients. Not all litigation and legal dilemmas are created equal, and Mr. Lozupone provides creative and effective solutions for his clients. His perseverance and work ethic combined with his legal skill set make him an effective and affable lawyer for all clients.



GARY DAMICO, 32

Evans Law, Annapolis
410-431-2599; msevanslaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Real Estate **The firm says:** Gary has worked for Evans Law for over two years and during that time he has mastered real estate transactional work. He is in charge of our transactional real estate practice. He routinely handles complex purchase and sale matters for buyers and sellers on both residential and commercial transactions. He also is adept at handling complex residential and commercial leasing issues for landlords. Beyond that, he assists our clients on property matters such as easement issues, property line disputes, and the like. His ability to expertly handle these transactions while connecting personally with our clients has made him an invaluable addition to Evans Law.



CARLA MAGNAYE POOLE, 36

Hillman, Brown & Darrow PA, Annapolis
410-263-3131; hbdlaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Domestic Violence/Criminal Defense **The firm says:** Carla naturally connects with each and every one of her clients and is keenly aware of their needs throughout her representation of them. Having a background in law enforcement and public safety has helped cultivate her ability to work in high-pressure situations and to help clients who are often experiencing the toughest times in their lives. She has quickly gained the respect of her peers, who are impressed by her well-rounded knowledge of the law and by her practical approach to each case.



SARAH BROWN, 30

Hillman, Brown & Darrow PA, Annapolis
410-263-3131; hbdlaw.com

Alma mater: American University Washington College of Law **Legal specialty:** Family Law **The firm says:** Sarah is a zealous advocate for her clients. She not only provides superb legal representation, but she empowers her clients to stand up for themselves during one of the most stressful times of their lives. Sarah maintains a heavy case load and still finds time to actively engage in community groups to change and better Annapolis. She is the Vice President of GiGi's Playhouse Annapolis and of the Annapolis Rotaract Club. Sarah is a passionate young woman who is not only a rising leader in the Annapolis legal community, but also in the Annapolis community as a whole.



MATTHEW BERNHARDT, 38

Council Baradel, Annapolis
410-268-6600; councilbaradel.com

Alma mater: University of Baltimore School of Law & USNA **Legal specialty:** Personal Injury/Family Law/Litigation **The firm says:** Matthew is client-focused and results driven, with a well-rounded practice, dedicated to helping individuals achieve their best possible legal outcome. As a graduate of the United States Naval Academy, Matthew completed two deployments in support of the Global War on Terrorism as a Surface Warfare Officer. While maintaining his robust legal practice in Annapolis, Matthew continues to serve as a Commander in the active Navy Reserves and recently completed a deployment to East Africa in 2020 as the Deputy Director for Operations for the Combined Joint Task Force–Horn of Africa to enhance stability and prosperity in East Africa.



LEE ANN ADAMS, 33

Council Baradel, Annapolis
410-268-6600; councilbaradel.com

Alma mater: University of Maryland Law School **Legal specialty:** Real Estate/Business Law **The firm says:** Lee Ann focuses on assisting individuals with their home buying and selling process through the firm's in-house title company, and counsels businesses during all stages of its lifecycle, from formation to dissolution. Lee Ann was named partner of Council Baradel in 2021 while maintaining a fast-growing practice. Lee Ann makes a positive impact on her clients by supporting them during what is probably the single largest investment they will ever make.



ELIZABETH PFENSON, 32

Council Baradel, Annapolis
410-268-6600; councilbaradel.com

Alma mater: Notre Dame Law School **Legal specialty:** Family Law **The firm says:** Elizabeth maintains a substantial family law practice, and was named partner of Council Baradel in 2021, becoming the youngest ever at age 32. Her clients appreciate her attention to detail and thorough approach, as she assists clients with their sensitive and complex financial and family situations. Knowledgeable, yet down to earth, Elizabeth understands that, when clients work with her, they are often experiencing some of the most difficult moments in their lives. She seeks to lend her strength, knowledge, and professionalism to her clients as they navigate the intersection between their personal lives and the legal system.



JACK BECKETT, 36

Franke Beckett LLC, Annapolis
410-263-4876; fredfranke.com

Alma mater: Washington & Lee University School of Law **Legal specialty:** Fiduciary Litigation **The firm says:** Jack has been lead attorney on various fiduciary litigation matters at the trial level and on appeal. Additionally, he regularly creates Wills and Trusts and other planning documents for clients, often involving sensitive family concerns or complex tax issues. He has taught continuing legal education courses for lawyers with the Maryland State Bar Association and courses for Judges with the Maryland Judicial Institute. He has published articles in the Maryland Bar Journal. Jack is currently pursuing an Executive LLM in Tax at NYU Law School.



DEBORAH HOWE, 29

Franke Beckett LLC, Annapolis
410-263-4876; fredfranke.com

Alma mater: Washington & Lee University School of Law **Legal specialty:** Estate Planning **The firm says:** Deb is the primary attorney creating estate planning documents for many of the Firm's clients. These plans are tailor-made to meet each client's specific needs. The resulting documents may involve complex tax-sensitive provisions for high net-worth individuals and couples and/or planning to protect young children or vulnerable adults. Deb also has participated in fiduciary litigation, handling discovery issues, witness examinations, and argument before the court. Deb is active with the Maryland Bar Association in its legislative initiatives on remote document execution. She has co-authored a law review article on the Maryland Trust Act.



HARRISON BLISS, 31

Davis, Agnor, Rapaport & Skalny, Columbia
410-995-5800; darslaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Litigation **The firm says:** Harrison's law practice includes a broad range of litigation matters focusing on business and employment litigation. He has also represented hospitals and nursing facilities in guardianship proceedings and general tort litigation. During law school, Harrison advocated for discharge upgrades and service-connected disability ratings for veterans of the United States Armed Forces who were injured during their time in service. Harrison loves giving back to the community; he actively fundraises for Gilchrist Hospice in Howard County, and supports Wills for Heroes where he provides his services by offering estate documents to first responders free of charge.



LAURA THOMAS, 37

Davis, Agnor, Rapaport & Skalny, Columbia
410-995-5800; darslaw.com

Alma mater: The Catholic University, Columbus School of Law **Legal specialty:** Estate Planning **The firm says:** Laura focuses her practice on developing comprehensive estate plans to help clients preserve their legacies and has a particular affinity for assisting multi-generational business owners protect the businesses they spent lifetimes building. Laura serves on various professional committees, including the Maryland State Bar Association Estate and Trust Section Council Legislative Committee and the American Bar Association Young Lawyers' Division Real Property, Trust, and Estate Committee. Laura supports her community by serving on Howard County Conservancy and OhanaHC committees. Laura currently serves on the board for the Howard County Estate Planning Council. In her free time she also enjoys coaching lacrosse.



NORA MURPHY, 31

Davis, Agnor, Rapaport & Skalny, Columbia
410-995-5800; darslaw.com

Alma mater: George Washington University **Legal specialty:** Family Law **The firm says:** Nora is extraordinarily intuitive and autonomous, identifying the individualized needs of her clients and anticipating the best "next steps" in achieving their goals. Nora has a passion for helping others and is an exceptional team player. While Nora concentrates in family law matters, her broad-based knowledge in the area of domestic-relations has been invaluable in supporting both fiduciary litigation and estate planning matters. Nora's outstanding legal knowledge and work ethic are perfect complements to the kindness and genuineness she extends to her clients, lending comfort and compassion during what might otherwise prove to be an overwhelming life event.



RICHARD ANTHONY PASCIUTO, 37

Byrd & Byrd LLC Attorneys At Law, Bowie
301-464-7448; byrlandbyrd.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Elder Law/Estate Planning **The firm says:** As grandson of the Honorable John F. Kelly, Maryland District Court Judge, Tony has been learning to "think like a lawyer" his entire life. He began his law career as clerk to the Honorable Nicholas E. Rattal, Circuit Court of Maryland, followed by several years as a dedicated Public Defender. He is an active member of both the National Academy of Elder Law Attorneys and the PG County Senior Provider Network. He frequently volunteers as a speaker on topics such as Estate Planning and Medicaid. B&B is proud of the time Tony takes with clients, providing excellent legal advice, good counsel, and helping them find the right solutions.



JOSHUA D. WINGER, 39

Byrd & Byrd LLC Attorneys At Law, Bowie
301-464-7448; byrlandbyrd.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Elder Law/Estate Planning **The firm says:** Josh is the Byrd & Byrd "go to" for double-checking rules and statutory contents in a rush. His generous sharing of a phenomenal memory for details and specific requirements is admired by everyone in the office to confirm initial perceptions or to assist with case strategy. A popular presenter, Josh volunteers for multiple outreaches. He is convinced that knowledge is power and can be the pathway through which seniors can learn to advocate for themselves. Josh is a true friend to Senior Citizens of Maryland and to the entire community as their advocate for justice.



CATHERINE HOPKIN, 39

Yumkas Vidmar Sweeney & Mulrenin, LLC,
Annapolis; 410-571-2780; yvsllaw.com

Alma mater: University of Maryland **Legal specialty:** Bankruptcy and Reorganization **The firm says:** Catherine is a leader in the bankruptcy and reorganization field. Ms. Hopkin serves as the current President of the Maryland Bankruptcy Bar Association (the "BBA") and is frequently involved in high-profile bankruptcy and insolvency matters. Representing both creditors and debtors, she was one of the youngest practitioners in Maryland recognized by Chambers USA and has been ranked since 2016. She also has been recognized as a Super Lawyer since 2013 and served recently as a board member of the Pro Bono Resource Center, demonstrating a commitment to pro bono work.



REUBEN WOLFSON, 38

Smithey Law Group LLC, Annapolis
410-881-8190; smitheyllaw.com

Alma mater: University of Miami School of Law **Legal specialty:** Labor and Employment **The firm says:** Reuben is a partner at Smithey Law Group LLC handling all phases of employment law from meeting with prospective clients through the litigation process in administrative agencies, state, and federal court. Reuben's practice focuses on discrimination, harassment, and wage and hour law issues. He also counsels employers and employees on employment contracts and restrictive covenants. Reuben is a member of the Metropolitan Washington Employment Lawyers Association and sits on its Bench Bar Committee. Prior to joining Smithey Law Group LLC, Reuben was a member of the Labor and Employment law practice group at Rifkin Weiner Livingston LLC in Annapolis.



VERONICA YU WELSH, 32

Offit Kurman, P.A., Baltimore
410-209-6400; offitkurman.com

Alma mater: American University Washington College of Law **Legal specialty:** Labor and Employment/Employee Mobility and Trade Secret Protection/Civil Litigation **The firm says:** Veronica is a talented lawyer that works very hard to ensure the best outcomes for her clients. Whether it is working through a complex question of law or helping a client consider their many options, Veronica is a consummate problem solver who puts her clients first. Veronica is the type of lawyer that clients can trust to help them navigate the legal minefield. She is also well-regarded by her peers at our firm.



JANINE WOLFORD, 39

McAllister, DeTar, Showalter & Walker,
Annapolis; 410-934-3900; mdswwlaw.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Family Law **The firm says:** Ms. Wolford's interest in family law began in law school when she practiced as a Rule 16 attorney representing the underserved population of Baltimore City in domestic matters. She practiced general litigation for a number of years and has since decided to focus her practice in the area of family law. She is client focused, working closely with her clients in achieving their goals, while demonstrating the necessary empathy during this often difficult and taxing process on families. Her years of experience in the field of litigation and family practice allow her to be skilled in counseling, negotiating, and litigating.



STEVEN BROWN, 35

McAllister, DeTar, Showalter & Walker,
Annapolis; 410-934-3900; mdswwlaw.com

Alma mater: Florida State University College of Law **Legal specialty:** Employment Law **The firm says:** Steven's work reflects his exceptional contributions to the benefit of his clients and the community in which he practices. At the start of 2020, Steven brought his employment law expertise to the Annapolis office of McAllister, DeTar, Showalter & Walker. With the onset of the pandemic, Steven expanded his practice to become a "go-to" resource for guiding businesses through federal, state, and local COVID regulations. In addition, Steven volunteers his time as vice-chair of the Anne Arundel County Chamber of Commerce, as trustee to the board of trustees of the Anne Arundel County Bar Association, and for the Anne Arundel County Community College.



BENJAMIN HOWARD MEREDITH, 36

Iliff, Meredith, Wildberger & Brennan, P.C.,
Pasadena; 410-685-1166; ilimer.com

Alma mater: University of Baltimore School of Law **Legal specialty:** Medical Malpractice/Personal Injury **The firm says:** Benjamin is an accomplished attorney. Ben's practice consists of representation of clients victimized by medical malpractice as well as representation clients who have suffered other types of personal injuries. Ben regularly represents clients who have been injured in automobile accidents. Ben is a very active member of the legal community. Ben has served on the Board of Trustees of the Anne Arundel Bar Association, where he was liaison to the Maryland State Bar Association. Ben has also served on other committees of the Anne Arundel Bar Association. Ben is a member of the Maryland State Bar Association Ethics Committee. Ben is also engaged in the community at large, as he serves as a Board member of a non-profit organization and is otherwise involved in civic and philanthropic activities.



MEAGAN BORGERSON, 33

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

Alma mater: University of Maryland Francis King Carey School of Law **Legal specialty:** Civil Litigation/Business Law **The firm says:** Ms. Borgerson joined Kagan Stern and began her career in private practice in 2014, after clerking for the Honorable Clayton Greene on the Maryland Court of Appeals. In her nearly seven years with the firm, she has steadfastly demonstrated the ability to handle the firm's most complex civil litigation and to quickly garner the trust and confidence of the firm's clients. Ms. Borgerson also routinely serves as outside counsel to the firm's business clients with little-to-no oversight needed. In her relatively short time in private practice, Ms. Borgerson has already established herself as the type of reliable, competent, and successful attorney our clients need, as demonstrated by her selection in 2020 as a "Rising Star" by Maryland Super Lawyers.



SHELBY WHALE, 26

Reinstein, Glackin & Herriott, LLC, Bowie
301-850-7349; rghlawyers.com

Alma mater: Michigan State University College of Law **Legal specialty:** Family Law **The firm says:** Shelby is a smart, conscientious young attorney who is in the early stages of her career and focuses her practice in the area of Family Law. She is a strong advocate for her clients. She quickly identifies issues and works hard to resolve them. Shelby is also an effective legal writer. She is active with the Maryland Hispanic Bar Association, as an interviewer/evaluator of candidates who are seeking judicial appointments across the State of Maryland. In May 2019, Shelby graduated, with honors, from Michigan State University College of Law. She is an important part of our law firm and we are lucky to have her.



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Hillman, Brown & Darrow, P.A.



Carla M. Poole, Brian D. Lyman, Michael G. Von Sas, H. Winship Wheatley III, Lauren A. Torggler, Jonathan E. Pasterick, Daniel J. Mellin, Samuel J. Brown, M. Evelyn Spurgin, Marietta B. Warren, Crighton A. Chase, Michael P. Darrow, Sarah E. Brown

Successfully Adapting to a Changing World

One of the oldest and most respected law firms in Annapolis, Hillman, Brown & Darrow (HBD) has built an impeccable reputation — solidifying its status as a leader in the legal profession and establishing lasting legacy.

Founded in 1929 by Noah A. Hillman, the rich history of HBD dates back to 1976 when Samuel J. Brown began his practice with Noah and his son, Richard Hillman. It was not until October 1, 1979, when Hillman & Brown merged with the practice of Michael P. Darrow that HBD was officially born.

A full-service law firm, HBD has stood the test of time and prides itself on its longevity, its stability, its consistent service to its clients, and its role as a pillar of the community. Since 1979, the firm has grown from three to 13 attorneys who specialize in various areas of practice and have nearly 300 years of combined experience. Throughout the years, HBD has continued to evolve and has successfully adapted to meet the needs of a changing world.

Indeed, HBD's ability to adapt has been vital during the COVID-19 health crisis. To meet the challenges presented by the pandemic, the attorneys customize their services to address each client's individual needs. They offer in-person meetings in accordance with state and CDC guidelines, including masking, social distancing, and sanitizing, as well as virtual meetings. Client satisfaction is one of HBD's top priorities, and the attorneys are committed to providing the highest level of service, experience, and professionalism.

Not only has HBD adjusted to the pandemic, but it has also continued to expand. The firm recently recruited two new attorneys, hired additional paralegals, and promoted an associate to partnership.

This year HBD dedicates the Leading Lawyers feature to Michael P. Darrow, who after 41 years decided to take senior status as of counsel, effective December 31, 2020. A prominent attorney, Darrow enjoyed taking on the most difficult cases. His family roots in Anne Arundel County are deep. A member of the Baldwin family, a mainstay in the county, Darrow has been involved in nearly every aspect of the construction industry. He developed an interest in construction law and became one of the preeminent litigators of mechanic's liens in the state. Darrow has built a successful career and is adept at shifting between roles as a litigator and a mediator. He has earned numerous awards and honors and is actively involved in the community.

Darrow is enjoying the next chapter of his life and recently took a few moments to reflect on his career path and share his experiences at HBD.

How did you and Sam meet/connect to create HBD?

I think it was karma. We were introduced by a fellow attorney. Originally, we just shared office space, but it quickly became a partnership. I had received a full-time job offer from one of the largest law firms in the county, which I worked for as a law clerk after I passed the bar. When we were at the celebratory dinner at Wagon Wheel in Arnold (one month before Sam and I met), I was fired—before my first day—because I suggested that my salary was a bit low. After that crushing blow, I moved on, and the rest is history.

What was the best part about being a partner?

I love walking into new situations, and when introductions are made, I would often hear, "Oh yes, you're a partner at HBD!" One older gentleman client said, "HBD has handled my legal issues all the way back to Noah Hillman in 1969." That was the year that I graduated from high school!



HBD'S ATTORNEYS



Samuel J. Brown
 Michael P. Darrow
 Daniel J. Mellin
 M. Evelyn Spurgin
 Jonathan E. Pasterick
 Marietta B. Warren
 Crighton A. Chase
 Brian D. Lyman
 Lauren A. Torggler
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 - Zoning
- Criminal & Traffic
- Real Estate & Land Use

In addition to Darrow's wealth of knowledge and legal prowess, he also brought fun, laughter, and enjoyment to the practice of law. Prior to Darrow taking senior status as of counsel, the firm asked Brian D. Lyman to accept partner status and recently hired two new associates, Carla M. Poole and Michael G. Von Sas.

Both attorneys served as judicial law clerks to circuit court judges in Anne Arundel and Caroline counties and had work experience before practicing law. Von Sas has had many life experiences during his four years away from school and law. Poole served as a member of a police department while navigating her way through college and law school. Indeed, HBD's continued growth reaffirms its dedication to its clients and its commitment to serving the community.



Client Testimonials

"I was very impressed with the entire staff at Hillman, Brown & Darrow... The paralegals, and even the receptionist, all remembered who I was when I would call or stop by, and they were very helpful and courteous.

– *Satisfied client*

"If I had continued with any of the other law firms I would've been broke and fighting to see my children just as {they} had spelled out..... neither of which had imagination or genuine empathy to me or my family, only getting in and out of the process in what seemed like the most protracted and financially exhausting route possible.... Another very important part of the equation was the cost. Because {HBD} was able to complete this process in what seemed instantaneous, it cost me probably one fifth of the estimates from the other law firms. Sam read the situation instantly, had an escape strategy that he held me to and restored my Family, finances and sleep. Thank you very much {HBD}, you literally saved my life."

– *Satisfied client*



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Photo by Tony Lewis Jr.

Franke Beckett LLC

For more than 35 years we have focused exclusively on the law of fiduciaries and the law of estates and trusts. By concentrating our practice, the firm has developed deep experience and knowledge. Within this practice niche, we handle it all:

- **Estate Planning.** We prepare wills, various types of trusts, powers of attorney, health care directives, and other estate planning documents. The documents can be simple or complex to meet specific family concerns and/or to focus on tax planning. We explore the circumstances of every client and their planning goals, suggest various ways of approaching those goals and then tailor the documents to address those needs.
- **Estate and Trust Litigation.** We are not a general litigation firm. We focus on will, trust, and other fiduciary litigation. We handle disputes over the meaning of estate planning documents, arguments involving personal representatives and trustees, and challenges to documents based on lack of capacity or undue influences.
- **Estate and Trust Administration.** We help clients with the process of winding up a decedent's financial affairs by implementing the individuals' estate plan or in accordance with state law if the person has no valid planning documents. We prepare all estate and income tax returns in-house so we can offer seamless administration services from beginning to end.



By handling every aspect of our practice area, we create a synergy that strengthens the handling of each matter. Our approach to planning, for example, is strengthened by our estate and trust administration practice. Our handling of both planning and administration is informed by the lessons learned from our fiduciary litigation practice. Our fiduciary litigation practice, in turn, benefits from our understanding of the substantive issues that arise in our planning and administration practices.

“You make the complex issues surrounding estate planning easily understandable for the layperson.”

Clients are clients of the whole firm – not just of one lawyer in the firm. This starts from the initial meeting and continues to the end. This collaborative approach, coupled with our involvement in all aspects of estates and trusts law, lets us deliver the highest quality of client services. Our approach leverages the knowledge of seasoned lawyers and staff.



The firm consists of two partners: Fred Franke and Jack Beckett; and two associates, Deb Howe and Sam Draper. Fred is a Fellow of the American College of Trust and Estate Counsel, past chair of the Estate and Trust Section Council of the Maryland State Bar Association, and he has taught at the University of Baltimore School of Law. Both partners have written articles for law reviews or other legal publications and they routinely present continuing education courses on estates/trusts topics. These activities give back to the profession and deepen and extend the firm's collective understanding of the law of estates and trusts.

During the COVID-19 pandemic, the firm developed techniques to permit us to continue to serve our clients, whether for planning, litigation, or estate administration matters. In a post-pandemic world, we will continue to use those techniques for clients upon request. We have always had clients located various distances from our physical office, whether from Anne Arundel County, the Eastern Shore, the Southern counties, and those counties surrounding Baltimore and Washington. These clients may find using a remote service option an added convenience. Once the emergency orders permitting remote execution of certain documents expire, the degree that we can offer completely remote estate planning services will depend on legislative enactments.

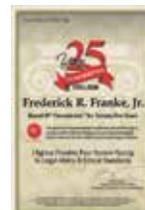
For more information about our firm and how we approach representing our clients, visit our website at www.frankebeckett.com.

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Jonathan Kagan



Stephen Stern



Michael Marinello



Ryan Beard



Meagan Borgerson



Patrick Daley



Heather Yeung



Travis Martz



Jonathan Hodgson



Lynn Krause

Kagan Stern Marinello & Beard LLC

Kagan Stern Marinello & Beard provides highly skilled legal services to businesses and individuals in the areas of business, employment, and litigation in Maryland, DC, Virginia, and other jurisdictions throughout the country. The firm's attorneys have been consistently recognized as "AV" rated by Martindale-Hubbell (which is the highest rating attorneys can receive from their peers), as well as by "Super Lawyers," "Best Lawyers," and annually by *What's Up? Media's* "Leading Lawyers," in the areas of business, employment, and litigation.

Kagan Stern's business law practice includes corporate formation and organization, drafting contracts and business agreements, mergers and acquisitions, and financing and security transactions. In addition, our attorneys draft and review intellectual property and related licensing agreements and handle other general counsel needs of our business clients. The firm also participates in real estate matters, including drafting and negotiation of leases and purchase contracts, and conducting real estate settlements through its title company affiliate, Title Nation.

The firm's employment law practice involves advising businesses and individuals on nearly all aspects of the employment relationship. The firm's attorneys draft and review employment agreements, nonsolicitation and noncompetition agreements, confidentiality and nondisclosure agreements, severance agreements, employee handbooks, and employment policies. They also advise on matters such as wage and hour compliance, trade secret protection, discrimination and leave laws, and privacy issues. Kagan Stern's lawyers are trained and experienced in conducting confidential internal investigations for businesses regarding potential violations of employment laws and other sensitive business matters.

When litigation arises or becomes necessary, the firm's experienced trial attorneys handle a wide variety of complex civil cases in trial and appellate courts, as well as in arbitration and before governmental agencies or boards. The litigation attorneys

at Kagan Stern are experienced in handling cases involving business, employment, trusts and estates, real estate, and various other types of disputes.

The combination of business, transactional, and trial experience makes the attorneys at Kagan Stern an ideal choice to represent companies as outside general counsel to work with management on a regular basis to address the particular legal needs of the business.



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ABOUT OUR PRACTICE

Our practice is about people. I take pride in helping our clients through difficult challenges and helping them move into their future.

We provide legal guidance and bulldog advocacy for our clients. But we also seek to approach our cases with wisdom and care because not all matters need to be decided through a court process which can be costly, stressful and destructive to children and relationships. We seek fair settlements where possible and to care well for our clients.

Avvo REVIEWS - 10 STARS

Excellent Experience ★★★★★

"Outstanding lawyer. Kendall is very knowledgeable and experienced attorney who tries to work out your case amicable. She was professional and personal at the same time. She kept me informed about each step of the process, quick to respond via telephone and/or email. Kendall constantly looked out for me during the divorce." -Client

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Spring is a great time to get things cleaned up and in order...

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Kendall Summers Family Law Practice provides:

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Planning is always wise and good, and foresight and planning is especially important to help your family/friends care for you in times of illness or convalescence!

Planning is also very important for your Last Will and Testament and/or other estate documents to give guidance and instruction to those who care about you and who are taking care of things when time comes.

Kendall Summers Esquire, is an experienced attorney practicing in the fields of Family and Estate Planning Law

We are here to help answer your questions!



Call our office and we would be happy to provide you with a **FREE CONSULTATION!**

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Baldwin | Seraina LLC

Baldwin | Seraina, formerly BaldwinLaw, is a litigation firm with offices in Baltimore and Annapolis. The firm is built on a tradition of excellence, going back nearly 40 years. We have earned our reputation as skilled trial lawyers in the state and federal courts with aggressive litigation focused on results. We represent clients in business, commercial, professional liability, construction, civil rights, insurance coverage, products liability, medical malpractice, and personal injury disputes.

As trial lawyers, we prosecute and defend our clients' interests in Maryland and beyond. As trusted advisors, the firm provides strategic advice and risk-management analysis. Baldwin | Seraina approaches each matter with meticulous attention, to provide client service that is responsive, detailed, and cost effective.

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 Kathleen M. McDonald
 Rignal W. Baldwin V
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 ATTORNEYS AT LAW



Skipper Law, LLC

Skipper Law, LLC is a civil litigation practice focused on personal injury cases, the representation of homeowners in HOA/Condo disputes, and business and contract law. Matthew Skipper founded Skipper Law in 2015 after previously working for The Honorable Richard Trunnell. Partner Jeffrey Kahntroff, previously at DLA Piper, joined the Firm in March 2017 and retired judge Leo E. Green, Jr. joined Skipper Law in 2019 after serving 18 years on the bench. Judge Green is one of the handful of retired judges now in active private practice, focusing his time on probate work, dispute resolution and general civil litigation. Sean P. Kraus, former law clerk to Hon. Pamela K. Alban of the Circuit Court for Anne Arundel County, is the most recent valuable addition to the team.

HOA/Condo

Skipper Law is the foremost leader statewide in the representation of homeowners in disputes with their community associations. We understand the substantial stress and anxiety that often accompany these matters and work diligently to find real solutions to real problems. In this context, we regularly represent homeowners in the following matters: architectural disputes, water leaks and property damage, violations and fines, fair housing issues and reasonable accommodations, illegal debt collection, liens on real property, election disputes, Board malfeasance, breaches of fiduciary duty, and others. We pride ourselves on offering sound, practical advice to homeowners throughout Maryland no matter how big or small the issue may be.

Our attorneys have handled HOA/condo cases at every level of the state judiciary including District Court, Circuit Court, the Court of Special Appeals and the Court of Appeals, recently prevailing in a Court of Appeals case striking down an abusive debt collection practice that harmed many property owners. In addition

to litigation, our attorneys have handled these matters before various other bodies, such as the Maryland Commission on Civil Rights and Montgomery County's CCOC.

Personal Injury – Millions Recovered

In addition to HOA/Condo work, Matthew Skipper has been named a Rising Star by his peers for his personal injury work in three consecutive years (Super Lawyers). Skipper Law has collected millions for personal injury clients in auto accidents, truck accidents, and other negligent injuries, including permanent injury and wrongful death. For personal injury matters, we do not charge for your consultation or collect any legal fees unless the firm obtains a recovery for you.

Contact Us For Your Consultation

If you need representation or advice, please call Skipper Law at (410) 919-2121 or visit our website online at www.skipperlawllc.com. While located in Crofton, we offer Zoom consultations and regularly represent clients throughout the entire state.

Skipper Law, LLC

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www.skipperlawllc.com



Ronald M. Naditch, P.A.

Ron Naditch has decades of experience successfully handling disputes in the areas of family law (prenuptial agreement, divorce, alimony, domestic violence, and all children related issues), automobile accidents, criminal law, and general civil law.

Ron is a graduate of Dickinson College and University of Maryland Law School (with honors), where he served as an Assistant Editor of the Maryland Law Review and finished in the top 10 percent of his day school class. After law school, he served as a law clerk for The Honorable C. Ferdinand Sybert, a judge on the Maryland Court of Appeals. He then served a tour of duty in the United States Coast Guard before going into private practice as an associate of Goodman and Bloom in Annapolis, a position he held for one year.

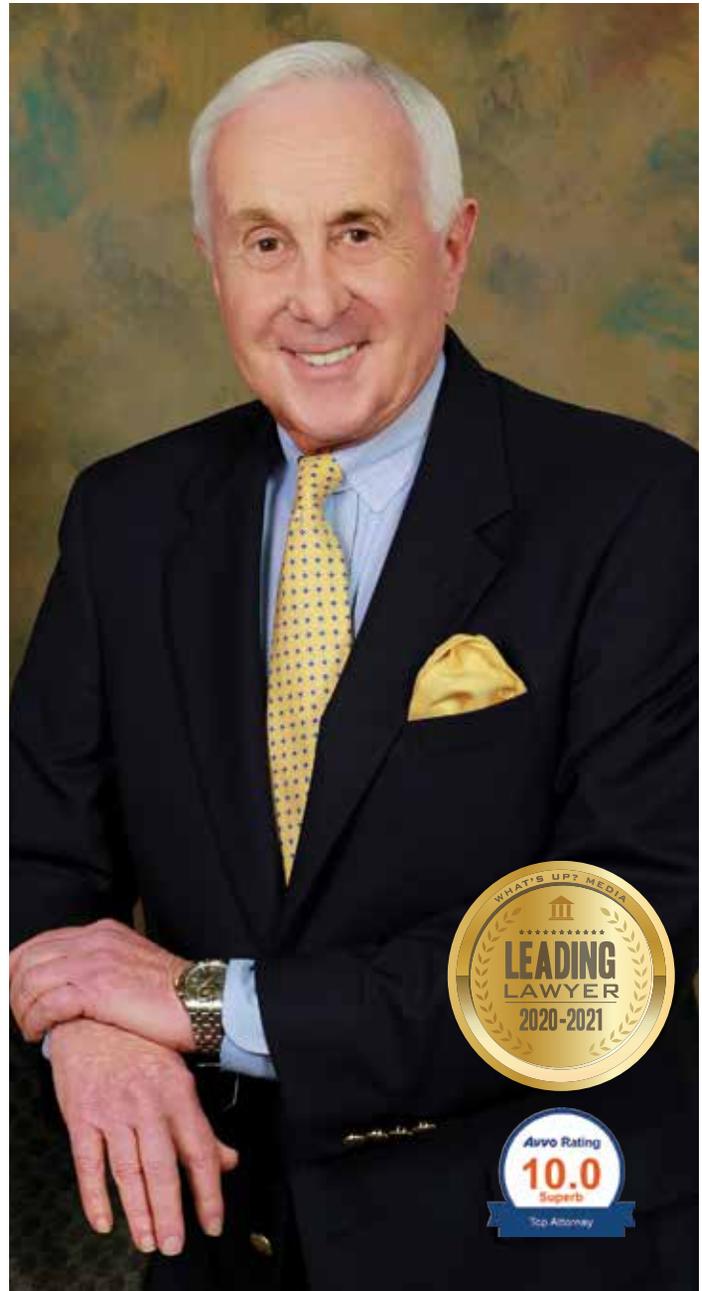
For more than 25 years thereafter, while Ron was developing his private practice, he served under five States Attorneys as a part-time Senior Assistant State's Attorney in Anne Arundel County. In this capacity he specialized in handling murders, rapes, robberies, and other major felony cases and was the go to person in cases involving insanity pleas until he retired in 1993.

During his legal career, Ron has represented the Anne Arundel County Department of Social Services; he has been a member of the Maryland Attorney Grievance Review Board; and he has been recognized by Martindale Hubbell (a publication that rates lawyers based upon responses from their peers) as an "AV" rated attorney since the mid-1970s. He also has the highest attorney rating from AVVO. In 1993, the judges of the Anne Arundel County Circuit Court appointed him as part-time Master/Examiner and he participated as a hearing officer for the Court in 5000-7000 cases over a period of 25 years before the elimination of that position in 2018.

At this stage of his practice, a great deal of Ron's time is spent conducting mediations for people who have family law issues. It has been his experience, after more than 25 years as a mediator, that nearly all family law issues can be resolved in this non-adversarial procedure. Mediation is far less expensive than litigation and, with the assistance of a trained mediator, can allow couples to dissolve their marriages and determine how to fairly resolve all child related issues, as well as issues relating to fair and appropriate monetary adjustment with regard to their property and/or to adjust their differences in income. The balance of his time is spent representing clients in contested family law cases in Anne Arundel, Queen Anne and Talbot Counties.

Ron considers family law to be a unique legal area and that it is in the best interest of the divorcing parties and their children if they seek to mediate solutions to their problems, as opposed to allowing the courts to mandate decisions about their lives, the lives of their children, and their financial assets. A divorce should not be about winners, losers, and results that end in scorched earth. Peaceful solutions to divorces inures to the benefit of all parties. An attorney should act as a problem solver, neither accelerating nor aggravating what is often a stormy situation. Ron's approach is to say to his clients when they come into his office, "Let's sit down, discuss, mediate, and resolve the issues, instead of letting a person in a black robe make a decision about you and your family."

According to Ron, "I think of myself as a problem solver, not a troublemaker, in family law cases. But if trouble arises or problems cannot be resolved without limitation, I have the experience to handle any type of case."



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Tom Fleckenstein, Esq.

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- Personal Injury/Wrongful Death
- Traffic Court Cases/Criminal Defense
- Wills and Estate Administration
- Liquor Board Matters
- Lobbying/Government Relations

Tom Fleckenstein has built a career and reputation by diligently helping others. He is known for his ability to bring parties together for common goals as well as zealous courtroom advocacy. He represents his clients with a keen ability to get to the bottom of the issues and solve complicated problems. He is a former Assistant and Deputy State's Attorney for Anne Arundel County, and has handled hundreds of civil and criminal trials, administrative hearings, and appeals throughout Maryland.

- Member of the Maryland State Bar Association
- Served as a Division Chair and Trustee of the Anne Arundel County Bar Association
- Appointed by the Anne Arundel County Circuit Court to serve as a Children's Privilege Attorney and Child's Best Interest Attorney

- Appointed as a Special Administrator by the Orphan's Court for Anne Arundel County
- Former Vice-Chair of the State Board of Elections
- Former Chair of the Trial Court Judicial Nominations Commission for Anne Arundel County

Charles A. Puher Associate Attorney

Charles Puher has primarily worked in Workers' Compensation and Personal Injury.

He strives to deliver personalized legal representation through his legal knowledge, organization, time management, efficient communication, and interpersonal skills.



Tom Fleckenstein and Charles Puher



Thomas J. Fleckenstein, Esq.

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Iliff, Meredith, Wildberger & Brennan, P.C.

Since its founding in April 1995, the attorneys at Iliff, Meredith, Wildberger & Brennan, P.C. have worked tirelessly to represent victims injured as a result of medical negligence, i.e., medical malpractice. While the firm's primary focus is on medical malpractice injuries, the firm's practice also emphasizes representation of clients injured in automobile accidents and truck accidents.

The firm understands that victims are often unable to afford an attorney's hourly rate. The firm often represents clients on a contingency fee basis. This means that the firm is paid a percentage of a client's recovery as the firm's fee, but that a client does not owe the firm a fee unless a client obtains a monetary recovery. This contingency fee model allows Iliff, Meredith, Wildberger & Brennan, P.C. to represent injured clients who otherwise could not afford to pursue their claims.

Iliff, Meredith, Wildberger & Brennan, P.C. offers clients a potent combination of small firm efficiency coupled with ability and experience in litigating large and complex cases. All of the firm's clients receive personal attention from their attorneys at Iliff, Meredith, Wildberger & Brennan, P.C.

Iliff, Meredith, Wildberger & Brennan, P.C.'s relationships with clients are characterized by confidence and trust. Irrespective of the type, value, or complexity of a given case, the attorneys care about what happens to the firm's clients. The firm's attorneys do their utmost in every case to ensure that justice is done for their clients and to assist clients in achieving the best possible result.

Iliff, Meredith, Wildberger & Brennan, P.C. also believes in giving back to the community. In addition to financially supporting community initiatives, the

firm's attorneys regularly donate their time through a variety of charitable and professional organizations. This commitment has resulted in many honors and awards to Iliff, Meredith, Wildberger & Brennan, P.C. and its attorneys, as well as many leadership positions being held by the firm's attorneys in both community and professional organizations.

Iliff, Meredith, Wildberger & Brennan, P.C. provides potential clients with free legal consultations. Please contact the firm by telephone (410) 685-1166 or online to discuss how its attorneys may be able to provide assistance. Please visit Iliff, Meredith, Wildberger & Brennan, P.C.'s website, www.ilimer.com, to review a more complete description of the firm's practice areas and to view individual attorney profiles.

Iliff, Meredith, Wildberger & Brennan, P.C.

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8055 Ritchie Highway
Pasadena, Maryland 21122
410-685-1166





Liff, Walsh & Simmons

Liff, Walsh & Simmons is a business law firm located in Annapolis, Maryland. We support middle-market businesses, their owners, operators, and investors across the mid-Atlantic region. We know that the legal issues businesses face are often multifaceted. They can also transform from requiring the support of one area of legal expertise, to requiring a much broader knowledge base, and we built our firm with that in mind.

Our diversified legal team provides vital counsel for almost every area of business. Our attorneys are subject matter experts across key business-focused, practice areas. This framework allows us to provide responsive, efficient, counsel to our clients with an impressive range of expertise. Whether the challenge involves one practice area, or requires a more interdisciplinary resolution, our attorneys are prepared to protect assets, mitigate and manage risk, navigate opportunities, and offer essential guidance if unforeseen circumstances arise.

As a business grows, the right team of specialized business attorneys plays a significant role in the success, and sometimes survival, of a business. We help entrepreneurs and executives establish the most beneficial business structure to form, shape corporate governance, develop effective contracts and employment agreements, negotiate property lease or purchase terms, analyze the risks and benefits of current land use and zoning, create succession plans, and deliver responsive support in the event of a dispute or lawsuit.

We invite you to work with us and see for yourself. We are committed to the responsive delivery of legal services, offering the depth of knowledge necessary to resolve the most pressing legal and business issues, no matter how complex.

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Bowman Jarashow

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LEADING LEGAL PROFESSIONALS

Founding attorneys, Jeffrey P. Bowman and Ronald H. Jarashow, opened Bowman Jarashow Law LLC in 2021. While a new firm, its attorneys have a combined 65 years of experience in providing a broad range of services to meet the business and personal needs of their clients throughout Maryland.

Bowman Jarashow Law LLC congratulates its two attorneys who are recognized as “Up and Coming Lawyers” by *What’s Up?* Magazine, Frank P. Lozupone, III and Brooke H. Bowman.

Frank P. Lozupone is an associate with the firm who focuses his practice on business and fiduciary litigation. After serving as a judicial law clerk, Mr. Lozupone was quickly recognized as a “Rising Star” by *SuperLawyer* magazine. Mr. Lozupone was a scholarship recipient at law school, graduated at the top of his class and was a member of Law Review.

Brooke H. Bowman joined Bowman Jarashow Law LLC after spending over a decade practicing law in Baltimore on transactional business work and trust and estate planning. Mrs. Bowman is active in her community and serves as Board Member for The Bill Sweeney Perinatal Care Fund, Inc. Mrs. Bowman is also recognized as a “Rising Star” by *SuperLawyer* magazine.

The lawyers at Bowman Jarashow Law, LLC have been recognized as “Leading Lawyers” by *What’s Up?* Magazine in ten different practice areas, including Business Law, Arbitration, Appellate

Law, Construction Law, Employment Law, Medical Malpractice, Education, and General Practice.

Jeffrey P. Bowman and Ronald H. Jarashow, a former judge on the Circuit Court for Anne Arundel County, have also been recognized by their peers as top lawyers by *Martindale-Hubbell* receiving the top rating of “AV – Preeminent” for both ethical standards and legal ability. For the past five years, Mr. Bowman has been recognized as a “Top 100” lawyer in Maryland by *SuperLawyer*.

Bowman Jarashow Law LLC

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Annapolis, MD 21401
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CATHERINE
STAVELY

ELENA
SALLITTO

JENNIFER
BRANDI

Stavely and Sallitto Elder Law, LLC

Catherine Stavely, a Leading Lawyer in the field of Elder Law for over 10 years, and Elena Sallitto a Certified Elder Law Attorney (CELA) joined together to create the firm of Stavely & Sallitto Elder Law, LLC. Catherine and Elena are two of the most experienced, knowledgeable Elder Law Attorneys in Maryland. They offer their combined thirty plus years of experience to seniors, their families, and those with disabilities. Recognized leaders in their field, they are highly skilled and respected by colleagues, health care professionals, clients, and government officials with whom they often interact. Each of their clients receives individual attention, tailored to their particular needs.

The firm mission is to empower seniors and those with disabilities to manage the complex fields of financial management and of health care, at home, in assisted living communities, or in skilled nursing facilities. They offer guidance on medical decision making and financial management tools such as Powers of Attorney and Guardianships. Both Catherine and Elena have served on the Maryland Advisory Council on Quality Care at End of Life, both are past Chairs of the Elder and Disability Rights Section Council of the Maryland State Bar Association, and current and past Presidents of the Maryland/DC Chapter of the National Academy of Elder Law Attorneys. The firm strongly supports hospice and palliative care programs and interact with the Maryland Legislature on issues impacting their clients.

Recently added to the firm is our Associate Attorney, Jennifer Brandi. Jennifer has devoted her career exclusively to the practice of Medicaid and Estate Planning. She brings warmth, understanding and keen insight in meeting the needs of our clients.

Stavely & Sallitto Elder Law, LLC

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Stacey B. Rice, LLC



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The Law Offices of Stacey B. Rice, LLC (“Rice Law”) is a family law firm, focusing on divorce, custody, child support, alimony, protective orders, prenuptial agreements, guardianship, and adoption. The firm is led by Stacey B. Rice, who has practiced family law for 15 of her 20 years as an attorney in Annapolis. Rice Law is teamed by Samantha Posner, who recently was named as a partner with the firm, Nathan Volke, who is also a County Councilman, and Nicholas Mastracci. Rice Law is unique in that the attorneys offer a collaborative team approach and work together closely on all cases to give our clients the very best representation possible.

During the COVID-19 pandemic, we recognize that families are struggling more than ever. Our children are learning on-line, their social lives have been disrupted, and for some, their high school and college experience is not what they dreamed of. Parents are working from home, some

have lost their jobs, and stress levels are high. We all just lived a year like no other. At Rice Law, we recognize these hardships, and have the compassion and experience to assist you if you are experiencing a separation, divorce, custody or other family law matter.

Despite being very experienced trial attorneys, we value the benefits of settling your case. At Rice Law, we believe in solving problems, not creating new ones. Divorce is hard enough. Custody battles are emotionally draining. You deserve to have an attorney on your side who will fight for you and your family, who will give you sound advice, all while being appropriately aggressive, yet empathetic. We use our knowledge and experience to get you the very best outcome and to guide you through one of the most difficult times of your life. Please visit our website (www.staceyrice.com) to read what our clients think of Rice Law.



Jack Schmerling

Jack Schmerling primarily practices workers’ compensation law (on the job injuries). However, he also represents individuals in personal injury and Social Security disability. As a solo practitioner with over 30 years of legal experience, he personally represents each client.

His expertise in the field of workers’ compensation has been well recognized, having taught various aspects of workers’ compensation to other lawyers through training seminars sponsored by the Anne Arundel County Bar Association, Maryland Association for Justice, and Maryland Workers’ Compensation Education Association, Inc. Serving as a resource for other lawyers with workers’ compensation questions, Jack has been qualified in Circuit Court as an expert witness in the field of workers’ compensation. Mr. Schmerling was also honored by the lawyers and judges of Anne Arundel County having been selected by them as the leading lawyer for referrals in workers’ compensation as noted in *What’s Up? Annapolis* in every poll conducted (years 2010 through 2020).

Mr. Schmerling was selected as a “Super Lawyer” in the field of workers’ compensation by other attorneys throughout the State of Maryland as published in *Baltimore Magazine* in 2013 through 2020.

Mr. Schmerling, who, with his wife Sara, has raised four sons, served on various Anne Arundel County and Maryland non profit and charitable boards.

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Daniel V. Renart*, Paul J. Reinstein*, Top 100,
Maureen Glackin* Top 100 & Top 50 Women, Shelby E. Whale**, Randall S. Herriott*
*Chosen to Super Lawyers | **Chosen to Rising Stars



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Se habla español

Reinstein, Glackin & Herriott

The attorneys of Reinstein, Glackin & Herriott practice family law throughout Maryland and have more than 100 years of combined legal experience. The firm consists of Senior Attorney Paul Reinstein, who is also an award-winning mediator in the Washington area. Maureen Glackin, Partner, specializes in military divorce as well as the division of military retirement assets and other retirement benefits. Daniel Renart, Partner, focuses his practice on assisting clients in various family matters and is fluent in Spanish. Randall Herriott, Partner, is well-known by his clients as a strong advocate for equitable relief through his thoroughness and commitment to obtaining the best outcome for his client. Shelby Whale, the firm's newest Associate, has been chosen as one of *Super Lawyers'* Rising Stars for her growing knowledge and performance as a family law attorney. Members of RGH have experience handling complex litigation involving separation agreements, prenuptial agreements, divorce, alimony, child custody, child support, family businesses, property distribution, domestic violence, corporate issues and other complex family law matters.

When it comes to specializing in these areas of law, RGH is committed to providing quality and empathetic legal services to all of its clients. The attorneys at RGH have been recognized for their legal knowledge and experience by various accredited organizations, including the American Academy of Matrimonial Lawyers, *Super Lawyers*, Martindale Hubbell, *Washingtonian Magazine*, Best Lawyers and others. Our main office is located in Bowie, Maryland at the intersection of Routes 301 and 50, however, we are planning to move our main office from Bowie to Annapolis during the summer of 2021. We have an additional office in Rockville located near the Montgomery County Circuit and District Courts.

In these changing times, we are conducting business in-person as well as virtually, and our offices are professionally cleaned and disinfected once a week for the safety of our employees and clients.



Evan Koslow

Your Family Law Advocate

Evan M. Koslow, Esq. is an experienced family law attorney you can trust for your case. Located in Annapolis, the Koslow Law Firm handles many types of family law cases including military divorce, mediation and third party custody. Evan Koslow has successfully taken on hundreds of the most difficult and complex divorce and family law cases in Maryland. Koslow Law Firm is confident and experienced in overcoming one-of-a-kind cases and stands ready to successfully represent you amid any new situations that may arise. Recognizing that every client is in a unique situation, Evan will be your advocate and provide you with personal attention to better understand the circumstances surrounding your legal situation.

Evan Koslow is an experienced family law attorney and mediator who has spent more than 13 years building a career in the legal profession, which includes working for law firms in Annapolis, as well as federal and state governments.

Local Focus – Regional Coverage – Legendary Accessibility. Koslow Law Firm supports clients in many parts of Maryland including, but not limited to: Anne Arundel County, Baltimore County, Calvert County, the Eastern Shore, Howard County, Montgomery County, and Prince George's County. Evan Koslow has more than a decade of experience in family law and wants to help you reach a peaceful resolution to your situation. The Koslow Law Firm provides support for: divorce, mediation, child custody, child support, domestic violence, third party/grandparents' rights.

With flexible appointments available all week, Koslow Law Firm LLC strives to be easily accessible to clients, and all calls are returned within 24 hours. Give us a call today to discuss your family law case.



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Diana L. Klein

Diana, a native to Annapolis, enjoys all the unique attributes that the state's capital has to offer. As a local attorney, she is familiar with how the local citizens and businesses are being affected by the COVID-19 pandemic. Diana continues to represent these local businesses in Corporate Law, negotiating and preparing commercial contracts, leases, and loan documents. Diana has many clients that are still recovering from the economic impact and are simply trying to financially get through the next day, protect their assets or defend against creditors and lenders. Now that state assistance programs and moratoriums are coming to an end, businesses and citizens may need, more than ever, protection from creditors and lenders. Diana's past legal experience and knowledge through the financial and real estate crisis in 2007-08, has more than qualified her to help evaluate your financial situation and determine your best option, whether its negotiating with creditors, negotiating a loan modification, a forbearance, a short sale, deed-in-lieu of foreclosure or filing a business or personal bankruptcy. Bankruptcy can give you time to reorganize and stop aggressive creditors, which may be the relief you need. Also, the pandemic caused people to realize they need to get their estate planning in place for those unexpected or unforeseen events. There is no better time than now to have Diana prepare a power of attorney, a will, a medical directive and / or a trust agreement. Diana is also ready to help you with the navigation and administering of a decedent's estate, which can be a very confusing process.

As an entrepreneur, Diana has been able to utilize her legal experiences and knowledge to expand her services by building a successful full-service real estate brokerage firm, Lawyer's Realty, LLC and a title company, Lawyer's Title & Escrow Services, LLC. Lawyer's Realty is a unique brokerage firm offering attorney consult throughout your transaction at no extra cost. No other brokerage offers this service. Owning a title company is always a benefit to her real estate clients by streamlining the transaction. Diana understands all aspects of the real estate transaction, both commercial and residential and she can answer any of your real estate questions during your transaction.

As a result of COVID-19, Diana has implemented new ways to meet clients by meeting telephonically or video conferencing, which saves client's time and lowers their health risk. Give Klein & Associates a call for a 30-minute consult at no cost to discuss your upcoming legal or real estate needs. She will help you prepare, persevere, and stay positive.

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Brady Fischel & Daily

Comprised of experienced trial attorneys, Brady Fischel & Daily has developed a diversified litigation practice focused on resolving matters involving personal injury, wrongful death, medical malpractice, business and commercial disputes, insurance claims, and property and land use issues. The attorneys of the firm pride themselves on their ability to develop and implement solution-oriented strategies designed to solve problems promptly, efficiently, and where possible, amicably. When litigation is necessary, the Firm's attorneys bring decades of trial experience to the courtroom prepared to act decisively and zealously to protect the client's interests.

The Firm's partners, associate attorneys, paralegals, and staff make up a team of passionate advocates, highly skilled negotiators, and experienced trial lawyers able to provide unmatched advice and support to both individuals and businesses. Brady, Fischel & Daily is committed to the belief that the client always comes first; and this means that if the Firm cannot help, we will help you find someone who can.

In addition to virtual consultations, Brady Fischel & Daily has offices conveniently located in Annapolis and Baltimore, allowing our team to represent clients throughout Maryland and in the District of Columbia.



Sims & Campbell

Estates and Trusts

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At Sims & Campbell, our estate planning lawyers advise and assist individuals and families to develop estate plans that preserve family harmony, avoid probate, minimize gift and estate taxes, preserve and protect assets, designate guardians of minor children, and benefit charitable organizations. *All of our lawyers focus their practice exclusively in estate planning and estate administration.* We believe that by focusing our practice, we bring experience and wisdom to solve complex tax, family and other planning issues with common sense, clarity and compassion. Ultimately, we strive to provide every client with *peace of mind* that their plan is orderly and efficient for their loved ones.

Jane completed her undergraduate studies at Princeton University, graduating *magna cum laude* and *Phi Beta Kappa*, obtained a Masters of Education degree from Stanford University and received her law degree, *cum laude*, from Harvard Law School, where she was an editor of the Harvard Law Review.

Frank earned his law degree from Hofstra Law School and a Master of Laws in Taxation (LLM) from University of Baltimore. Since 2005, he has focused his entire practice on estate planning. He began his legal career as a Judge Advocate in the United States Marine Corps and previously served as the General Counsel for the Special Inspector General for Iraq Reconstruction.

The firm serves a wide range of clients, from young families to ultra-high net worth individuals, which allows clients to remain with the firm as their level of wealth and the complexity of their estate planning changes over time.

Please check us out at www.simscampbell.law to learn how we can serve your family and plan your legacy.

OUR ATTORNEYS: Jane Sims, Frank Campbell, Christia Pritts, Michael Lehr, John Robinson, Jennifer Yeagle, Matthew Pearl, Matthew Lambros, Chyenenne VanKirk

LEADING LEGAL PROFESSIONALS



Yumkas, Vidmar, Sweeney & Mulrenin, LLC

Yumkas, Vidmar, Sweeney & Mulrenin, LLC (YVSM) Expands its Real Estate, Land Use, and Environmental Practice.

Kinley R. Bray (who previously served as Senior Assistant County Attorney for Anne Arundel County) has joined T.J. Mulrenin, David Plott, Benjamin Wechsler, and Andrew Gerlowski in YVSM's growing Real Estate, Land Use, and Environmental practice.

YVSM is ready to assist on real estate needs, from initial project planning, entity formation, zoning and permitting, administrative hearings and appeals, financing, acquisition, leasing and sale, as well as associated governmental relations, administrative hearings, environmental, and natural resources issues.

YVSM was founded in Annapolis over a decade ago as a bankruptcy, insolvency, and litigation boutique. It is growing and diversifying.

See our website at www.YVSLAW.com or email us:

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Raymond E. Brown, Esquire

Raymond has a passion for Estate Planning! While you can't control when something unfortunate happens, you can control how it affects you and your loved ones. Often, the best form of control is sound planning done at the hands of an expert, not a jack-of-all-trades, which is why Raymond only practices Estate Planning. You will find that his approach and system of processes provide an unrivaled level of compassion and commitment when it comes to all forms of Estate Planning.

This dedication and system of processes were built and honed through nine years with the United States Navy and twenty years as a nationally recognized engineer with the National Security Agency prior to becoming an attorney. Raymond's unmatched level of personal engagement with every client is why other professionals use him for their estate planning.

Meeting with Raymond is an experience, whether it's a consultation or one of his free webinars on Wills, Trusts, and Medicaid Planning. It doesn't matter if you're single, divorced, widowed, in a same-sex relationship, military, veteran, the size of your estate, or if you need a Will, Trust, or Medicaid assistance; Raymond's view is that everyone deserves to define and protect their future, legacy, and loved ones through the strategy best suited to their needs.

To provide his client the best and most up-to-date strategy possible, Raymond attains over 36 credits on Estate Planning topics annually. Leverage his talent, education, and enthusiasm to protect your tomorrow. You may not be here or be able to hear it, but your family will thank you.

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Sinclair Prosser Gasior

Estate Planning and Elder Law Attorneys

Do you know what will happen to your family and your assets if you become incapacitated, or what will happen to your loved ones after you pass away? Many people do not like to think about illness, injury, or death. While it is understandable to put these topics out of your mind, you can put your family—and yourself—in a very bad situation if you do not plan ahead in case of illness and for the inevitability of your death.

Waiting too long to make an estate plan can leave you and your loved ones in trouble if something unexpected happens. If you have not planned in advance and you need nursing home care or you get sick and cannot communicate your medical decisions, your family members could be put in a difficult position. You could face significant financial trouble and even receive unwanted medical care that you wouldn't have chosen.

Rather than leave yourself and your family at the mercy of fate and hope nothing bad happens to you, it is best to be prepared in advance. Get the help you need today so everything is in place in case of an emergency. This is just as important for young people as it is for the elderly, especially if you have small children to provide for.

Give us a call at 410-573-4818 or contact us online to learn more about the personalized assistance we can provide to you in Annapolis, Bowie, Millersville, Waldorf, and surrounding areas in Maryland. Sinclair Prosser Gasior attorneys Jon J. Gasior, Colleen Sinclair Prosser, Victor A. Lembo, Alexander M. Pagnotta and Laura T. Curry will help ensure you have taken care of the essential estate planning issues so you can give yourself and your family the peace of mind of knowing everyone is protected.

From L to R: Attorneys Victor A. Lembo, Colleen Sinclair Prosser, Jon J. Gasior, Laura T. Curry and Alexander M. Pagnotta

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Q: I made some mistakes. How will they hurt me?

A: In divorce cases, a party can get copies of your purchases, dining, travel information, texts, e-mails, phone calls, and driving and criminal records. Your credit card statements, bank accounts, and

social media will be examined. This "discovery process" is daunting and tedious but essential and can make or break the case. Discovery helps find if hidden assets exist and provides information on your spending and social habits. It is hard to hide income, assets, or secrets from an experienced litigator. Be prepared and hire an attorney who can protect you!

LAUREN A. TORGLER
Hillman, Brown & Darrow, P.A.



Q: What can I do to help my case before the judge?

A: While working for two judges, I learned that they value honesty and preparation. Judges are asked to determine credibility every day and are skilled in dissecting the truth from a party

or a witness. They appreciate lawyers and clients who are well prepared. One of the most important lessons I've learned is to always come prepared and don't try to hide the truth since a skilled attorney can unravel your "cleverness" quickly. Most judges have read the file and know your case before the trial starts. Trust your lawyer to bring out relevant facts and present them for your benefit.

MICHAEL G. VON SAS
Hillman, Brown & Darrow, P.A.



Q: My first lawyer said that I will get everything because my spouse cheated on me. Is that true?

A: False expectations are dangerous in a divorce. If you enter a divorce expecting to get everything, you will be disappointed. The law regarding dividing

property is complicated and depends on multiple factors. Why the marriage ended is just one factor. You need a lawyer who understands the complexities and will not give you unrealistic hope. Also, a divorce is not the place to punish your spouse. The best outcome is to reach a fair resolution quickly and try to move on. Divorce is draining, emotionally and often financially. Having competent legal counsel helps get you through it.

M. EVELYN SPURGIN

Hillman, Brown & Darrow, P.A.



Q: The pandemic is unpredictable. Should I draft a will?

A: The pandemic may have caused you to rethink many personal matters, including your estate planning. While there is light at the end of the tunnel, now is the time to prepare your will

and power of attorney. It's never too late to plan your medical and legal needs. Without a will, the state could determine who controls your assets. Isn't it better for you to make the decisions about your assets? Don't be penny wise and pound foolish. Take care of your family now. We're ready to help provide peace of mind for you and your loved ones.

BRIAN D. LYMAN

Hillman, Brown & Darrow, P.A.



Q: What sort of estate planning issues arise from transferring a family business to the next generation?

A: Each situation is different, but a primary concern is control and governance: who will inherit voting power, and what rights will minority members

have if they want to sell? These matters can typically be addressed through a shareholder or partnership agreement. A well-crafted estate plan will give minority owners the ability to exit the business without creating undue litigation risk or the threat of a forced sale. Income and estate tax concerns must also be addressed in the succession plan. Franke Beckett LLC brings both planning and litigation experience to the table in assisting business owners with their estate planning.

JACK K. BECKETT

Franke Beckett LLC



Q: My partner and I are not married, but we share a primary residence. Is there a way that we can leave our primary residence to each other without having to pay Maryland's 10% inheritance tax?

A: Yes! If you and your partner are "domestic partners" as defined by Maryland

law (at least 18, not related, not married to anyone else, and in a relationship of mutual interdependence), there is a way to structure that inheritance so that it is exempted from the 10% inheritance tax. In addition to meeting the definition you must complete an affidavit with accompanying documentation.

DEBORAH F. HOWE

Franke Beckett LLC



Q: What are the differences between a Revocable Living Trust and a Last Will and Testament?

A: Your Last Will and Testament ("Will") provides for the distribution of your property when you pass away and designates a personal representative to handle the

processing of your Will with the Registry of Wills, and manage the distribution of your property. A Revocable Living Trust acts like a Will in that it provides for the handling of your property at your demise, but the Trust is also effective and operative while you are alive including when you are incapacitated. Your assets may become part of the Living Trust and are overseen by Trustees which you appoint, which may include yourself. For more information, call for a FREE CONSULTATION.

KENDALL SUMMERS, ESQUIRE

Kendall Summers Law



Q: To what do you attribute your being named "Maryland's Attorney of the Year", and your firm being selected as the "Best Personal Injury Trial Firm - USA"?

A: #1. A commitment to excellence -- from every member of The Jaklitsch Law Group. We want every client thinking: "Hiring The Jaklitsch Law

Group for my car crash was the very best decision I ever made."

#2. Phenomenal results; from trial or settlement. We are driven to exceed client expectations.

#3. Experience -- in abundance. I've been in court almost every day for 36 years, trying nothing but car crash cases. Bob Farley and Christine Murphy, exceptional trial lawyers who get amazing results, are also on our team. The Jaklitsch Law Group is driven by our motto: "Be the Best!"

**AI Magazine and **Global Insight*

RICK JAKLITSCH

The Jaklitsch Law Group | 1-(855)-Big-Dog1



Q: I am the owner of a small business. Now that there are COVID-19 vaccines available, can the company require all employees to be vaccinated?

A: In short, yes, employers may require employees to be vaccinated against the COVID-19 virus. This is subject, however, to ensuring the vaccination requirement is properly justified and implementing reasonable accommodations that may be

required for certain employees under laws such as the Americans with Disabilities Act and Title VII of the Civil Rights Act. If an employee refuses or cannot get vaccinated because of a disability or sincerely held religious belief, and there is no reasonable accommodation possible, then it may be lawful to exclude the employee from the workplace or ultimately terminate the employee. The decision to require COVID-19 vaccination is unique to the circumstances of each employer. Qualified employment counsel can assist in sorting through the various considerations and ensuring any decision to mandate COVID-19 vaccination is made and implemented properly.

MICHAEL J. MARINELLO
Kagan Stern Marinello & Beard LLC



Q: I am meeting with a lawyer to discuss a lawsuit; what should I do?

A: Prepare in advance a summary, including a chronology of relevant events and the identity of involved individuals. Bring copies of related documents. Be

concise and to the point when you meet. Listen carefully. Ask questions. Take notes. Does the lawyer seem skilled in the particular area of law; do the opinions make sense to you; does the lawyer seem to be a good fit? Beware of a sales pitch. A good carnival barker may not be a good lawyer. If in doubt, look elsewhere.

RIGNAL W. BALDWIN SR.
Baldwin | Seraina LLC



Q: Can a homeowners' association put a lien on my house without filing a lawsuit or going to court?

A: Yes. In Maryland a condominium or homeowners' association is only required to notify a

homeowner in a letter of the association's intent to create a lien. If the owner does not file a lawsuit in the Circuit Court objecting to the lien claim within 30 days of receiving the letter, the association can simply file a lien in the land records without any judge or jury ever verifying the debt claimed. If you have received a letter like this, it is critical that you act quickly to protect your property and your rights.

MATTHEW SKIPPER
Skipper Law, LLC



Q: Why should I use an attorney to prepare my Will when I can create my own Will using an internet service?

A: Various internet services certainly provide an opportunity to create your own Will. However, in many instances, when using such

a service, unintentional mistakes will occur. If the mistake is revealed after your passing, your heirs could end up spending thousands of dollars in legal fees to rectify the mistake. Creating an estate plan that accomplishes your personal estate planning goals is very important. An attorney can help you to understand all relevant laws, including applicable tax laws, with the ultimate goal of creating a customized estate plan that works for you.

MARIA WORTHINGTON MCKENNA
Partner, Council Baradel



Q: Will court backlogs due to the pandemic cause significant delays to separation, divorce, and custody cases?

A: The good news is that the courts have now resumed a normal operation schedule. While there is a slight delay in scheduling lengthy trials due to pandemic

postponements, the courts are conducting many hearings such as scheduling conferences, pretrial conferences, and mutual consent divorce hearings remotely. Through this process the court has minimized delays and disruptions to the parties involved. If one is considering moving forward with a family law case, it is still important to be prepared with an attorney to begin the process and to best protect your interests and assets.

THOMAS J. FLECKENSTEIN
The Law Office of Thomas J. Fleckenstein



Q: How does a person who is about to become involved in a family law problem select the right lawyer?

A: 1) Start by checking the lawyer's rating in Martindale-Hubbell, a publication which rates attorneys based on evaluations from one's peers. 2) Inquire of friends who have

been through a similar situation. 3) Inquire of lawyer friends you may have. 4) Ask people at the courthouse who work for the court in the family law division. 5) Confer with more than one lawyer to make certain that you are comfortable with the person selected. Lawyers are not "one size fits all." Determine what you are looking for—super aggressive, cerebral, or warm and fuzzy. Look for someone who is responsive in getting back to you, who will not delegate duties to others, and who specializes in the issues that are likely to be involved in your case. This is a very important decision — select wisely.

RON NADITCH
Ronald M. Naditch, P.A.



Q: If Iloff, Meredith, Wildberger & Brennan, P.C. represents me, will I continue throughout my matter to speak with an attorney who is working on my case when I contact the firm?

A: Yes. Iloff, Meredith, Wildberger & Brennan, P.C. is a small law firm, and we are selective in choosing the matters in which we will

undertake representation. One of the reasons for this is that we are a client-friendly law firm at which at which our attorneys communicate directly with, and are accessible to, our clients.

KATHLEEN HOWARD MEREDITH

Iloff, Meredith, Wildberger & Brennan, P.C.



Q: Give me an example of why young couples should consider estate planning?

A: Minors can't own property, so naming them as beneficiaries for life insurance and retirement benefits can lead to significant complications.

For example, life insurance companies and retirement plan custodians won't distribute assets to them directly. They will require that a custodial account be established in court until the child turns 18 or 21. As a result, extra cost will likely be incurred seeking the appropriate court order. Save the money by spending time with an experienced attorney to ensure estate plans are appropriately completed ahead of time.

RAYMOND E. BROWN, ESQUIRE

The Law Office of Raymond E. Brown



Q: How do I determine which business structure is best for my company?

A: Determining your business structure requires the careful consideration of several key factors. In addition to deciding what legal form your business will operate in, an owner must also understand how their business will be taxed at the state and federal

level. From a legal perspective, the type of entity you use will dictate the level of risk or liability on your business and personal assets, as well as the flexibility the owners can take advantage of in the operation of the business. To make the best decision in each of these areas, you should consult with a business attorney who is experienced in determining the best strategies given your risk tolerance, ownership structure, operational requirements, and plans for funding.

JONATHAN W. MCGOWAN

Liff, Walsh & Simmons



Q: Will my bankruptcy appear in my credit report and how will it affect me?

A: A Bankruptcy will appear in your Credit Report for up to ten years BUT will typically discharge all your debts, leaving you debt free and with a much better

score than you had. Where you then make timely payments, you can usually receive new credit within 10 months after a discharge and obtain a new Mortgage 24 months after discharge. Lenders make loans based on credit worthiness more than any other factor. There are exceptions, but you will probably have little difficulty in re-establishing credit.

CAMI RUSSACK

RLC Lawyers & Consultants



Q: What is the difference between a Power of Attorney and Executor?

A: The major difference is that a Power of Attorney is effective during your lifetime, and the Executor takes action after your death. A Power of Attorney

is a document that names a person to act on your behalf during times of incapacity, granting that person (the agent) the power to manage financial affairs or make health care decisions for you. Upon death, any assets that were solely in your name are now administered by your Executor or Personal Representative. This person would be named in a Last Will and Testament.

JON J. GASIOR

Sinclair Prosser Gasior



Q: How are retirement savings and pension handled in divorce?

A: Maryland law provides that a court may order division of Marital Assets, which may include the marital portion of retirement savings such as those in IRAs, 401(k)'s, 403(b)'s, TSP and like accounts, as well as the marital share of pensions.

Generally speaking, what is relevant for the court to consider in a divorce is the "marital share" of such retirement or pensions, which generally means that portion of the retirement or pension earned or accrued during the marriage. Our courts do have authority under Maryland and federal law to issue orders that transfer retirement savings from one account to that of another pursuant to a divorce, as well as to divide a pension benefit subject to divorce. These can be complicated question, meaning you should seek the advice of legal counsel with respect to your specific situation.

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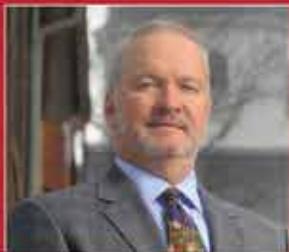
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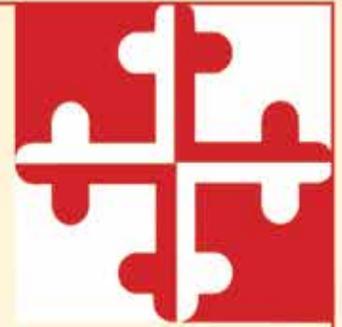
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www.mdfoodbank.org

gifts for Moms, Dads & Grads



1.

NOTHING BUNDT CAKES FOR MOM'S DAY!

Mom's nurturing care helped you grow into the person you are today. Celebrate her with this delicious cake topped with a silk hydrangea that doubles as a beautiful centerpiece long after the cake has been enjoyed!

Nothing Bundt Cakes

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nothingbundtcakes.com

2.



WRAP MOM IN LOVE WITH THE ULTRA-SOFT ICONIC ROBE

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A La Mode Intimates

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410-280-9771 | alamodeintimates.com

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The Spice & Tea Exchange

155 Main Street, Annapolis, MD
410-280-2088 / annapolis@spiceandtea.com
www.spiceandtea.com/annapolis



4. LOCKETS SHE WILL LOVE!

This Mother's day give the gift of a personalized picture locket she will love! 18k Gold or Sterling Silver. The remarkable combination of technology and refined artisanship that goes into making each piece results in the finest lockets in the world today.

Little Treasury Jewelers

2506 New Market Lane
Gambrells, MD 21054
410-721-7100
littletreasury.com

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Check out Fishpaws Rosé Wine Selection! Let Fishpaws pair your wine and cheese! Fishpaws has an extensive gourmet cheese selection!

Fishpaws Marketplace

954 Ritchie Hwy
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6.

PAINT NAIL BAR GIFT CARD OR JEWELRY

Treat mom or that special lady in your life this Mother's Day to a luxury nail bar experience.

At PAINT Nail Bar we believe that getting your nails done should be downright lovely and affordable. Our goal is to provide every client with friendly, impeccable service in a fume-free and luxurious environment. Whether you are new to PAINT or a raving fan, there is a "purpose" behind everything we do, including our jewelry line...PAINT PURPOSE. We created a high-quality, chic yet trendy jewelry line that also provides a way to give back to those in need. The majority of our collection is 14k or 18k gold plated jewelry and designed to wear as either a trendy piece or a classic look. The jewelry choices change throughout the year but you will always find a staple symbol within the collection...a heart. Because at PAINT we believe that being heart centered is always a part of our PURPOSE. Shop our PAINT PURPOSE jewelry line where a portion of the proceeds benefits Feeding America.

Paint Nail Bar

2077 Somerville Rd, Ste. 156
Annapolis, MD
410-600-3928 | www.paintnailbar.com



7. A HARVEST OF DELICIOUSNESS

Treat mom and dad to a Harvest Thyme Kitchen & Tavern gift card or meal complete with specialty cocktails such as the Grapefruit Basil Martini featuring Grey Goose Vodka. Brunch or dinner is available for dine in or to go. Harvest Thyme will also be offering a grill pack to go with all the fixings perfect for a Mother's Day or Father's Day cookout! Retail beer, wine and liquor are always available.

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Davidsonville, MD
443-203-6846 | www.harvestthymetavern.com

8. DRINKWORKS™ DRINKMAKER

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Fishpaws Marketplace

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Shop online for your favorite spirits, wine, beer, gourmet cheese and snacks and have your local order delivered for free the same day by the Fishpaws van. In store pick-up also an option. Delivery policy applies.

Fishpaws Marketplace

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410-647-7363 | www.fishpawsmarket.com



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FOOD & DINING





We celebrate the Best of Annapolis 2021 with the highly-anticipated *Food & Dining* winners! The following winners are the result of you, our readers, voting for your very favorite restaurants 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 *finalists*—those businesses which earned a high number of votes, but came in second or third place, so to speak. Not every category has finalists—only those categories in which the voting was most active.



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

Appetizers/Small Plates

Level
69 West Street, Annapolis
410-268-0003
levelannapolis.com

Finalist
Vin 909 Winecafe
Annapolis

Bakery
Bakers & Co.
618 Chesapeake Avenue, Annapolis
410-280-1119
bakersandco.com

Finalist
Great Harvest Bread Company
Annapolis

Barbeque

Mission BBQ
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443-221-4731
443-569-4700
mission-bbq.com

Finalist
Annapolis Smokehouse & Tavern
Annapolis

Beer Selection
Heroes Pub
1 Riverview Avenue, Annapolis
410-573-1996
heroespub.com

Finalist
The Brass Tap
Annapolis

Finalist
Rams Head Tavern
Annapolis

Breakfast

Iron Rooster
12 Market Space, Annapolis
410-990-1600
ironroosterallday.com

Finalist
Miss Shirley's Café
Annapolis

Brewery
Forward Brewing
418 Fourth Street, Annapolis
443-221-7277
forwardeastport.com

Burger
Dry 85
193 B Main Street, Annapolis
443-214-5171
dry85.com

Candy/Chocolate Shop

Kilwins
128 Main Street, Annapolis
410-263-2601
kilwins.com

Caterer
Main & Market
914 Bay Ridge Road, Annapolis
410-626-0388
mainandmarket.com

Finalist
The Bell House Catering
Annapolis

Chef
JesseJay's Latin Inspired Kitchen (Jesse Ramirez)
5471 Muddy Creek Road, Churchton
240-903-8100
jessejays.com

Chinese Restaurant

Jack's Fortune Restaurant
960 Bay Ridge Road, Annapolis
410-267-7731
jackfortunel.com

Finalist
Joy Luck
Annapolis

Cocktails
Level
69 West Street, Annapolis
410-268-0003
levelannapolis.com

Cocktails-To-Go
Vida Taco Bar
200 Main Street, Annapolis
443-837-6521
vidatacobar.com

Finalist
Latitude 38 Annapolis
Annapolis

Crabcake
Boatyard Bar & Grill
400 Fourth Street, Annapolis
410-216-6206
boatyardbarandgrill.com

Finalist
The Point Crab House & Grill
Arnold

Cream of Crab Soup
Carrol's Creek Café
410 Severn Avenue, Annapolis
410-263-8102
carrolscreek.com

Finalist

Boatyard Bar & Grill
Annapolis

Cupcakes

Blue Crab Cupcakes
1580 Whitehall Road,
Annapolis
443-221-7246
bluecrabcupcakes.com

Deli

Giolitti Fine Italian Market & Delicatessen
2068 Somerville Road,
Annapolis
410-266-8600
giolittideli.com

Finalist

The Big Cheese
Annapolis

Dessert

Main & Market
914 Bay Ridge Road,
Annapolis
410-626-0388
mainandmarket.com

Finalist

Double T Diner
Annapolis

Family-Friendly Restaurant

Miss Shirley's Café
1 Park Place, Annapolis
410-268-5171
missshirleys.com

Finalist

Garry's Grill
Severna Park

Farm-to-Table Menu

Preserve
164 Main Street,
Annapolis
443-598-6920
preserve-eats.com

Finalist

Vin 909 Winecafe
Annapolis

French Restaurant

Café Normandie
185 Main Street,
Annapolis
410-263-3382
cafenormandie.com

German Restaurant

Old Stein Inn
1143 Central Avenue,
Edgewater
410-798-6807
oldstein-inn.com

Greek Restaurant

Paul's Homewood Café
919 West Street,
Annapolis
410-267-7891
paulshomewoodcafe.com

Finalist

Chris's Charcoal Pit
Annapolis

Happy Hour

Stan & Joe's Saloon
37 West Street,
Annapolis
410-263-1993
stanandjoessaloon.com

Finalist

Chart House
Annapolis

Ice Cream

Annapolis Ice Cream Company
196 Main Street,
Annapolis
443-714-8674
annapolisicecream.com

Indian Restaurant

Basmati Indian Cuisine
2444 Solomons Island Road,
Annapolis
410-266-6355
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Finalist

Royal Karma
Annapolis



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410.216.2687
senorschile.com

Irish Restaurant

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63 Maryland Avenue,
Annapolis
410-263-8333
galwaybaymd.com

Finalist

Brian Boru
Severna Park

Finalist

Killarney House
Davidsonville

Italian Restaurant

**Carpaccio Tuscan
Kitchen & Wine Bar**
1 Park Place, Ste. 10,
Annapolis
410-268-6569
carpacciotuscankitch-
en.com

Finalist

Osteria 177
Annapolis

Japanese Restaurant

Joss Café & Sushi Bar
195 Main Street,
Annapolis
410-263-4688
jossushi.com

Finalist

**Ziki Japanese
Steak House**
Annapolis

Local Coffee Shop

**Rise Up Coffee Roast-
ers**
2042 Somerville Road,
Annapolis
443-458-5046
riseupcoffee.com

Finalist

Bean Rush Café
Annapolis

Finalist

The Big Bean
Severna Park

Maryland Crab Soup

**The Point Crab House
& Grill**
700 Mill Creek Road,
Arnold
410-544-5448
thepointcrabhouse.
com

Finalist

Boatyard Bar & Grill
Annapolis

Finalist

Donnelly's Dockside
Arnold

Mexican Restaurant

El Toro Bravo
2252 Riva Road,
Annapolis
410-571-5769
eltorobravoll.com

Finalist

Mi Lindo Cancun Grill
Annapolis

Finalist

**Broadneck Grill &
Cantina**
Annapolis

New Restaurant

Smashing Grapes
177 Jennifer Road,
Annapolis
410-266-7474
smashinggrapes.com

Outdoor Dining

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1st Block of West
Street, Annapolis
dinnerunderthestars.
org

Finalist

**The Point Crab House
& Grill**
Arnold

Finalist

**JesseJay's Latin
Inspired Kitchen**
Churchton

Finalist

Carrol's Creek Café
Annapolis

Pizza (Chain)

Ledo Pizza
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Park, Millersville, and
Pasadena
ledopizza.com

Pizza (Local)

Vin 909 Winecafe
909 Bay Ridge Avenue,
Annapolis
410-990-1846
vin909.com

Finalist

Rocco's Pizzeria
Annapolis

Finalist

Fox's Den
Annapolis

Raw Bar/Oysters

Sailor Oyster Bar
196 West Street,
Annapolis
410-571-5449
sailoroysterbar.com

Finalist

**McGarvey's Saloon &
Oyster Bar**
Annapolis

Romantic Restaurant

Lewnes' Steak House
401 Fourth Street,
Annapolis
410-263-1617
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com

Finalist

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breadandbutterkitchen.com

Seafood Restaurant

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310 Third Street,
Annapolis
410-263-0884
olearysseafood.com

Finalist

Boatyard Bar & Grill
Annapolis

Smoothies/Juice Shop

Rutabaga Juicery & Eats

4 Ridgely Avenue,
Annapolis
410-267-0261
rutabagajuicery.com

Finalist

RASA Juice Shop
Annapolis

Southern Restaurant

Julep Southern Kitchen & Bar

2207 Forest Drive,
Unit 2, Annapolis
410-571-3923
julepannapolis.com

Finalist

Soul
Annapolis

Spanish Restaurant

Jalapenos

85 Forest Drive,
Annapolis
410-266-7580
jalapenosonline.com

Sports Bar

West End Sports Bar & Grill

2049 West Street,
Annapolis
410-266-7662
westendgrillannapolis.com

Finalist

O'Loughlin's Restaurant & Pub
Arnold

Finalist

Stan & Joe's Saloon
Annapolis

Steakhouse

Lewnes' Steak House

401 Fourth Street,
Annapolis
410-263-1617
lewnessteakhouse.com

Finalist

Ruth's Chris Steak House

Annapolis

Steamed Crabs

Cantler's Riverside Inn

458 Forest Beach
Road, Annapolis
410-757-1311
cantlers.com

Finalist

Mike's Restaurant & Crabhouse

Riva

Sunday Brunch

Miss Shirley's Café

1 Park Place, Annapolis
410-268-5171
missshirleys.com

Finalist

Iron Rooster
Annapolis

Sushi

Joss Café & Sushi Bar

195 Main Street,
Annapolis
410-263-4688
josssushi.com

Finalist

Yama Sushi Bar
Annapolis

Thai Restaurant

Lemongrass

167 West Street,
Annapolis
410-280-0086
lemongrassannapolis.com

Vegetarian

Lemongrass

167 West Street,
Annapolis
410-280-0086
lemongrassannapolis.com

Waterfront Restaurant

Carrol's Creek Café

410 Severn Avenue,
Annapolis
410-263-8102
carrolscreek.com

Finalist

The Point Crab House & Grill
Arnold

Finalist

Pusser's Caribbean Grille

Annapolis

Whiskey Selection

Dry 85

193 B Main Street,
Annapolis
443-214-5171
dry85.com

Wine Selection

Red Red Wine Bar

189 B Main Street,
Annapolis
410-990-1144
redredwinebar.com

Finalist

Vin 909 Winecafe
Annapolis

Wings

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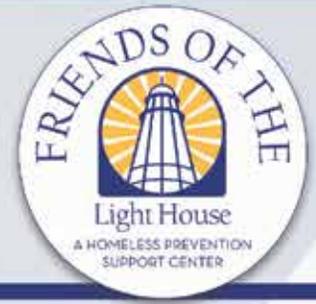
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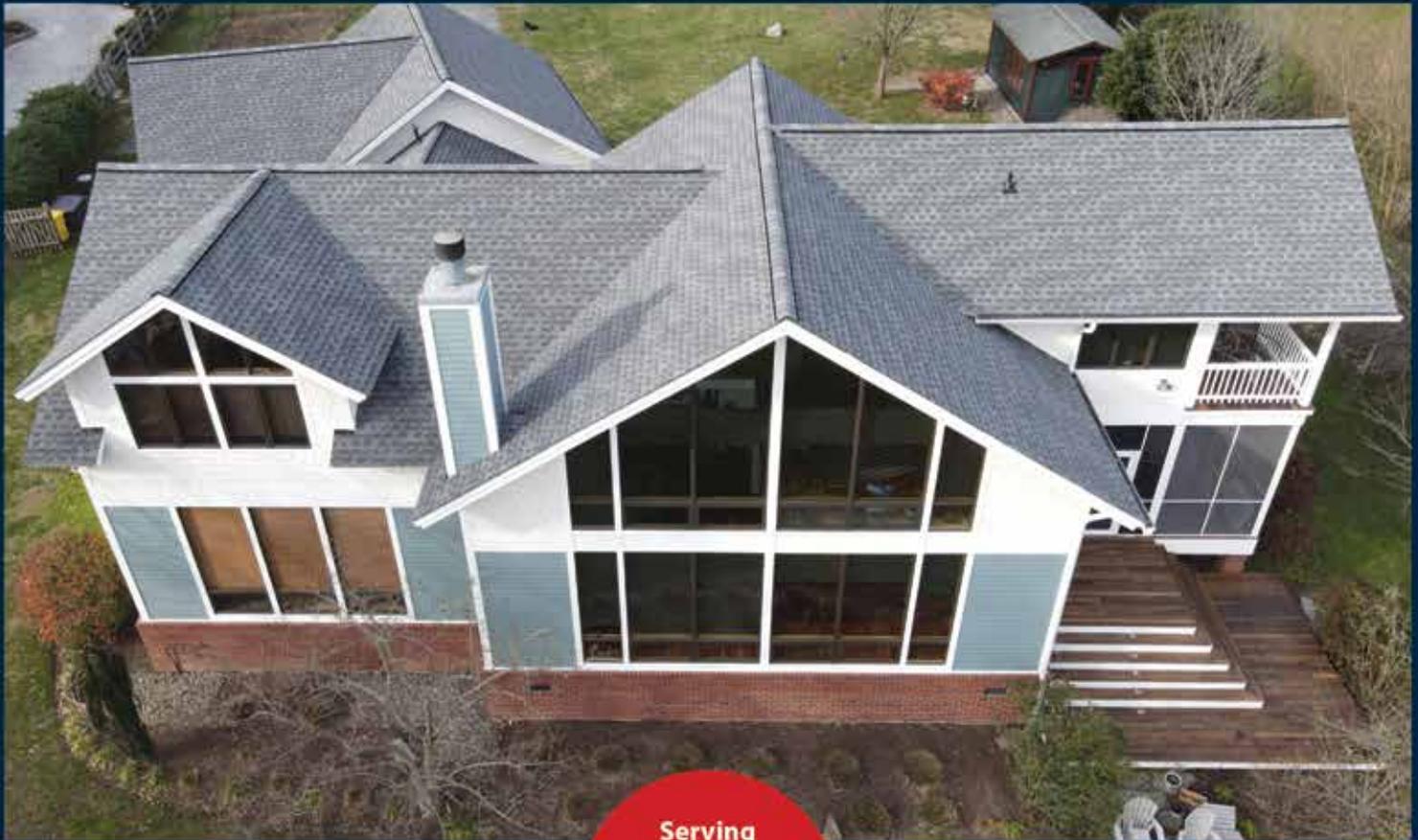
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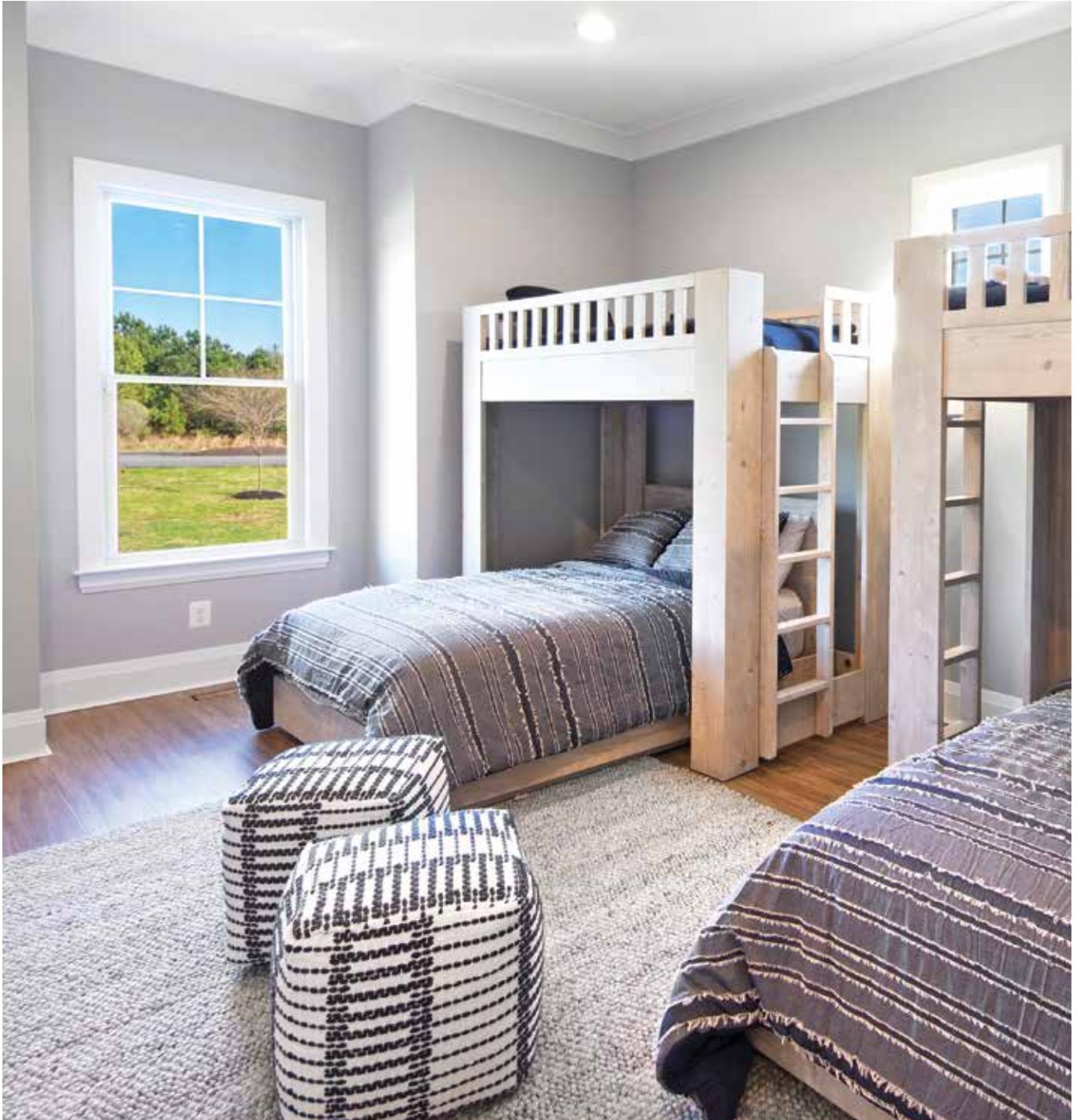


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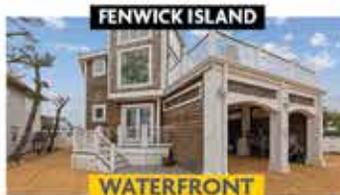
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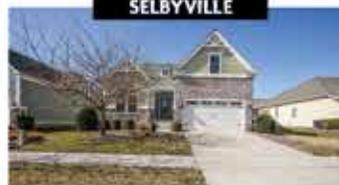
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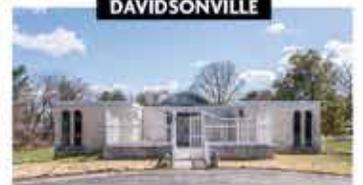
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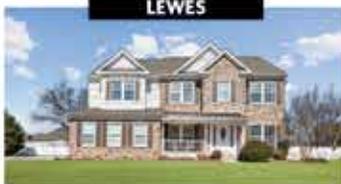
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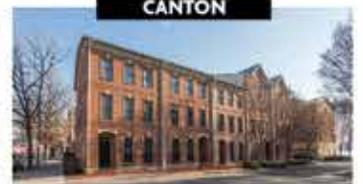
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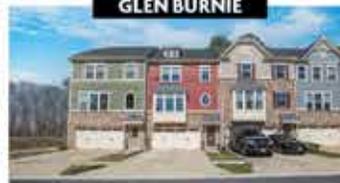


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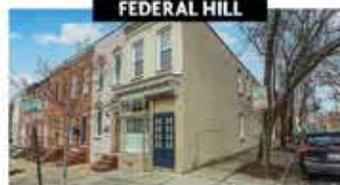
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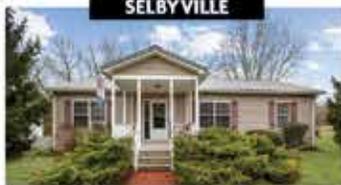
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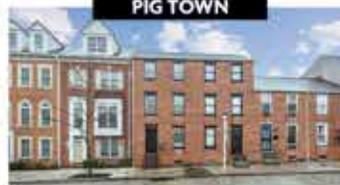
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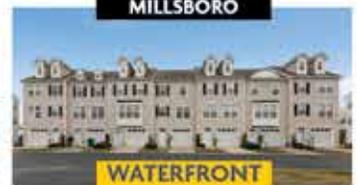
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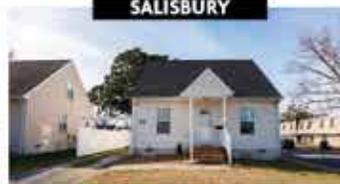
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RESTORATIVE DESIGN
THAT UNCLUTTERS
THE SOUL AND MIND

By Lisa J. Gotto

*Photography courtesy
Paquin Design/Build*

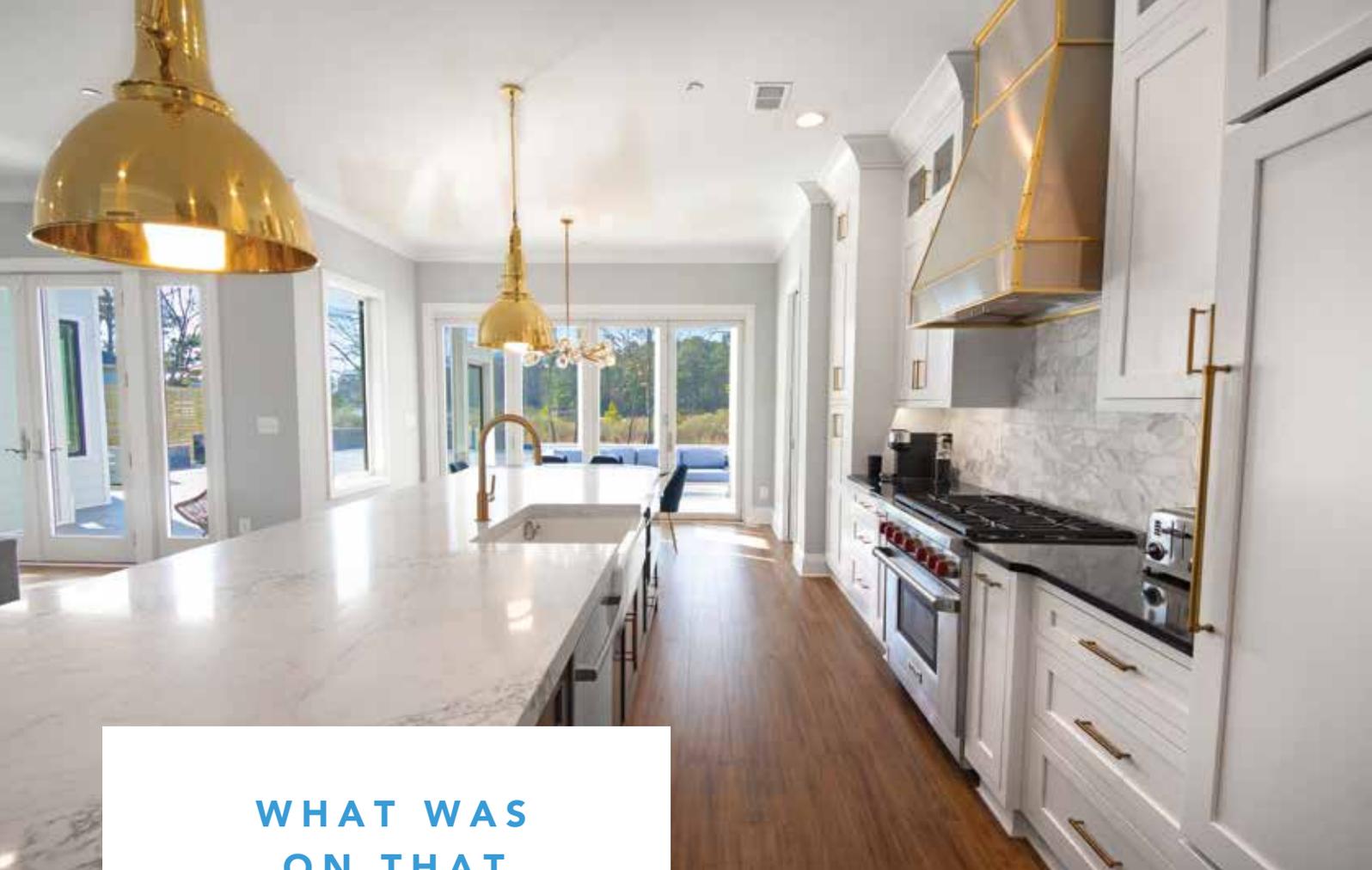




Whatever it is that most of us holistically crave right now can be found in this thoughtfully executed creek-side home-build in St. Michaels. Little did its owners know when they broke ground, just how vital addressing our health-related needs and wellbeing would become. The owners did have a healthy head start, however, as they both practice medicine and their primary goal in building a home was to create the ideal restorative retreat—one they could travel to quickly from their busy professions and primary residence in the greater D.C. area. It was a somewhat serendipitous informal encounter that introduced the homeowners to the principal of Paquin Design/Build, Brent Paquin, on a chilly day more than two years ago, on a development site advantageously located in one of the cozy coves synonymous with Talbot County living.

Paquin struck up a conversation with the couple, who had fallen in love with the area after several excursions to towns near and around St. Michaels and decided someday they would build a weekend home there. To them the area had everything they were looking for: natural splendor, a life-reaffirming backdrop, and plenty of water to get out and do the kayaking and paddle boarding they love.

Paquin explained that the particular community they were looking at had only a couple of lots left for sale. The hopeful home builders sensed that they had, indeed, found just the place for their future restorative retreat and purchased a lot within a couple of months. The homeowners also felt they had found just the builder to deliver their wish list and the collaborative process began shortly after.



WHAT WAS ON THAT WISH LIST?

As they say, knowing what you want is half the battle—and this couple knew exactly how they wished to live within the new space they were creating. The primary living level needed to be expansive so it could accomplish a lot, including a state-of-the-art, spa-like master bed and bath retreat, additional bedroom suites with restorative appeal for visits from their grown children, and a well-equipped home gym to satisfy the physical fitness advocates in them both.



Of course, they also desired an open-plan design that would incorporate a well-proportioned great room and an adjacent kitchen with a stylish and statement-making center island. The second level of the home should provide some breathing room, extra space for reading, lounging, screen time, and “me-time.” So that was added to the list.

Additionally, no true creek-side residence is complete without a comprehensive take on outdoor living. This home would have a spectacular plan to take advantage of the serenity of the cove and provide more than ample opportunity to get some outdoor exercise in, as well.

“The outdoor living space discussion was a high priority,” Paquin says. “All the homes in this community have a really nice Southern exposure in the summer months, so you’re getting a little sun and enjoying your outdoor space.”

Finally, but most vitally, how could they take advantage of the vistas afforded by this idyllic location? Paquin came up with the plan that would provide an answer to all the wish-list items and then some.

CHECKING OFF THAT LIST

From the moment you walk into the home you know the plan was well executed.

“We have a wonderful front-to-back vista. As soon as you walk in the house you can see the patio, and the tree-line, and the water’s edge,” says the homeowner.

As you walk toward that water view, accomplished through a series of French and accordion doors, the home’s open-plan living space glides along wide-plank engineered bamboo floors chosen for their dog-friendly durability.

Soothing pale gray tones and classic white trim enhances the wonderfully warm natural light flooding into the room and the eye is drawn to the gourmet kitchen with its complementary tranquil naval blue and white cabinetry.



“The homeowners wanted to keep the space modern and minimalistic,” says Dawn Crovo, Interior Design & Client Liaison for Paquin Design/Build of Grasonville. “We added elements to warm up the space by using a brushed gold finish on cabinet hardware and faucets in several of the rooms. The homeowners purchased classic, antique-style door hardware that added an unexpected touch of warmth to the space. On their range hood they opted for a brass strap detail to warm up the stainless steel and brass metal hood.”



" THIS SPACE OFFERS A PLACE TO UNWIND AND RELAX ON THE WEEKENDS AND HOLIDAYS. THE CLEAN LINES AND MINIMALISTIC DESIGN OF THE SPACE CREATES THAT UNCLUTTERED ATMOSPHERE... GRAY TONES WERE MIXED WITH GOLD, BLACK, AND WHITE ACCENTS TO CREATE A SOOTHING PALETTE."

—DAWN CROVO

The large center island topped with solid, subtle quartz is welcoming with its warm gold-toned fixture accents and its breakfast seating for five. There is also a separate eat-in area with a large, oval table and seating for six on upholstered chairs of naval blue distressed velvet. The view to the outside is soothing as it looks out over the patio; the view to the great room stunning with its modern, in-set gas fireplace and architecturally alluring built-ins on either side. The second level of the home functions as a de facto second family room; a flexible, chill-out space with vaulted ceilings, an 85-inch flat screen, expanded sectional sofa, and another spa-like bath with a large, freestanding soaking tub.

"So even though it's mainly a one-level house, there's lots of nooks and crannies for people to go and get some quiet time," the homeowner says.

Back downstairs, the all-important home gym is connected to the house through a huge, 700-pound sliding barn door that Paquin compares to a "work of art" in itself. Once inside, one is inspired by its auspicious placement.

"You can put a gym in lots of locations, but we knew we wanted to maintain the views of nature," says the homeowner. "We have a very tall ceiling in there, a 13-foot ceiling, and it's the kind of environment where we have a large TV on the wall, but you don't need to turn it on because your eyes are already distracted by the natural beauty around you."

With their workouts completed, the homeowners have a couple of options when it comes to cooling down and chilling out. They can choose to head to their simply tasteful master suite washed again in that soothing gray tone and alive with more natural views from the bedroom, or their spa-like bath with its sumptuous marble shower and large soaking tub.

One of the homeowners is an avid swimmer, so chances are he'll head out to the 55-foot-long lap pool with its attractive sheer descent water feature. Just this one sleek stunning feature provides all the statement-making panache of something you would encounter at a resort.

"We wanted to have something that was expansive, inviting, and sophisticated, but that did not detract from the natural surroundings," he says.

After a collaborative consult with the Paquin team and the pool builder, the homeowner chose a porcelain stone patio apron material to complement the pool's Tahitian blue tiles and South Pacific bluestone coping. (Typically used indoors for bathrooms, porcelain is now trending in outdoor applications because of its non-porous nature and extended lifespan.)



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HOUSE MOST- DECEIVING

Perhaps the most interesting aspect of this home's exterior features is its unique combination of street-facing subtlety with the back of the home bringing the total wow aspect to the design.



When it comes to curb appeal, visitors are met with a traditional vision of a modern farmhouse, all white and trimmed in black. It's clean and uncluttered looking—the landscaping is pleasingly bucolic.

And then you either walk through the house or around the house are amazed to see how the home expands and evolves to its 4,000 square-foot floorplan.

“People are surprised,” the homeowner says. “People come over and say, ‘I wasn’t expecting this aesthetic on the inside.’”

Paquin says the exterior aspect of providing for elevation beyond the flood plain was his favorite part of the build.

“It has a transitional or traditional feel (from the front) but the back of the home wows you with a different style. It's more modern so you can take advantage of more glass and sleeker roof lines that set the scene for the views.”

The homeowners quite appropriately have a list of favorite aspects, but point out that they had a future they envisioned for the home.

“When we were out walking the property before we bought it, we envisioned these starry nights ...we have such an expansive sky and we have no light pollution anywhere, so we couldn't be more thrilled that [Paquin] was able to deliver on that vision,” the homeowner says.

“It's a house that allows you to know you are in a special place.”

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HOME INTERIOR

5 Musts of Classic Bathroom Design

By Lisa J. Gotto

When planning a new bathroom or updating an old one, you will have a plethora of options to explore. From hardware choices to tile, and even fixture styles, the process (and budget) is most wisely managed if you can focus on the key actions that help create a room that is both functional and attractive.

Photo courtesy of lumens.com



Invest in Quality Elements

First and foremost, once it has been designed, a bathroom is harder and more expensive to re-design, so think for the long-term when you're looking at those major features such as your vanity, commode, your shower and/or tub, and any additional cabinetry you may require. Consult with a design expert to ensure that the room and its elements suit the needs of those who will be using it and makes the best use of the space that you have.

Smaller elements such as fixtures for your sink and shower, and hardware, should also be given consideration for how they will be used. That decorative hardware you chose might look amazing, but if it a frustrating exercise to open your drawer with a slippery hand, you may feel compelled to replace it sooner than you would like.

You should feel comfortable living with the results of your choices for a minimum of 10 years. Also, if this is not a "forever" home, resale value should always be given proper consideration.

Photo courtesy of wayfair.com



2 Soften a Bathroom's Hard Surfaces

In keeping with the thought that your primary bathroom should be a sanctuary for you, you will want to offset the inherent nature of its sleeker materials like tile and marble with subtle touches that lend the sense of comfort and care that this room is intended to provide. →

**This can be done
in several ways:**

Exposed shelving for soft goods:

Towels, soaps, and bath salts are a great way to lend texture and comforting visual interest to a bathroom. It's also always nice to have some of those extra towels nearby instead of having them in a less accessible linen closet. Including a few baskets or burlap bins for everyday items, such as swabs and cotton balls, will also help offset the colder look of hard surfaces.



Adding elements of nature:

From placing plants on shelving to having them take center stage as part of an accent wall, infusing the bathroom with nods to the natural world became popular prior to the pandemic and will remain a trend for the foreseeable future, as homeowners recognize the role that nature plays in our wellbeing.

Choose the proper level of non-task or mood-setting lighting:

While we wouldn't trade the utility of our lighted magnifying mirrors for anything, making sure your bathroom has ample options to turn down standard task lighting is essential for setting a soothing mood. Whether you go all-in with the latest in creative LED display, play with recessed lighting and dimmer switches, or simply add an array of candles of differing heights and widths, you should have a way to create a mood that says, "I'm not getting ready for work right now," and "I have nowhere else I need to be for a while."



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3

Treasure the Tub

There's no denying it—the shower has certainly gained the lion's share of the limelight when it comes to bathroom bells and whistles. From rain showerheads to multi-nozzle showers for two, and jetted massage options, it's tempting to think you may wish to forego a tub which undoubtedly is used less often, but this is an area where resale value also plays a role. While you may find a tub to be a space-consuming luxury, a future homeowner may find its absence a deal-breaker, so it is wise to at least provide flexible space for one in your bathroom's floorplan. Plus, we all require the comfort and downtime that a good soak provides; so, there's value in including one in any full bath design.

Photo courtesy of Home Depot



4

Keep a Tranquil Palette

Bold, rich colors are on-trend now in everything from cabinetry to paint to appliances. Classic baths however, keep tones either neutral or muted so that many personal styles can be accommodated in one room. Pops of color and personality that can be employed through the thoughtful choice of tile, an accent wall treatment, or accessories, can bridge the divide between trend and tradition. Paint color is your easiest option to change, so try your "must-have" hue on one wall instead of an entire floor treatment, for instance. This will make for a much quicker and less expensive update should you tire of the trend. Focusing on elements and surfaces that keep you safe and are practical and durable, with an eye for classic beauty and design, will have you enjoying that bath for years to come.

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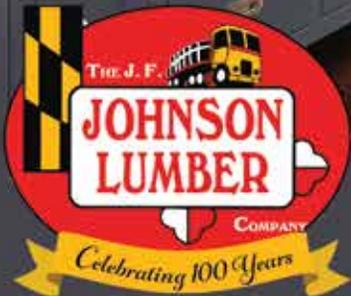
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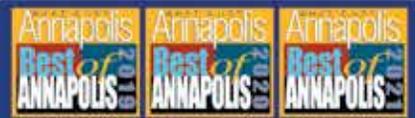
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HOME REAL ESTATE

In True Annapolitan Style

By Lisa J. Gotto

The quality of a true craftsman and the charm of coastal living can be found in this Annapolis-centric home located in the neighborhood of Murray Hill. Just one block from West Street and three from Spa Creek, this home is advantageously located for the desirable “within-walking-distance” lifestyle that so many Annapolitans aspire to. And when they’re not out enjoying the nearby dining and entertainment opportunities, the new homeowners will have plenty of space and amenities to create their own fun right at home.

While this house is relatively new, built in 2013, it offers many traditional features like a spacious, welcoming covered front porch, a convenient, detached two-car garage, and a totally charming outdoor living space that looks like you’re dining al fresco at a fine restaurant.

Inside, the home has an open floor plan that flows from the foyer along gorgeous dark hardwoods into the main living space. Just inside the foyer prior to entering this space, the home offers a lovely formal sitting room. Each space on this level is fitted with extra large casement windows so the new homeowners will enjoy generous amounts of natural light wherever they are in the dwelling. The home is also upgraded with gorgeous molding and trim work throughout.



A beautiful, all-white kitchen with subway tile backsplash and center island seating for two, is equipped with all stainless-steel appliances, a gas cooktop, and attractive pendant light detail. A breakfast nook seating area for four offers a sunny start to the day with its three large windows and a more formal dining space is also available adjacent to the opposite side of the kitchen. In the center of the open-plan space is a large seating and television-viewing area with a gas fireplace focal point and the light of several large windows.

The master suite is located on the home’s upper level and features two walk-in closets, dual vanities, and soaking tub. There are two additional bedrooms, another full bath, and convenient laundry facilities on this floor. Additional space for bedrooms or office space is located in the partially finished basement, where there is already a fun, indoor recreation area for the kids. Outside, this home offers a durable Hardi-plank exterior and expert land- and hardscaping with stone pavers, and strategically placed decking and fencing to create an elevated and private outdoor living area. Everything a fun-loving Annapolitan could want—and more.

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Top of the Line & In Town

By Lisa J. Gotto
Photos by Michele Sheiko

Carefree, gracious living awaits the new homeowners of this 3,000-square-foot townhouse property in one of Annapolis' most highly desired neighborhoods. Located in the Acton's Landing community within the Historic District, this traditional, three-story Colonial with two-car garage provides a quick walk to the downtown restaurants, landmarks, and events.

Just steps inside the welcoming entry foyer, you ascend a stair into the home's open-plan living and dining space. This main level offers many high-end finishes and details, including crown molding and an elegant staircase. Gorgeous mocha-colored hardwoods flow throughout the space, which leads into the fully-equipped kitchen with its two-stool center island, custom cabinetry, and four-burner gas range with center grill feature and stainless steel hood.

A cozy, eat-in breakfast area offers lovely views of the community's lush, central courtyard from large sash windows with traditional inserts and a set of French doors off the family room space. From here the new homeowners will be able to walk out onto a generous balcony overlooking the lovely courtyard.



Primary Structure Built: 2007
Sold For: \$1,020,000
Original List Price: \$1,100,000
Bedrooms: 3
Baths: 4
Living Space: 3,052 Sq. Ft.
Lot Size: 0.4 acres

Listing & Buyer's Agent:
Georgie Berkinshaw
Coldwell Banker Real Estate
3 Church Circle, Annapolis
m. 443-994-4456
o. 410-263-8686
gberkinshaw@cbmove.com
coldwellbankerhomes.com

The upper level of the home offers two large bedrooms including the master suite with two, generous walk-in closets and a master bath with dual vanity and soaking tub. Above this level, there is room for a guest quarters or a home office. This space offers vaulted ceilings, a recreation room, and views to the courtyard from its own private balcony, providing convenience and flexibility for accommodating extended family and friends. Also located just steps from this home's commons area, is the serene setting of Acton Cove Park for tranquil walks and access to Spa Creek for kayaking and paddle-boarding.

"This sale represented a fabulous walkable location minutes from Spa Creek and City Dock, a connected community with manicured common grounds, a two-car garage, and a 'lock-and-leave' lifestyle!" says Listing and Buyer's Agent, Georgie Berkinshaw.



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HEALTH & BEAUTY BEAUTY

What is Body Contouring?

By Dylan Roche

Losing weight can be great for a person's health and self-confidence. But the excess skin left over after a person loses a large amount of weight? That part isn't so great. And although some people might be distressed about the way it looks, it's not merely about vanity. According to the University of Maryland Medical Center, excess skin can rub and become irritated, lead to infections, and can even make it difficult for a person to find clothing that fits right.

That's where body contouring comes in. Because the skin and tissue lose some of their elasticity, getting rid of this excess skin after losing 100 pounds or more can be nearly impossible through diet and exercise alone.

Instead, body contouring can smooth out the shape of a person's post-weight-loss body, whether a patient wants to remove excess skin from their abdomen, buttocks, back, breasts, or even face and neck. As Johns Hopkins Medicine explains, body contouring is an umbrella term covering a variety of procedures that can treat one or more of these problem areas. Common body contouring surgeries include: →

Abdominoplasty (commonly called a tummy tuck), in which excess skin is removed from the stomach area and the muscles are tightened to create a flatter appearance.

Liposuction in which stubborn fat that doesn't respond to diet and exercise is removed via suction. Liposuction can be performed on places all over the body, and while it is not meant to be a replacement option for a healthy lifestyle, it can improve the body's shape.

Mastopexy (commonly called a breast lift), in which excess skin is removed and tissue is tightened in order to raise and firm up the breasts.

Other body contouring procedures include lifts to fix sagging skin in the arms, thigh, face, or lower body.

Although results are often promising, it's important to note that body contouring comes with risks and some unappealing side effects. Patients who undergo body contouring could suffer from bleeding and infection, per the American Society of Plastic Surgery. Patients should also be prepared for two weeks of downtime while they recover at home, and they likely will have scarring afterward.

Finally, it's important to remember that body contouring isn't a magic cure for excess weight—it's intended for those who have already lost weight through diet and exercise, and who are committed to keeping the weight off in years to come.



HERE'S HOW IT SHOULD GO

Begin with your head up, shoulders back, and spine straight as you hold the handle with both hands, palms facing down. Your grip should be firm without squeezing.



HEALTH & BEAUTY FITNESS

Fitness Tips

ROWING

By Dylan Roche

For many people, warm weather means getting outside—and for those with water access, it might mean getting out on a boat. While some depend on motors and sails to power themselves, others might opt for a more rudimentary method: rowing. Why? Because rowing offers a great workout, combining cardio and strength training for a calorie-torching sweat session with very little risk of injury. Plus, if you're doing it in an actual boat, you can't beat the atmosphere. But even if you don't have access to a rowboat (or a rowing crew to assist you), you can still get a great rowing workout on the ergometer—that's the formal name for the rowing machine you might have seen at the gym. What's great about the ergometer is you can choose whether you want to do short, high-intensity bursts or a long, low-intensity endurance workout. Because the rowing

motion requires use of your arms and legs, you'll get a full body workout that targets your biceps, triceps, pecs, upper back, abs, glutes, quads, and calves. The American Fitness Professional Association notes that rowing is about 75 percent leg work and 25 percent upper body work.

In short, one of the reasons rowing is a great cardio option is because it requires more upper-body strength than the treadmill, but it engages your core more aggressively than the elliptical. It's also a low-impact workout, so there's less risk of injury than you would have if you were running or doing plyometrics, which put stress on your body. Those who want to increase the difficulty of their workout need only increase the resistance so that the handle becomes harder to pull.

But just because rowing poses a lesser risk of injury compared with high-impact workouts, that doesn't mean you can be sloppy—poor form can still result in injury. Furthermore, poor form means you aren't going to get as much benefit from your workout. For this reason, beginner rowers should seek out advice from a trainer or an experienced rower who can observe their form.

Want to learn about ways you can incorporate rowing into your workout routine? The American Council on Exercise (acefitness.org) and Rowing Workouts (rowingworkouts.org) are great places to learn more. You can also refer to Hydrow (hydrow.com) the leading brand of rowing machines, similar to Peloton among exercise bikes.

Push back with your legs and lean your back slightly as you go. Pull the handle up toward your chest, bending your elbows so that your arms bend toward your sides. Don't raise your arms above your chest.

Remember to keep your core engaged, as this will give you the strength to complete the exercise without straining your back.

As you return to the starting position, bend your legs and lean slightly forward. Avoid letting your shoulder/back round. Keep your weight on the balls of your feet the entire time.

Continue rowing for as long as desired. Remember, for optimum health benefits, you need only 75 weekly minutes of vigorous aerobic activity like running. Those who are trying to lose weight will be happy to know rowing can burn more than 500 calories per hour—very helpful when trying to burn the 3,500 calories needed to lose 1 pound of fat.

What is Your Mental Health Journey?



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HEALTH & BEAUTY HEALTH

Destigmatizing Mental Health

HOW YOU CAN BE
PART OF CULTURE'S
CHANGING PERCEPTION

By Dylan Roche

Let's start with the good news—the stigma surrounding mental illness and mental health disorders is declining. According to a 2019 survey on behalf of the American Psychological Association, 87 percent of respondents said somebody should not be ashamed of having a mental health disorder.

The bad news? The stigma isn't entirely eradicated. That same survey found nearly one-third of people agreed with the statement "People with mental health disorders scare me."

As a way of educating more members of the public to be aware of mental and behavioral health issues, and to celebrate the successes of those who live with them (and overcome them!) every day, experts across the nation recognize May as Mental Health Month by



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encouraging discussion, offering resources, and seeking to help society understand what mental health is—and what it isn't. According to Johns Hopkins Medicine, an estimated one-fourth of American adults battles a diagnosable mental disorder. These could take the form of anxiety disorders, depression, eating disorders, bipolar disorder, ADHD, obsessive-compulsive disorder, PTSD, schizophrenia, or other conditions.

The problem with the stigma surrounding mental health disorders is that it makes it harder for people to seek treatment. In some cases, they might just be worried their friends or family will perceive them differently if they know about their diagnosis. In other cases, their health insurance won't cover treatment, or they face discrimination at work because their condition isn't seen as a "real" medical problem.

Whether you struggle with a mental health disorder yourself or you are close to somebody who does, there are practical ways you can work to reduce the stigma. Here's how to get started:

Always be open to learning more. The first step to reducing stigma is to educate yourself about it. You could do this about mental health in general, or you could learn about the specific condition affecting a friend or family member. Knowing what this condition entails will help you become more understanding of why a loved one is behaving the way they are. You will also be able to separate fact from misconception about the condition, thus reducing the fear or shame associated with it.

Evaluate your own sense of stigma about yourself or those around you. Many people with mental health disorders will advocate acceptance and de-stigmatization while they themselves remain quiet about their own struggles. Nobody should have to open up about something private if they feel uncomfortable about it (especially when it comes to their health), but it's important to acknowledge to yourself that you have no reason to be embarrassed. The more you open up about your own mental health struggles, the more you will find that people relate to what you're going through and will feel comfortable opening up about their own experience.

If it helps, refer to yourself (and others) with person-first language. For example, tell people you "have schizophrenia" instead of "are schizophrenic." This ensures that neither you nor anyone else sees you as somebody who is defined by their condition.

Treat mental health the way you would physical health. Along the same lines of evaluating your own sense of stigma, you should strive to perceive mental illness the same way you would physical illness. You wouldn't avoid seeking treatment for heart disease, cancer, or diabetes—why wouldn't you take the same responsibility when it comes to mental health disorders?

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You Matter. Your Mental Health Matters.

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The clinicians at Anchored Hope Therapy know that people are seeking to build connections and experience a genuine sense of belonging. In today's world, some challenges that prevent people from achieving these goals are unaddressed mental health struggles, limited access to affordable services, patterns of addiction, perfectionism, fear, unaddressed trauma and colonized ideas of what "healing" looks like.

If you or someone you know is interested in a consultation or an appointment, please contact Anchored Hope Therapy at info@anchoredhopetherapy.com or 443-291-8090.

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Similarly, you wouldn't make fun of somebody with a physical condition, so why would you let somebody with PTSD or ADHD become the butt of jokes? If your child had asthma, you wouldn't ignore it and pretend it wasn't real, so why would you do the same with a child who has depression? Find ways to make people with mental illness feel comfortable, and always celebrate their achievements as they overcome struggles.

Understand that mental health disorders are not the same as personality traits. A big part of the stigma surrounding mental health disorders is that society sometimes perceives them as trivial or not real health conditions—this can be exacerbated by casual use of terms referring to mental illness. Remember that being sad is not the same thing as having depression, or that being organized is not the same thing as having obsessive-compulsive disorder. Be sensitive in your use of language so that you don't further these misconceptions or accidentally internalize them yourself.

Don't shy away from conversation. Think of the first three people you would call if you had great news—you got a great job offer or you closed on a new home. Remember that those same three people are also the ones you should feel comfortable calling if you're struggling. When you're having a particularly bad mental health episode, don't be afraid of opening up and talking to somebody about it. On the other side of things, if you know a friend or family member struggles with their mental health, make it clear they can come to you when they are in need. Be open and check in with them from time to time so that they know you are available.

Respectfully but directly correct any stigmatizing you encounter. Many people don't know that their inappropriate comments about mental illness are harmful. If you see somebody sharing something degrading on social media, leave a comment. If you hear an inappropriate joke on a TV, write an email to the production company. (Remember to keep it respectful—a lot of people are uninformed but not malicious.) This not only informs the person who has been insensitive but also shows anybody who is suffering in silence that there are people out there who understand.

Join a support group. When you join a support group, you find yourself surrounded by people who share your experience. They will help you see that your condition or disorder does not render you less of a person; additionally, they can offer support and advice from the perspective of somebody who actually knows what your struggles are like.

Need more resources? Organizations like the National Alliance on Mental Illness (nami.org) and the Anxiety and Depression Association of America (adaa.org) are great places you start. You can also take NAMI's pledge to be part of the Stigma-Free Campaign and maintain your dedication to spreading awareness at nami.org/get-involved/pledge-to-be-stigmfree.

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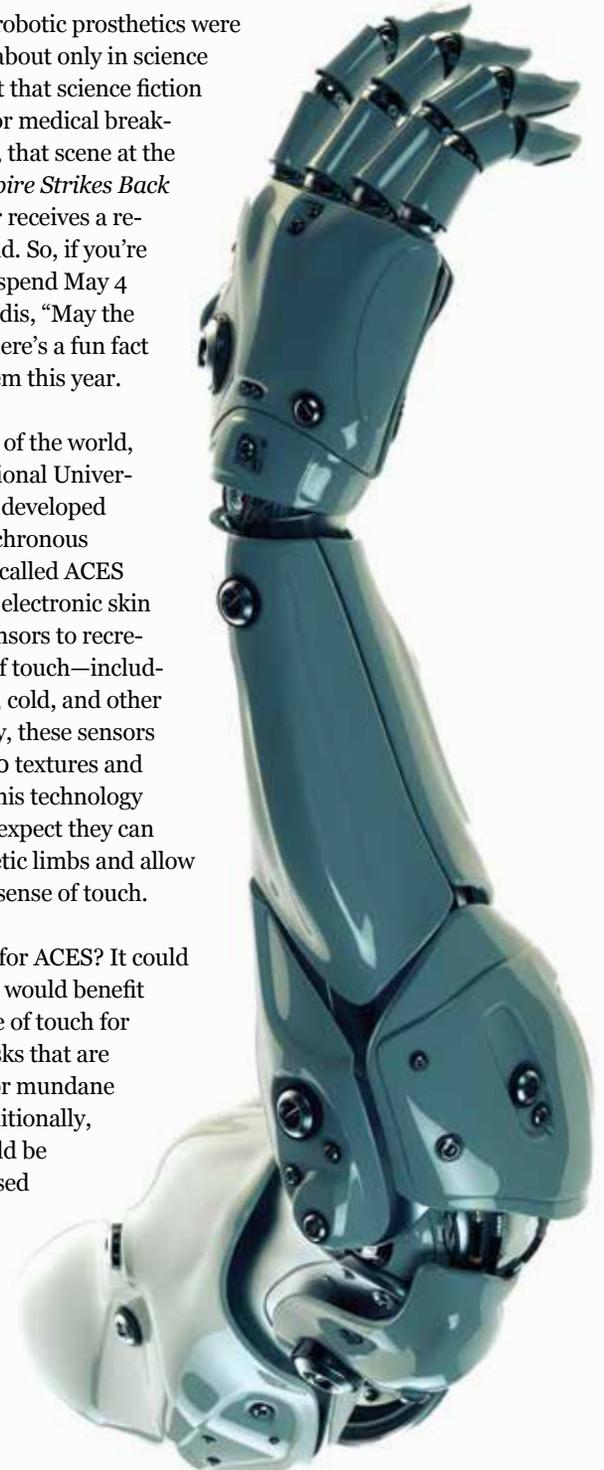
IT'S NOT SCI-FI, IT'S A MEDICAL BREAKTHROUGH

By Dylan Roche

For generations past, robotic prosthetics were something you heard about only in science fiction. But it turns out that science fiction is inspiring some major medical breakthroughs—specifically, that scene at the conclusion of *The Empire Strikes Back* where Luke Skywalker receives a replacement robotic hand. So, if you're someone who likes to spend May 4 wishing your fellow Jedis, "May the Fourth be with you," here's a fun fact you can share with them this year.

Over on the other side of the world, researchers at the National University of Singapore have developed what's known as asynchronous coded electronic skin, called ACES for short. It's a type of electronic skin that uses 100 small sensors to recreate the human sense of touch—including texture, pain, heat, cold, and other sensations. Specifically, these sensors can determine up to 30 textures and even read Braille. As this technology develops, researchers expect they can apply ACES to prosthetic limbs and allow people to regain their sense of touch.

Another potential use for ACES? It could be used on robots that would benefit from an artificial sense of touch for when they're doing tasks that are either too dangerous or mundane for humans to do. Additionally, the sense of touch could be beneficial for robots used to perform surgery—a huge step forward for the medical community!



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(l-r) Patricia McMullen, PhD, CRNP; Beman Khulpateea, M.D.; Teresa Diaz-Montes, M.D., *Medical Director*; and Susan Todd Peeler, M.D.

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Fresh Take

CHICKPEAS

By Dylan Roche

If you've ever wondered what the difference is between a chickpea and a garbanzo bean...well, the answer is *nothing*. They're the same legume! But the more widely used name around the world—chickpea—derives from the Latin word “cicer” (pea) and the less common name—garbanzo beans—derives from the Spanish word “algarroba.” It shouldn't be surprising there are different names for this mighty little legume, as it has held a prominent role in the culinary traditions of many cultures. In fact, it's likely no other bean or legume has been consumed as far back in time as the chickpea. Researchers note that it was consumed in Middle Eastern and Mediterranean cultures as early as 7,500 years ago. They first made their appearance in recorded history in 800 AD, when Charlemagne made reference to chickpeas grown in each manor plantation under his reign. Today, most of the world's chickpeas are grown in India, but they may also be sourced from Pakistan, Russia, Turkey, or Ethiopia. They're still a dietary staple in Middle Eastern countries, but they're becoming increasingly popular in the United States, particularly in the form of hummus, the zesty dip that's perfect for crudites, crackers, or toast. But don't limit yourself just to hummus—chick-



Chocolate Chip and Chickpea Cookies

INGREDIENTS:

1 16-ounce can chickpeas, drained and rinsed
1 cup firmly packed brown sugar
1 cup granulated sugar
1 cup butter
2 large eggs
2 teaspoons vanilla extract
2 cups semisweet chocolate chips
1 cup chopped walnuts or pecans
2 cups all-purpose flour
3/4 cup old-fashioned oats
1 teaspoon baking soda
1 teaspoon baking powder
1 teaspoon salt

peas are great additions to stews, salads, casseroles, and other dishes. They have a buttery, almost nutty taste to them, and when they're cooked thoroughly, they take on a creamy texture.

Preheat the oven to 350 degrees and line a baking sheet with parchment paper. In a large mixing bowl, beat the granulated sugar, brown sugar, and butter until smooth. Add the eggs and vanilla and continue to mix. In a separate bowl, combine the oats, flour, salt, baking soda, and baking powder. Add the dry ingredients to the wet mixture. Add chickpeas and chocolate chips. Form the dough into rounded tablespoon-sized balls and place in rows along the baking sheet. Press to flatten. Bake for 10–12 minutes or until golden brown.



Sundried Tomato and Spinach Chickpea Burgers

INGREDIENTS:

1 16-ounce can of chickpeas, drained and rinsed
1/2 cup sundried tomatoes, chopped
2 cups baby spinach
1/4 cup chopped white onion
5 cloves garlic, minced
1 tablespoon milled flax seed
1/4 cup fresh basil
1/2 cup crumbled feta cheese
1 tablespoon cumin
1 tablespoon parsley
1 teaspoon salt
1 teaspoon pepper
1/2 cup olive oil
Whole-grain hamburger buns and pesto (optional, for serving)

Chop the spinach into small pieces and steam until soft. Set aside. Mash the chickpeas using a potato masher until you have a soft but still chunky consistency. Add flax seed and stir until the mixture has thickened. Add tomatoes, onion, spinach, garlic, basil, cumin, parsley, salt, and pepper. Stir to combine. Add in feta cheese. Set the chickpea mixture in the refrigerator to rest for at least one hour. Remove from the fridge and form into 4 to 6 evenly sized patties. Warm a frying pan over medium heat and add the olive oil. Set the patties to sizzle in the frying pan for approximately 3 to 4 minutes on each side or until the center is warm and the outside is golden brown. Serve on toasted whole-wheat buns with pesto.

What makes chickpeas so great is not merely their taste or their culinary versatility—it's their nutritional benefit. A 1-ounce serving of chickpeas has only 46 calories but is full of iron for transporting oxygen to your cells, folate for converting carbohydrates to energy, phosphorus for muscle contraction, manganese for nerve function, and potassium for controlling blood pressure. They're packed with fiber to aid in digestion and keep you satiated between meals. Chickpeas are also a great vegetarian option for athletes because they have a 3:1 ratio of calories from carbohydrates to calories from protein, making them an ideal post-workout recovery food. Speaking of protein, chickpeas provide eight of the nine essential amino acids that you need in your diet. As plant sources of protein rarely offer all nine essential amino acids, most vegetarian protein sources are designated as incomplete proteins and therefore must be eaten in combination with other protein sources that will complement them. The only amino acid missing from chickpeas is methionine, which can be found abundantly in sesame seeds. As tahini (sesame seed paste) is an important ingredient in hummus, those following a plant-based diet can count on hummus as a complete protein. Homemade hummus is an easy and popular option for those who are looking for ways to use chickpeas around their kitchen (and seriously way better than the store-bought stuff), but



Hummus

INGREDIENTS:

2 16-ounce cans of chickpeas, drained and rinsed
2 cups tahini
1/2 cup lemon juice
4 cloves garlic, minced
1/2 cup olive oil

it isn't the only option. Don't be afraid to use chickpeas in your next homemade veggie burgers or even chocolate chip cookies (seriously). From there, you're only limited by your own creativity!

Add all the ingredients to a food processor. Begin by pulsing until everything is mixed well, then process until smooth. Add some cold water if the consistency is too thick. Serve in a shallow bowl with a drizzle of olive oil on top. Warm pita bread, carrot sticks, and cucumber wedges make great dipping options.

Finding Potential in Others Means Finding the Boldness to Put Yourself First

When Davidsonville resident Theresa Puher was diagnosed with cancer in 2016 she had to focus on someone who she normally overlooked—herself.

“I strongly believe in helping others and giving back to those who are not as fortunate as I have been,” says the mother of three grown sons who has been married to her high school prom date, Paul, for 35 years. “Helping others is what I do.”

Puher, who grew up in College Park and graduated with a degree in Fashion Merchandising from the University of Maryland, has taken that mindset and turned it into action.

“I was the original creator of Delta Tau in Davidsonville, a chapter of Beta Sigma Phi, which is an international sorority that provides avenues for women to form friendships and meet new people, especially those who have recently moved to the area and feel isolated,” Puher says. “I also am fortunate to have been on the committee which raised money for *Camp Dreamcatcher*, an overnight camp that brings children together whose parents are HIV positive.”

“I believe in putting others before yourself,” she says. “I enjoy helping other people reach their potential.”

But that all changed Memorial Day Weekend 2016. Puher had to put herself—and her health first.

“Initially I was being treated for a urinary tract infection,” Puher

explains. “Even with medication I was still not feeling well. My husband noticed my abdomen was bloated and encouraged me to call my gynecologist. She examined me and immediately ordered a CT scan.”

“‘Suspicious findings’...that’s all I remember hearing,” Puher continues.

Puher was advised to get the skill and expertise of a top-rated Gynecologic Oncologist.

“I was stunned. I had just had a hysterectomy in 2015 due to a history of endometriosis and having fibroid cysts on my ovaries,” Puher shares. “I didn’t expect this.”

Puher’s radiologist referred her to Dr. Teresa Diaz-Montes, a Board Certified Gynecologic Oncologist and Medical Director of The Neil B. Rosenshein, M.D., Institute for Gynecologic Care at Annapolis. Dr. Diaz-Montes is recognized as one of the leading GYN Oncologists in the treatment of cancers of the female reproductive tract and proved to be more than just a gifted and experienced clinician. She was the right choice for Puher.

After careful diagnosis, tumors in Puher’s abdomen were identified, biopsied, and a treatment plan was put into place.

“Dr. Diaz-Montes gave me hope in my most difficult moments, which helped me stay calm and positive. Her keen eye and determined spirit put a name to my illness and a team of Mercy experts together who would change my life.”



Dr. Diaz-Montes diagnosed Puher with advanced Primary Peritoneal Carcinoma (PPC), a rare cancer that develops in a thin layer of tissue that lines the abdomen. Often, PPC produces a fluid called ascites, which if left untreated can cause liver failure.

“Primary Peritoneal Carcinoma is an aggressive cancer and is hard to diagnose,” Dr. Diaz-Montes explains. “Because there are no screenings for this type of cancer, listening to your body and knowing your family history is key. Theresa took immediate action and that is what gave her the best chance for a positive outcome.”

Dr. Diaz-Montes worked in collaboration with her colleague Dr. Armando Sardi, a Board Certified Surgical Oncologist at Mercy Medical Center. Dr. Sardi is one of the foremost experts on HIPEC Surgery, the life-saving procedure Puher needed. HIPEC uses Hyperthermic Intraperitoneal Chemotherapy or “heated chemotherapy” to treat late stage, complex cancers of the abdominal region.

During the 10-hour surgery, Puher received a “heated chemo wash” that eradicated the cancer cells in her body.

“You learn a lot about yourself when you go through something

like this. I was so incredibly blessed to have a great support system with my family and friends,” Puher says. “I was always there for others and now others were there for me.”

Every Day is a Gift

May 2021 marks five years since Puher first received her cancer diagnosis. She is now free of cancer.

“I feel great and am excited for the future,” Puher says. “The one thing I learned during this process is you can’t be overcome by fear. Winston Churchill said ‘Fear is a reaction. Courage is a decision.’ And he was right. You can’t be consumed by fear. I’m so glad I made the decision to be treated by Dr. Diaz-Montes, Dr. Sardi, and the wonderful team at Mercy. They were there for me and saved my life.”

Puher continues to focus her attention on helping others reach their potential. It’s who she is. Now her helping hand comes with a word of advice, “Take care of yourself. Make ‘Me’ your No. 1 priority. Listen to your body and find the best doctor you can.”

“Don’t take it for granted. Every day is a gift!”

This article was contributed to What’s Up? Media exclusively by Mercy Medical Center.

THANK YOU FOR YOUR SUPPORT

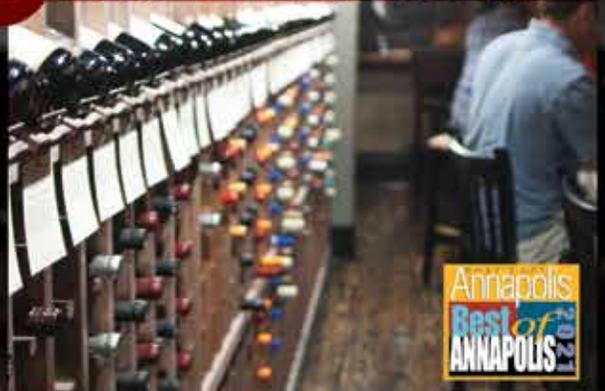
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Dining

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WHAT'S UP? READERS
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REVIEW

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Seared Scallops
at Boatyard
Bar & Grill



Photo by Stephen Buchanan



BOATYARD BAR & GRILL
 400 Fourth Street, Annapolis
 410-216-6206
 boatyardbarandgrill.com

DINING REVIEW

The Boatyard “Is on It”

By Rita Calvert

Photography by Stephen Buchanan

On a late-winter evening, and during COVID precautions, we decided to share a to-go order from the Eastport community’s popular Boatyard Bar & Grill, which would be a new experience for us. The Boatyard has always offered takeout and does rip roaring business during the cold weather holidays with their chef ensuring overnight fresh crab cake and crab soup deliveries—“Boatyard crab cakes shipped all over the U.S.” Then there are “Lifestyle-on-the-go Platters.” Well...you get the picture, they know how to cook and deliver good food, off-premise as well as on!

The menu is written with humor à la Chef George Betz...and right about now we need a good laugh! There is lots to read and chuckle about on their website, as well with interjections from owner Dick Franyo on the restaurant’s blog. For in-



stance: “Boatyard rocks out as No. 2 in Best Bars for Sailors in the U.S.” Or, take a look at their sandwich video award: The Travel Channel’s *Food Paradise* features the Boatyard on the Super Sandwiches segment of the eight best sandwiches in the country! Boatyard takes great strides to help our local community and surrounding environment, so I was thrilled to note this on their website that their “house oyster” named Patty’s Fatty’s are harvested “just a stone’s throw away by Eastport’s last remaining watermen, The Mahoney Family. [These] super-fresh, plump, mild oysters take you back to the Chesapeake Bay of days gone by!”

While perusing the menu, we considered options. I know Antoine’s Stuffed Oysters (five prime Chesapeake Bay oysters fitted with a Florentine Pernod stuffing and gratinéed with Parmesan, cheddar, and provolone) are outstanding, but for

this evening we thought a more sharable dish would work for an appetizer... like pizza, especially the cauliflower crust gluten-free version. Hopefully, Boatyard's Chicken, Bruschetta & Burrata crispy cauliflower pizza will become a regular on their menu. Manager Kevin Schendel says that's a sure thing, as it's a great gluten-free offering. It's absolutely scrumptious and such a great value. Excellent, very thin crispy cauliflower (gluten-free) crust is topped with cuts of chicken breast tossed



not overpower the main attraction of our local specialty—Maryland blue crab. The spinach is an added treat. It has been called the best dip around town and the restaurateur dining with us agreed.

Outrageous Tito's Rockfish entree came as a loaded dish, heavy with mussels, shrimp, lump crab, and chopped scallops in very rich creamy Tito's Vodka sauce surrounding the fresh filet of grilled Chesapeake Bay rockfish. The dish sported fresh al dente

grilled asparagus and a side of rice. Even though this was a to-go order, the fish filet was moist and flavorful, cooked to our liking, and lived up to its flavor potential, while the shellfish toppings were not overcooked. It was certainly abundant enough to share.

Hawaiian flair is given to the Big Fat Scallops entrée as four fresh, plump, day boat scallops are dusted with Hawaiian turbinado sugar, sea salt, and cracked pepper, then pan-seared to form a golden crust. A garnish of balsamic reduction, or glaze, is added. Interesting textures merged with the spicy red seaweed salad, crispy fried wontons, and the grilled al dente asparagus. Brown rice is included as well to sop up the glaze.

After our delicious meal I wanted to catch up with Boatyard's management to find out how they were faring with close to a year of disruptions. Schendel was happy to give an update on the overall picture. They jumped on the new normal immediately when the pandemic hit and turned their main parking lot into an immense al fresco cabana. During the warm weather months, Boatyard had all dining in the large tent styled with a coastal vibe. Fans created a breeze during hot weather and heaters warmed during a chill. There were tropical plants and even the pebbles of the parking lot added to beach ambiance. By the time you read this review, Boatyard will have resumed the outdoor dining experience. They planned to pitch their outdoor tent by March 1, just in time for Spring. Boatyard saw a large increase in to-go orders.

"We thought we did lots of 'to-go' business before the pandemic, but we never saw huge changes coming and were surprised that take-away food climbed to 10 to 15 percent of our business," Schendel says. "The back bar was dedicated to carry-out, as the bar stools were removed allowing plenty of space for orders.

"Our main goal has been to keep our people employed, as so many have been with us ten years or more."

with fresh diced tomatoes, crunchy onions, and fresh basil. There is a beautiful balance of three cheeses to finish it off: sliced mozzarella, parmesan, and burrata cheese, plus shaved sopressata as the top garnish. Mmm...bursts of creaminess! Actually, it's so heavy, it's a knife and fork pizza!

As an all-time favorite and in fact, one of my friend's crown choices, we had to order the Crab & Artichoke Dip. Creamy, cheesy, bubbly hot crab dip full of lump blue crab, artichoke hearts, spinach, and sweet onions describe the dish. "The Parmesan in there is magic, as it adds a nuttiness," my friend claimed. The dip is so thick and rich, it is spreadable over the sliced baguettes which accompany. We like the fact that it is less creamy than many but full of interesting flavors, which encourage a lot of discussion about "what's that taste?" The artichokes are just the right texture and do



Savor the Chesapeake

A culinary compendium of restaurant, food, and beverage news and trends from the Chesapeake region

By Kelsey Casselbury



LIFE IS BREWTIFUL

Atlas Brew Works may be based in Washington, D.C., but its roots—for a few of the team members, anyway—are in Annapolis. The brewery recently unveiled its Naptown Lager, a crisp craft beer that’s been a staple on draft, in cans, and it’s available at retailers throughout the Annapolis area. “Producing Naptown and watching it grow means more to me than words can express,” says Sales Director Dusty Poore. “I have lived in and around Annapolis my entire life...I have so many great memories from the area and being able to create a brand specifically for Annapolis brings me so much joy. Then to have it take off and become successful truly melts my heart. Without the support of the close-knit Annapolis community, this beer would flop, but it is doing just the opposite and continues to grow.” atlasbrewworks.com



serves as an ongoing fundraiser to support oyster restoration efforts in the Bay in collaboration with the Oyster Recovery Partnership. Each beer sold translates into 10 baby oysters being returned to the Chesapeake. Brewed with Hersbrucker and Mosaic hops, this wheat ale has a light body and crisp finish, softly balancing slight bitterness with fruity/citrus hop notes. “We believe it is vital to come together to help the Bay thrive, and we love that we get to do our part by doing what we do best, making delicious beer,” says Ben Savage, Chief Marketing Officer. flyingdog.com

Over on the Eastern Shore, Bird Nickel Brewing Company has been ramping up production of its brews. Although it doesn’t have a taproom yet, Easton’s Bird Nickel has released two beers—Slick Calm Chesapeake Ale in August 2020 and Quite the Mixture NEIPA

in January of this year—that can be sampled at pubs in the Easton area, including Snifter’s and Washington Street Pub (call in advance to ensure the beers are still available). According to the Brewing Co.’s Facebook page, they’re hard at work on a Porter. birdnickel.com

You know what’s great? When you can enjoy a beer while knowing you’ve made a positive impact on the Chesapeake Bay. Flying Dog recently released Chesapeake Wheat, an American Wheat Ale, that

TIME TO FEAST

Are you ready for summer (a.k.a. crab feast season)? Crofton welcomes The Crab Shack (no relation to Fat Boys Crab House and Crab Shack down the road), which recently opened in the old Big Fish Grille location. The menu features everything you would want at a crab shack—steamed blues, of course, but also a bevy of other seafood such as oysters, clams, shrimp, and crawfish, but also crabcakes, fried fish and chicken. The restaurant is also scheduled to open a second location in Edgewater. [1260 Crain Highway, Crofton | thecrabshackmd.com](http://1260CrainHighway.com)



Curate, a new coffee and wine bar, recently opened on West Street in Annapolis' Arts District, offering coffee, homemade pastries, wine and desserts. The duo behind Curate, Joel and Colleen Bunker, also own Brown Mustache Coffee in Old Fox Books, also in downtown Annapolis. The shop, which is open from Wednesday through Sunday, plans to expand its menu to include lunch options. **141 West St., Suite 102, Annapolis | curateannapolis.com**

Looking for a new place in West County to enjoy a glass of wine? Smashing Grapes Kitchen + Wine Bar is now open in Waugh Chapel. This is the second location for Smashing Grapes; the Annapolis location on Jennifer Road has been open since last fall, and the menu is a fusion of Mediterranean and California Coastal cuisines. Smashing Grapes now offers wine tastings for groups up to six people (must be reserved in advance) and wine dinners for groups of eight or more. **2383 Brandermill Road, Gambrills | 410-451-7544 | smashinggrapes.com**

Although Phillips Seafood applied for a liquor license at 110 Compromise Street in Annapolis, the former location of Fawcett Boat Supplies, the restaurant apparently has no plans to open there. Instead, Baltimore-based Atlas Restaurant Group reportedly plans to open a second location of the crab house Choptank, with a tentative opening in spring 2022.



IN MEMORIAM

We remember Keith Jones, the owner of Chick and Ruth's Delly since 2017, who died at age 58 earlier this year. Jones made local history when he purchased Chick and Ruth's by becoming the first Black owner of an Annapolis Main Street business. In February, Jones' son, Spencer, said the restaurant will remain open. **165 Main St., Annapolis | chickandruths.com**

FROM THE FARM:

THE BOUNTY OF SPRING

There's so much to love about May, the month that bridges the gap between spring and summer. If we're lucky, the sun is shining, the humidity hasn't kicked in yet, and fresh produce, grown in Maryland dirt by hardworking local farmers, is creeping into area markets. This month, you'll start to see two spring staples—strawberries and asparagus—and next month, the amount of local produce available will explode (Blueberries, raspberries, green beans, kale and peas, to name just a few).

This local produce makes for good eating, no matter where you purchase it, but there's something special about getting out in the field and plucking your own strawberries from the bush. Here are a few places where you can do just that*:

Chase's Produce | 2857 Davidsonville Road, Davidsonville | 410-798-1580 | chasesproduce.com

Country Aire Farm | 631 W. Bay Front Road, Lothian | 301-943-1471

Paddy's Produce | 621 W. Bay Front Road, Lothian | 443-433-6657

Gorman Farm | 10151 Gorman Road, Laurel | 301-908-8063 | gormanfarmscsa.com

Godfrey's Farm | 302 Leager Road, Sudlersville | 410-438-3509 | godfreysfarm.com

Family Affair Farm | 30091 Rabbit Hill Road, Easton | 410-310-1331 | familyaffairfarm.wixsite.com/familyaffairfarm

Lockbriar Farms | 10051 Worton Road, Chestertown | 410-778-9112 | lockbriarfarms.com

**Availability can vary based on weather patterns, the number of people picking, and other factors, including COVID-19 precautions or closures. Always call or check online in advance to ensure that there's fruit ready and available to pick.*



Recipe/photo courtesy of El Vello Tequila (altamarbrands.com)

Although you can't go wrong with a margarita, why don't you mix it up and try a new tequila cocktail?

DIABLITO *Serves 1*

2 ounces **reposado tequila**
 3/4 ounce **lime juice**, freshly squeezed
 1/2 ounce **Creme de Cassis**
 Barspoon of **simple syrup**
 2 dashes **Angostura Bitters**

Combine all the ingredients in a cocktail shaker with ice, then shake vigorously. Strain into an ice-filled rocks glass and garnish with lime.

FROM THE BAR:

TEQUILA

Chances are you'll be sipping on a margarita on the fifth in celebration of Cinco de Mayo (which, contrary to popular belief, is *not* Mexico's Independence Day—that's on September 16—but rather honors the Mexican Army's victory over the French at the Battle of Puebla in 1862). Instead of standing in front of the shelves at the liquor store, puzzled over what type of tequila to get, learn the differences in advance:

Blanco. Also known as silver, white or plata, this clear tequila comes straight from the still, rather than being aged like other varieties. It produces a clean and bright flavor that's easily incorporated into cocktails.

Joven. Sometimes called gold or oro, Joven tequila is made by adding sugar, colorings, or flavorings to Blanco tequila, so that it looks like it's been aged. They tend to be lower in price than other categories of tequila.

Reposado. This golden tequila is made from Blanco that's been stored in oak barrels for between two months and one year, where it develops warmer flavors of honey and caramel with a bit of spice. It will stand up to cocktails but also sips nicely.

Añejo. One to three years after Blanco tequila goes into an oak barrel, it can be considered an añejo. It's darker in color and richer in flavor than Reposado. When the tequila ages for more than three years, it's known as Extra Añejo. It's best when enjoyed on its own, rather than in a cocktail.

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; annapolisiscream.com \$

Armadillo's Bar & Grill

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

Bean Rush Café

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

The Big Cheese & Sammy's Deli

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

Buddy's Crabs & Ribs

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

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 Dely

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

City Dock Café

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

Dock Street Bar & Grill

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

Dry 85

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

Federal House Bar & Grille

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

Flamant

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

Fox's Den

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

Galway Bay Irish Restaurant & Pub

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

Harry Browne's

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

Harvest Wood Grill & Tap Room

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

Iron Rooster

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

Joss Café & Sushi

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

Latitude 38

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

Mason's Famous Lobster Rolls

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

McGarvey's Saloon & Oyster Bar

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

Middleton Tavern

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

Mission BBQ

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

O'Brien's Oyster Bar & Restaurant

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

Osteria 177

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

Preserve

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

Pusser's Caribbean Grille

80 Compromise Street, Annapolis; 410-626-0004; Pusser'susa.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; Gordongbiersch.com; American; lunch, dinner \$\$ 🍴 🍷 🎸 🎸

Grapes Wine Bar

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

Herald Harbor Hideaway

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

Heroes Pub

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

InGrano Bakery

302 Harry S Truman Parkway Suite H, Annapolis; 410-919-0776; ingranobakery.com; bistro-bakery; breakfast, lunch

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 \$\$ 🍴 🍷

Lebtav

2335 Forest Drive Ste. 46A, Annapolis; 410-897-1111; Lebtav.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 \$\$ 🍷👑

Nothing Bundt Cakes

1901 Towne Centre Blvd, Annapolis; 443-775-7979; nothingbundtcakes.com; Bakery

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; Riverbayroadhouse.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 \$\$ 🍷👑

Rutabaga Juicery

4 Ridgely Ave; Annapolis; 410-267-0261; Rutabagajuicery.com; Juice and quick eats

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 Island Road, Edgewater; 443-837-6279; thecrabshackmd.com; American, Lunch,

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.docksidereaurantmd.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 🍷

Señor'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 🍷

The Big Bean

558 Baltimore Annapolis Blvd, Severna Park; 410-384-7744; thebigbean.com; Coffee Shop

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 \$ \$

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DINING GUIDE

Café Mezzanotte

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

The Crab Shack

1260 Crain Highway, Crofton; 443-302-2680; thecrabshackmd.com; American, Lunch, Dinner, Seafood, Family Friendly, \$\$

Donnelly's Dockside

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

Founders Tavern & Grille

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

La Posta Pizzeria

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

Ledo Pizza

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

Lemongrass Arnold

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

Mamma Angela's

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

Mi Pueblo II

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

Mother's Peninsula Grill

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

O'Loughlin's Restaurant

1258 Bay Dale Drive, Arnold; 410-349-0200 Oloughlinpub.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; Bistrostmichaels.com; Euro-American; brunch, dinner \$\$ ☎ 🍷

Fisherman's Inn & Crab Deck

3032 Kent Narrows Way S., Grasonville; 410-827-6666; Crabdeck.coml Seafood; lunch, dinner \$\$ 🍷 🍴 🌊 🌟 🏠

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St. Michaels; 410-
745-6400; Facebook.
com/ginascfestmikes;
Southwestern, Vegetar-
ian; lunch, dinner \$\$

Hemingway's Restaurant

357 Pier 1 Road, Ste-
vensville; 410-604-
0999; Hemingwaysbay-
bridge.com; Seafood;
lunch, dinner
\$\$ 📞 🍷 🍴 🌊 🌟

The Island Hideaway

14556 Solomons Island
Road S, Solomons;
410-449-6382; Theis-
landhideawaysolomons.
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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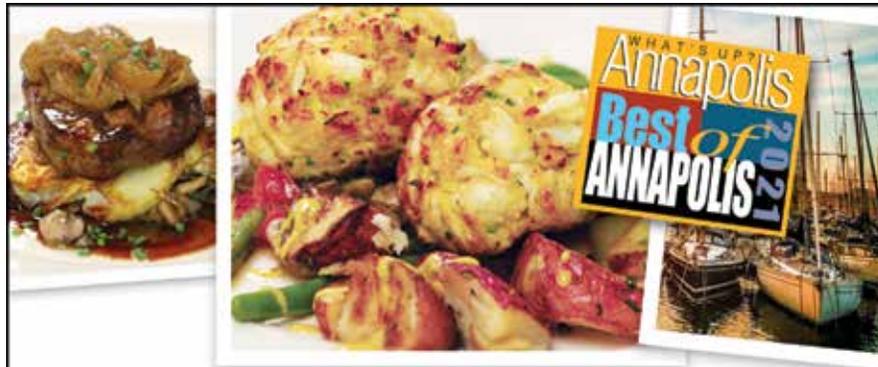
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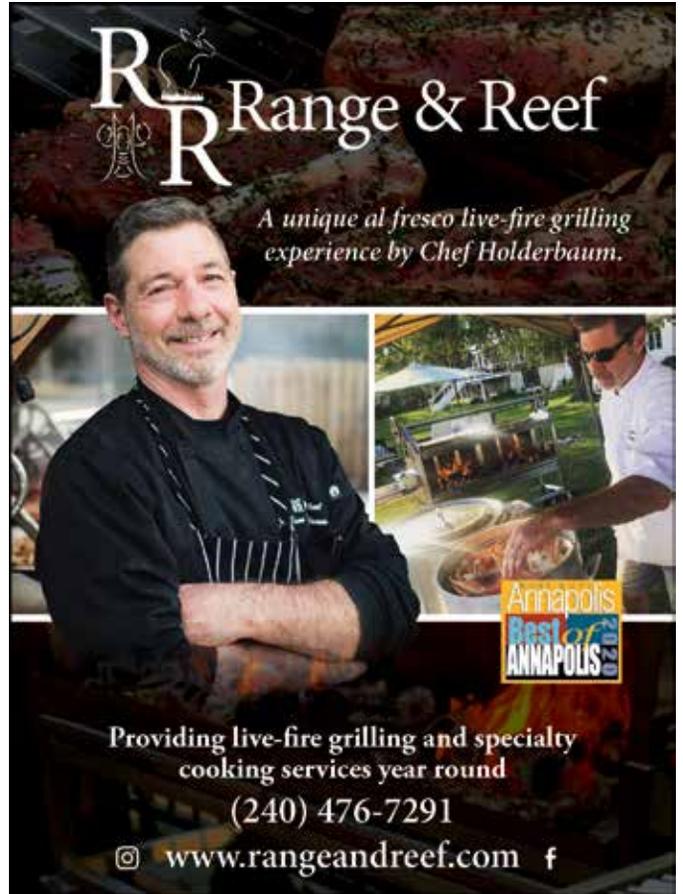
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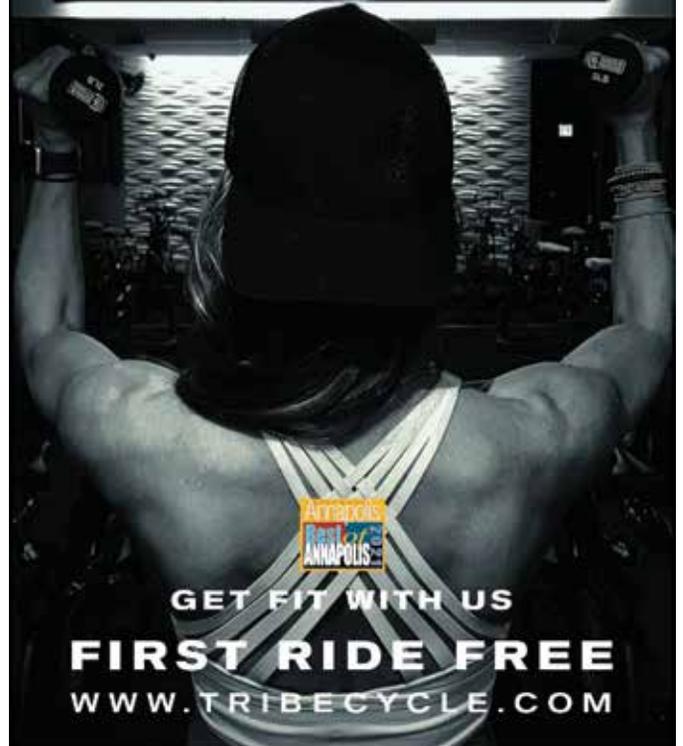


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Here's how the contest works: Wilma appears next to three different ads in this magazine. When you spot her, write the names of the ads and their page numbers on the entry form online or mail in the form below and you'll be eligible to win. Only one 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 Suzanne Zukauskas of Annapolis, who won a \$50 gift certificate to a local restaurant.

Mail entries to: Where's Wilma? Annapolis, 201 Defense Hwy., Ste. 203, Annapolis, MD 21401 or fill out the form at whatsupmag.com/promotions



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Entries must be received by May 31, 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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