

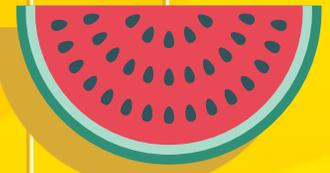
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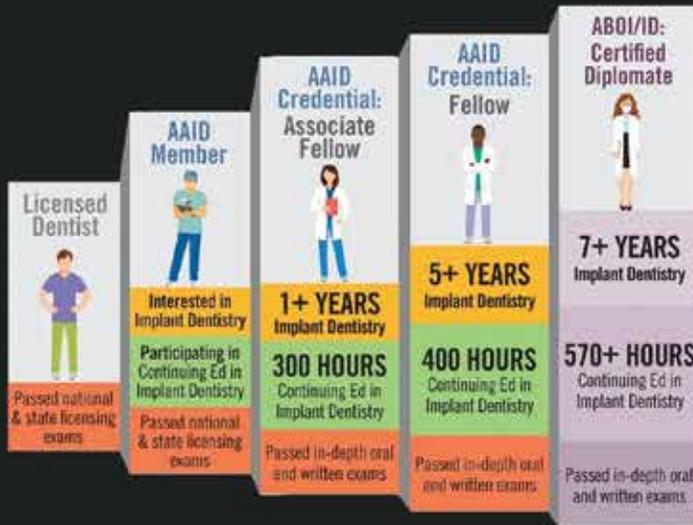


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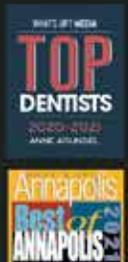


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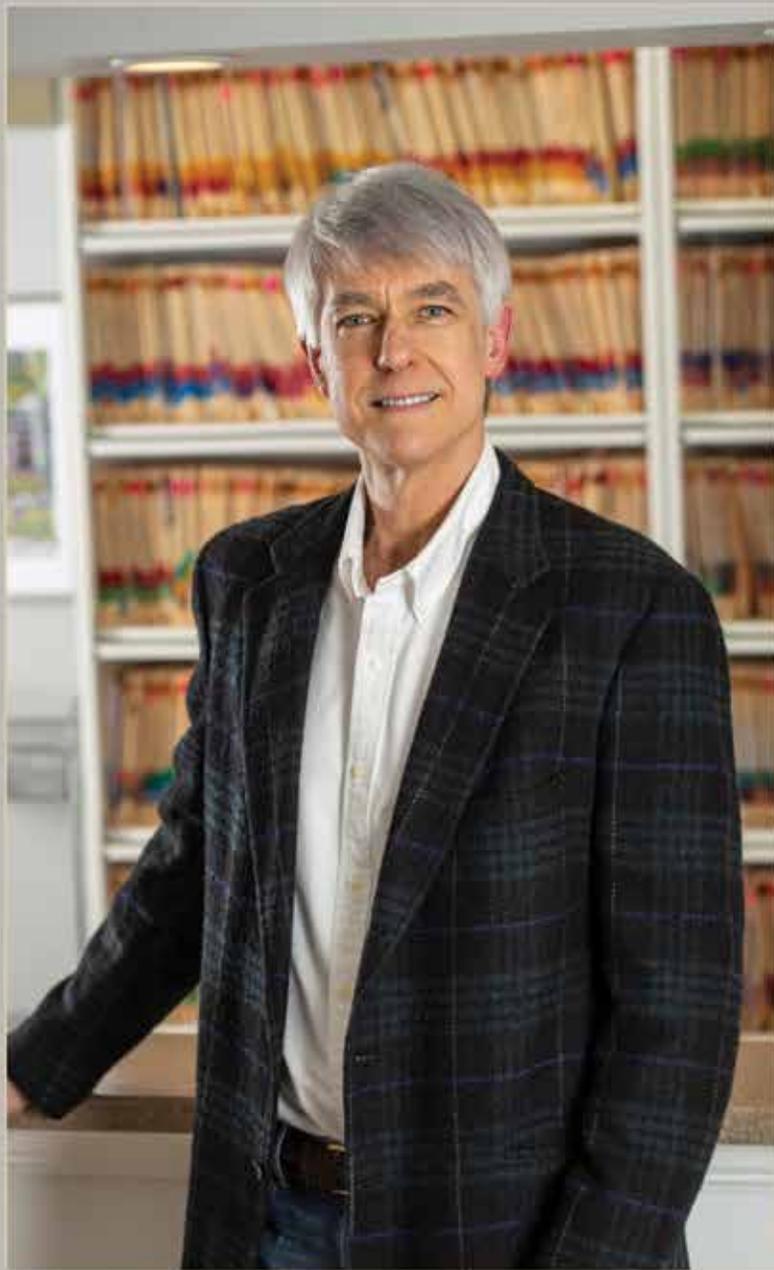


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Cardiac Surgery Team

Front Row (L-R) Michael Fiocco, MD, Abeel A. Mangi, MD, Ezequiel J. Molina, MD
Back Row (L-R) Jeffrey E. Cohen, MD, Ammar S. Bafi, MD, Christian C. Shults, MD, Brian T. Bethea, MD, Ricardo O. Quarrie, MD, Hiroto Kitahara, MD

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On the Cover: Summertime means crab pickin', cool drinks, and waterfront dining. Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. Please recycle this magazine.

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COMING UP IN
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editor *From the*



“There’s one!”

my brother shouted with excitement and glee as the two of us, ages 12 and 10 or thereabouts, searched and scraped the docks of Eastport for blue crabs. On summer mornings and late-afternoons, we’d walk the planks of darn-near every boat dock in town looking for the prized crustaceans clinging to the pilings. A good outing would net us more than enough keepers for a small pickin.’ It was a summer pastime we enjoyed often as youngsters, living in and around that ole nautical neighborhood. One time, we even tried to sell two dozen jimmies to Tom O’Leary’s restaurant of the same name. They passed but admired our spirit.

To this summer’s day, every time I step foot on a dock, any dock, I look over the side and down into the bay water below to see if there’s a crab or two hanging out—just a little thing about summer that I love and it always brings back a few good memories. With the season upon us, its high-time we get back to making memories. Especially after the year-plus we’ve had.

So, what will you look forward to this summer? Crabbing, fishing, and boating seasons are in full swing now. And in Chesapeake country there’s no shortage of opportunities to either get on the water or site-see

the vast fleet of vessels that plough through it. We write about classic, wooden sailboats of both yesteryear and today in Ellen Moyer’s “Sleek Beauties.” Nostalgia, culture, and a determination to continue our region’s sailing legacy make for an inspiring read. If travel is on your mind (probably is!), then Diana Love’s “Postcards from the Mid-Atlantic” offers snapshots of small towns that dot the region and a bevy of reasons why to visit each.

Of course, dining out and doing so *outside* is reason enough to explore our own hometowns and communities, take in a fine meal, and bask in waterfront ambiance. Our “Waterfront and Al Fresco Dining Guide” compiled by Megan Kotelchuck features—by my count—159 destination restaurants from the Western Shore riverbanks of the Severn, South, Magothy, and West to the deep reaches of the Choptank and Nanticoke rivers in Dorchester County. That’s more than a restaurant per day for the summer calendar! (And if you need a little help working off some of those calories, look no further than the list of Best of Beauty & Fitness winners in this issue.)

There’s much more in the pages of this June issue. You’ll learn about a volunteer that goes above and beyond to save the bay, the steps to citizenship in our country, a caterer that cooks over live flame, design inspiration for your own kitchen, dream houses, recipes, how to pay tribute to hard-working nurses, and even a few events to look forward to!

Whatever adventures make it onto your calendar, I hope by the time summer’s tide turns to fall that you and yours have landed more than a few keeper memories!

James Houck,
Editorial Director

A large, stylized handwritten signature in black ink, appearing to read 'James Houck'.

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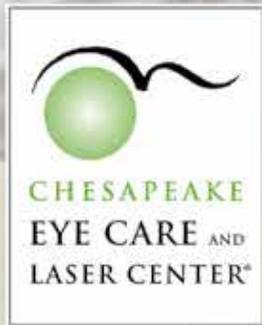
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One of the most historic and well-known of the US East Coast blue water races is coming back to Annapolis on June 4th and 5th. This year marks the 38th running of the 475-mile biennial Annapolis-Newport Race. The race is organized by Annapolis Yacht Club. Boats will race down the Chesapeake Bay toward Chesapeake Light Tower, then turn and head northeast toward Newport. As of the date of publication, due to COVID restrictions, there will not be a pre-start party or trophy presentation, but that may change according to COVID guidelines. Find more information at Annapolisnewportrace.com

TROLLEY TRAIL WALKING TOUR

Take a leisurely two-mile walk following the Trolley Trail from Riverdale Park to College Park on June 5th from 10:30 a.m. to 12:30 p.m. The stretch will let you explore community history and stops along the way share tidbits and facts about how the area has changed over the centuries. The tour will start at Riversdale House Museum and end at the Old Parish House.



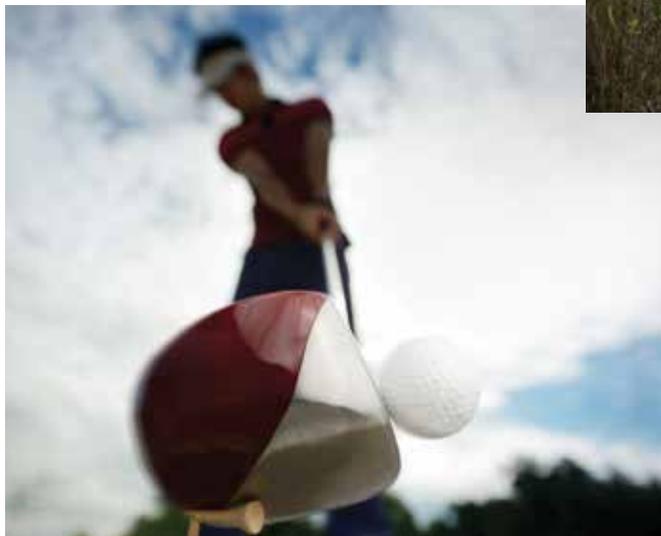
↑ Paca Girlfriends Flower Power Party

The Paca Girlfriends Party will be back on June 16th at the William Paca House and Garden in Annapolis. From 5 to 9 p.m., enjoy an evening of food, wine, friendship, flowers, and fun. Indulge in culinary creations donated by the area's premier chefs, and stroll through the luxurious English-style garden. Get your tickets now at Pacagirlfriends.com



↑ Virtual Clean the Bay Day

This year, Clean the Bay Day will be a six-day virtual event starting on Monday, May 31st to Saturday, June 5th. The motto this year is all about flexibility and giving everyone the option to Clean the Bay Your Way. During that six-day period, participants have the option to do a tried and true litter clean-up, plant a native plant and/or install a rain barrel. Find a map for great clean up places online but do not feel the need to limit yourself to that list. Make sure to tag your photos #Cleanthe-BayDay on social media to share your experience. Registration is required, for more information can be found at Cbf.org/clean.



FRIENDS OF THE LIGHTHOUSE GOLF TOURNAMENT

June 10th will be the 18th Annual Friends of the Lighthouse Golf Tournament at Renditions Golf Course in Davidsonville. Registration will begin at 7:30 followed by a shotgun start at 9 a.m. There will be a light breakfast, complimentary beverages, lunch, raffles, prizes, awards and more. All proceeds will benefit The Light House—A Homeless Prevention Support Center. Find more information at Friendslhs.org.

DON BACKE MEMORIAL CRAB REGATTA

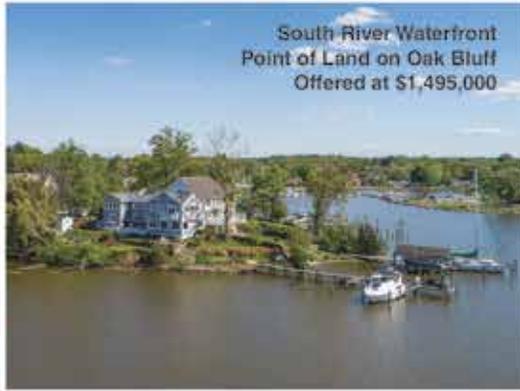
Annapolis Yacht Club will also be hosting the 28th Annual Don Backe Memorial CRAB Regatta on June 12th allowing disabled sailors to compete in a four-race series event. The race will take place on the Severn River and Annapolis Harbor. The boats are available on a first-come, first-serve basis and will be specifically designed to accommodate disabilities of any kind. For more information, visit Crabsailing.org

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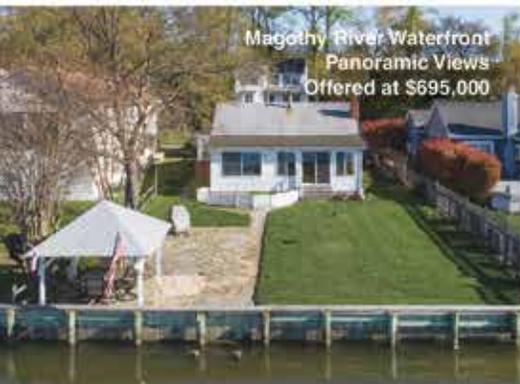
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↑ Rock the Dock 2021

Annapolis Rotaract Foundation's 10th Annual Rock the Dock fundraising event will be held on June 10th from 6 to 10 p.m. at the Annapolis Maritime Museum. In 2019, the event sold out raising over \$16,000 to support the Live Water Foundation. This year, the event will benefit the Bywater Clubhouse of the Boys & Girls Clubs of Annapolis & Anne Arundel County. A ticket to the event will provide you with bottomless beer, wine, orange crushes, local BBQ, and music from Loose Ties. Find Rock the Dock on Facebook for more information and ticket sales.



CASEY CARES FOUNDATION'S 18TH ANNUAL GOLF TOURNAMENT

Cattail Creek Country Club in Glenwood will play host on June 7th starting at 10 a.m. to the 18th Annual Casey Cares Golf Tournament. The outing will include friendly competition, light breakfast, lunch, raffles, prizes and more. This event will raise money for Casey Cares Foundation, which provides ongoing and uplifting programs for families with critically ill kids. Visit Caseycare.org to register.

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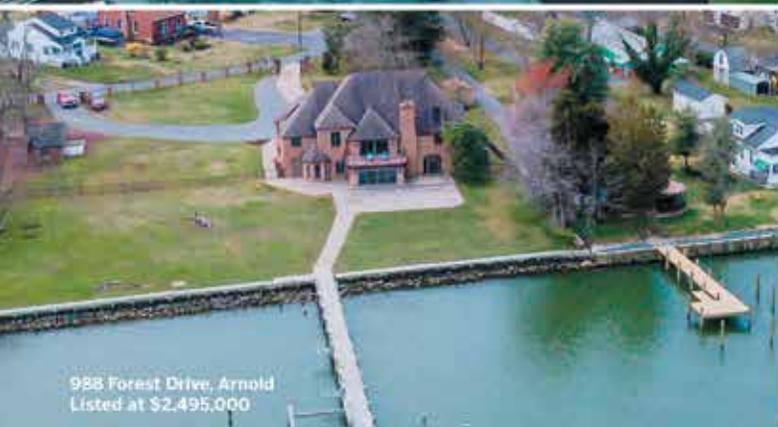
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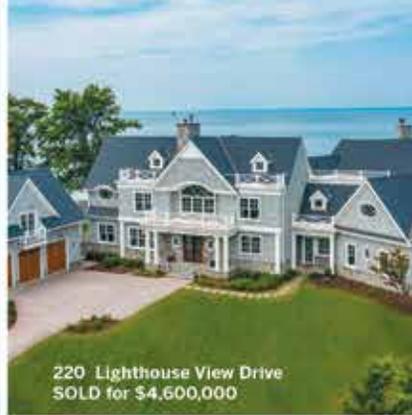


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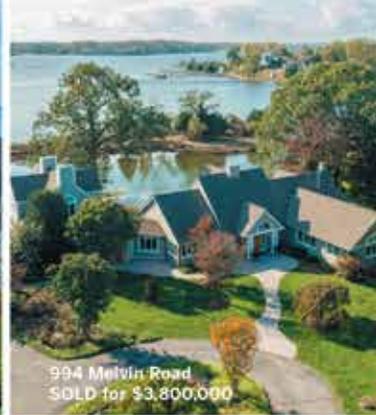
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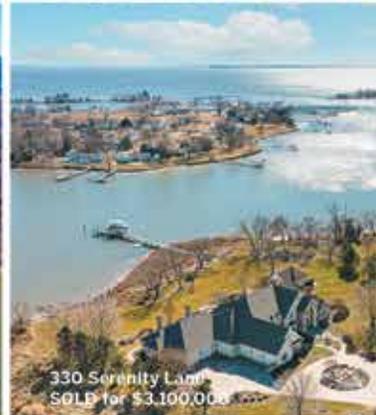
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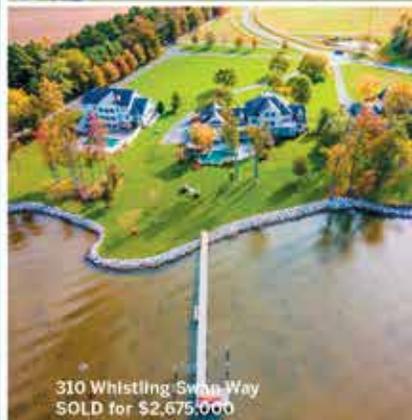
994 Melvin Road
SOLD for \$3,800,000



221 & 223 Bay Front Drive
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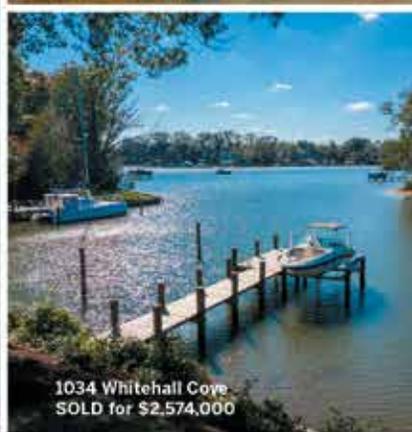
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TOWNE SALUTE

Ben Wechsler

Chesapeake Bay Trust

By Tom Worgo

Standout volunteers like Ben Wechsler are the backbone of nonprofits. Wechsler goes above-and-beyond the typical volunteer. Maybe like none other.

Wechsler, a real estate and environmental lawyer with an Annapolis firm, helped the Chesapeake Bay Trust raise its visibility and extend its outreach by finding the organization a \$3 million, environmentally-friendly “Green” home on Severn Avenue in Eastport.

“It is immensely satisfying to help an organization manage growth,” Wechsler says. “To not only grow the balance sheet, but also to grow the organization. And grow the number of employees, the grant making, and the internal governance structure. All this has allowed the organization to flourish and make progress toward achieving its mission.”

The new headquarters is one of many things that Wechsler, an Arnold resident, has accomplished as a volunteer and long-time board member. His eight-year stint on the board included two years as chairman and two years as vice chairman. He joined the organization in 2012.

It is significant that since then, the organization’s grant giving has nearly doubled under Wechsler’s time on the board. It went from \$5.8 million to \$11.1 million.

Looking back, current board chairman Gary Jobson is amazed at Wechsler’s determination and persistence over the two years that it took to plan and complete the new office.

The green building, which opened in 2019, is an environmentally friendly showplace. That made it an incredibly complex project. The run-down property

cost \$2 million and the drastic renovations to the existing building ran about a \$1 million.

“I don’t think Ben anticipated the intense pressure on him to deliver,” Jobson says of the 48-year-old’s tireless efforts to shepherd the project through completion. “It just became a cascading series of events, and challenges, but to his immense credit, he pulled it off. Once he got into it, he was going to make sure it was going to happen. I just marveled at him. He was the guy who did it all.”

The new facility has enabled the 26-year-old Trust to significantly enhance its operation and mission, which is improving the watersheds of Maryland’s bays and rivers through grants, environmental education, community engagement, and other initiatives.

“He saved a tremendous amount of legal fees and consultants,” Jobson says. “It would be six figures if you had to pay someone for that kind of work.”

Trust Executive Director Jana Davis says the impact of the facility has been profound.

“Ben had a vision and saw a property in Eastport that he thought could carry the Trust forward until the next phase of our existence,” Davis explains. “It has solidified a presence for the Trust in the community. It has allowed us to put down roots and has brought more positive attention to the organization. Now, we are really a productive pillar of Eastport.”

The Trust had outgrown its old office on West Street that it rented in more ways than one. It was a less than an ideal location while space and parking was limited.

“It really wasn’t compatible with its mission,” Wechsler says. “It didn’t have ventilation. You couldn’t get outside. You weren’t really close to the water. It was



IT IS IMMENSELY SATISFYING TO HELP AN ORGANIZATION MANAGE GROWTH. TO NOT ONLY GROW THE BALANCE SHEET, BUT ALSO TO GROW THE ORGANIZATION. AND GROW THE NUMBER OF EMPLOYEES, THE GRANT MAKING, AND THE INTERNAL GOVERNANCE STRUCTURE. ALL THIS HAS ALLOWED THE ORGANIZATION TO FLOURISH AND MAKE PROGRESS TOWARD ACHIEVING ITS MISSION."

kind of a sterile office space. As the Trust began growing and adding staff, the space got to very, very crowded."

As board executive, Wechsler played a major role in updating the Chesapeake Bay Trust's license plate program, which is a major source of revenue. The new plate, with a slogan "Protect the Chesapeake," was rolled out in 2018 and won an international award.

"We needed to get permission from the motor vehicle administration and the political will to do it," Davis says. "Ben was with me in many of those meetings to make sure that happened. He created the environment in which we were able to get that done."

Wechsler no longer serves on the board, but he is an active volunteer. There's no doubt his impact will be long lasting.

"He was an amazing board chair and amazing board member," Davis says. "He took the role incredibly seriously. He dove in. He did everything you would want him to do. He was just a perfect chair."

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



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Central Maryland Chamber Announces 2021 Hall of Fame Awards

Recently, the Central Maryland Chamber held a virtual celebration in announcing the organization's 2021 Hall of Fame awardees, which included businesses and leadership from across the region. Thirteen were honored, which included awards such as Start-Up of the Year (Second Alarm Brewhouse, pictured), Small Business (Newk's Eatery), Large Business (Anne Arundel Community College), BIPOC-Owned Business (Eagle Integrated Solutions, LLC), President's Award (Jeff Arminger), and Lifetime Achievement (Jay Winer), among others. For a complete list of honorees and acceptance videos, visit centralmarylandchamber.org/halloffame.





↑ Covington- Alsina Acqui- sition Growth

CovingtonAlsina, an Annapolis-based financial planning firm, recently announced the acquisition of Athena Financial Services of Hughesville. Maryanna E. Lanham, former principal at Athena, joins CovingtonAlsina as an Account Executive. "The client-centered approach established by Maryanna at Athena Financial makes a perfect match for our operations," says Ann C. Alsina, principal at CovingtonAlsina. "We look forward to the continued growth of our client base with this solid addition to our firm."

NEW CEO FOR GREATER ANNAPOLIS DESIGN DISTRICT

This past February, The Greater Annapolis Design District (ADD) announced a new CEO, Alissa J. Santoro. She excitedly joins the ADD on the heels of her CEO leadership role with Greater Crofton Chamber of Commerce and looks forward to growing the organization. The Greater Annapolis Design District is a nonprofit organization with the mission of connecting professionals in the design and build industry through networking and professional development opportunities. Members include architects, builders, designers, interior designers, and a variety of product and service providers and showrooms that support the design and build industry. To learn more, visit annapolisdesigndistrict.com.

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UMMS APPOINTS SYSTEM'S FIRST CHIEF DIVERSITY, EQUITY AND INCLUSION OFFICER

The University of Maryland Medical System has recruited a physician with deep roots in addressing healthcare inequities over a career spanning nearly three decades, and lived experiences in inner-city America, to serve as the System's first-ever Chief Diversity, Equity and Inclusion Officer (CDEIO). Roderick K. King, MD, MPH will join UMMS this summer and will be tasked with working collaboratively across the System to develop a long-term roadmap for diversity, equity and inclusion (DEI) that aligns with the System's strategic plan. "One of the things that excites me most about this position is the kind of far-reaching impact my role could have on the health of people in the state of Maryland," Dr. King says. "In addition, because this role is one of the first of its kind in a large health care system, UMMS is at the forefront of leading a movement. I believe that increasingly, health care systems are recognizing the importance of a role like mine in their C-suite. We have an opportunity here to demonstrate measurable results in health improvements in diverse populations that can lead to the adoption of best practices nationwide. I have done a lot of work with hospitals, health plans and community-based organizations during my career and am encouraged that UMMS is making great strides to integrate strategies for diversity, equity and inclusion into hospital planning at the highest levels."

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Brent Allen

REALTOR®

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

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



Margaret Dammeyer

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Margaret has lived in Annapolis for the past 30 years and has cultivated a passion for real estate. She has been the go-to advisor for family and friends seeking to buy or sell

their homes, and she is excited to share her expertise with others. Margaret brings a strong work ethic, artful negotiation skills, and the utmost professionalism to each client. Raised in a military family and married to a third-generation Annapolitan, Margaret understands the importance of finding that special place to call home.



Teresa Dennison

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

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



Peggy Love

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As an experienced real estate agent specializing in relocating clients aged 50+, I work for the love of home.

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



Sarah Martin

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

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



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Organized, tenacious and knowledgeable, only start to describe Jill. She has a strong work ethic. Whether buying or selling, you need her energy and expertise

on your side! As a child, Jill lived in LA, TX, GA, CA, went to College at the Claremont Colleges, and then followed her family to CT, then NY, NJ and now MD. Needless to say, she knows how to move! Working hard for you is what Jill does best! Call her today!



Jennifer Powers

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Jennifer has a passion for real estate and strives to give her clients the most seamless and professional experience. Jennifer is a graduate of the University of

Georgia and has enjoyed making Annapolis her home for the past 10 years with her husband and two children. With a background in design, Jennifer specializes in staging your home to appeal to today's buyer.



TOWNE ATHLETE

Jessie Cline

Key School | Swim

By Tom Worgo

Jessie Cline is a gifted athlete and budding artist. Cline, a senior at Key School, will attend Davidson College in North Carolina on a swimming scholarship. The Annapolis resident also runs the Bay Ridge Triathlon once a year. And painting helps Cline relax when she's got a championship swimming meet ahead.



SHE IS VERY TENACIOUS AND JUST NEVER GIVES UP. MOST SWIMMERS ARE ABOUT SIX-FEET TALL. THEY ARE YOUR TYPICAL GREAT ATHLETE. SHE'S TINY BUT MIGHTY. NOTHING HOLDS HER BACK."

"When there is stress from swimming and academics, it's my release," Cline explains. "I turn on music and paint for the whole class."

Cline got inspiration to paint from her grandmother, Susan Cohen. Cohen did oil painting for about five decades. Cline has specialized in portraits and nature-focused oil paintings having done so since the fifth grade.

"I would bring home artwork from school and we would have conversations about it," Cline says. "She would give me critiques and she still does...she thought I had something special. Every time I finish a piece now, she is very excited and wants to see it. When I got into high school, she pushed me to take art classes."

Cline will paint up to six pieces a year and has completed 30 since she started. They hang in her home, Key school, and in her mother's office. She also has her own website devoted to her work.

Cline found her niche in middle school thanks to art teacher Andrew Katz. She took right away to his style of painting.

"I had a really awesome teacher," she says. "He made art feel more fun and alive for me. He was doing portraits of his favorite musicians and

basketball players. He was bringing in pop culture into it to make it great and lively. I said, 'Wow, I want to do this.'"

At Davidson, she will continue her involvement in the arts, painting in her free time and creating sculptures outdoors with an art club. But her main activity will be swimming at Davidson, where she's majoring in pre-med with an eye toward being a dermatologist. She chose Davidson over Dartmouth and Richmond.

"I fell in love with Davidson," says Cline, who carried a 3.6 grade point average at Key. "I wasn't going there just to swim. I am going there to be a student as well as an athlete. The coaching staff really respects that. I am going to find a real comfort in the pool and classroom."

Cline isn't your typical championship swimmer for the year-round Naval Academy Aquatic Club (12 years). She's 5-foot-3 and outworks opponents and teammates with grit, intensity, and determination.

"She is very tenacious and just never gives up," Naval Academy Aquatic Club Coach Hilary Yager says. "Most swimmers are about six-feet tall. They are your typical great athlete. She's tiny but mighty. Nothing holds her back."

Participating at the National Club Swimming Association Junior Nationals twice in Orlando is the highlight of her career. She was workhorse at the meet, swimming in five events each time. Cline considers her best strokes to be 200-meter butterfly and 50 freestyle.

“When I go to these national-level meets, there are kids from all over the country,” she says. “I walked away from those meets and said to myself, ‘Look at all those amazing kids.’ I felt so motivated to do better.”

Cline holds three Naval Academy Aquatic Club records: 25 free (8-and-under; 14:29), 50 free (11-12; 25:50), and 200 butterfly (13-14; 2:05.96).

She also set individual school records at Key in the 100-yard fly (59:30) and 200 free (1:59.57) and won four individual Interscholastic Athletic Association of Maryland championships.

A huge part of her development came during the aquatic club’s grueling practice schedule. Swimmers train 15 hours across six days.

“I am pushing my body past what I thought were my limits,” Cline says. “In these work outs, you are swimming about 6,000 yards and you are learning how to bring your heart rate up to insane levels and hold it there. I am hyper-focused on all the little things I need to do to make a swim technically perfect.”

Yager adds, “She is one of our hardest workers every single night.

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

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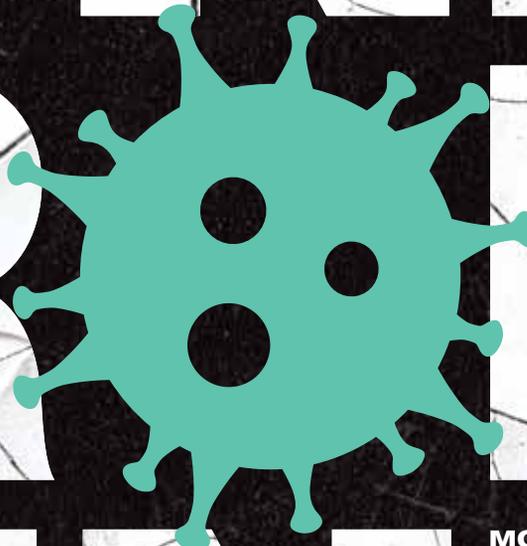
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**MORE THAN ONE YEAR
INTO THE COVID-19
PANDEMIC, WE REFLECT
ON INSPIRATIONAL
STORIES OF STRENGTH,
RESILIENCE, AND
COMMUNITY ACTION**

BY DIANA LOVE



**THE COVID-19
PANDEMIC OF 2020
WAS A SEMINAL
MOMENT IN
WORLD HISTORY.**

The pandemic brought into every person's life a series of complicated problems most never considered before: how to mitigate risk and still get necessities. How to protect frontline workers. How to protect the families of essential personnel. How to shift entire departments to Zoom meetings overnight. How to create a functional government when City Hall is closed. How to school from home. How to protect our most vulnerable and serve the insecure. How to function as a society when the tools we rely on are unavailable. Folks from all over Anne Arundel County stepped forward eagerly to confront an Everest of such obstacles. In the face of these challenges, our most innovative, creative, and empathetic ideas come to fruition. As members of our communities chose just how they would stand, the way we live and the way we view the future was transformed. For every story of forced change, of sadness, or of loss, there is another of triumph, of resilience and transformation. Though with the suffering came a seismic change in how we live, work, and play, there also opened an incredible portal for hope and an opportunity for learning. The following are very personal and professional stories that emerged from our communities.



AN UNEXPECTED TURN OF EVENTS

→ Prior to February 2020, **Chris Dugdale**, a business consultant, successful magician, and entertainer, led what could be considered an enviable life. He has dazzled Her Majesty the Queen with his mastery of card tricks, entertained Richard Branson, performed for kings, princes, and the most exclusive billionaires around the world. He is also a consultant to cruise lines, entertainment directors, and movie producers. Dugdale has fostered a multi-faceted career that keeps him on the road for 150–200 days each year. He is the only performer in history to win The Edinburgh Festival Edfest Bouquet Award four times. When COVID hit Europe, Dugdale was traveling there and experienced first-hand the wave of illness, fear, and anxiety sweeping the continent. He returned home to Annapolis, where his business essentially stopped.

→ When COVID hit Anne Arundel County, it impacted first line responders and hospital workers especially hard. COVID positive patients suffered or passed away alone, a circumstance that broke the heart of nurses, doctors, and caregivers. Personal Protective Equipment (PPE), respirators, medicine, and supplies were stretched thin across the country, elevating levels of already intense stress. Staffers were afraid to carry the virus home, and were forced to maintain strict safety protocols if they wanted to see—but not touch—their families. These concerns were no less prevalent for Luminis Health System's food service division. **Manny Lopez**, Senior Operations Manager of Food and Nutrition Services says sick patients and the reality of COVID hit the entire Luminis team hard.

→ **Frederik de Pue**, a successful restaurateur who owns Flamant in Annapolis, made it through the holiday season and Valentine's Day rush and had recently finished a series of catered dinners in several of Washington, D.C.'s most beautiful private venues. When the pandemic moved into Europe, de Pue, a Belgian, watched from afar as his countrymen fared the tide of disease. A frequent traveler, de Pue knew it wouldn't be long before COVID landed on our shores. "I had a bad feeling. I knew it was just a matter of time before our local government would have to impose restrictions on restaurants."

→ **Corinne Kirkpatrick**, a 16-year old sophomore at Broadneck High School was active in sports and activities. For students, COVID meant lives were changed in ways they couldn't fathom beyond the two week quarantine period initially imposed. School closures meant the sudden end to formative and developmentally important academic, athletic, social, and extracurricular activities, including after school jobs many relied on. "I knew we had to do what we had to, to protect our communities," Kirkpatrick says. "I thought it was scary. I didn't know how to react to it. I've grown up in an amazing space, and it felt like it was taken away and fell apart. Half of my first year of high school was lost."

→ **Monica Alvarado**, owner of Bread and Butter Kitchen in Eastport, was busy managing her restaurant. "Bird flu, swine flu, COVID flu... the flu was in the back of my mind as the news started to report cases abroad, but I was running a restaurant," she says. "I had menu specials to plan and orders to place and was busy with my family. COVID was on the horizon, but the elbow bump instead of a handshake at conferences was a sort of a joke at that point."

→ For so many people, COVID meant a dramatic change to any sort of plan. Business, schools, and government closed. This alone seemed nearly unbelievable. By the time hoarding of necessities became a meme, and the seriousness of the virus became the topic of most conversations, countless Americans and people all over the globe faced a massively altered future. Dugdale's appearances were cancelled, his income nil, his plans for future performances precarious. For Chef de Pue, Ms. Alvarado, and the other 2,000 restaurant owners in Anne Arundel County, calculating capacity, hunting down PPE, begging the government for financial assistance, tracking patrons for COVID contact tracing, and figuring out the logistics of curbside service took them away from the kitchen. The **Reverend Peter W. Mayer**, rector of St. Margaret's Church, and countless other religious groups, faced delivering sacred Easter



and Passover sermons to empty seats. Churches could no longer comfort parishioners through sickness or the end of life. Staff at Anne Arundel County Public Library scrambled to help patrons who needed computers to look for jobs, books to keep them entertained, and warmth from the bitter cold outside. Community organizations faced rising pleas for help. Gavin Buckley, Mayor of Annapolis, watched as his city suffered in every corner.

LOOMING CONCERNS & SERIOUS COMPLICATIONS

→ **Pamela Brown** is the Executive Director of Anne Arundel County Partnership for Children, Families and Youth, a grant-funded organization that works in partnership with Anne Arundel County government. “We are a not-for-profit organization that exists as an instrumentality of the county government to find and address gaps in care for low-income communities,” she says. In a typical year, Pam and her staff go to pockets of poverty across the county to help with a variety of needs. When the quarantine loomed, Brown knew members of her staff didn’t have access to basic technologies that would enable remote work. Certainly, they couldn’t do their vital work of meeting the needs of county constituents without internet access, hot spots, cell service, and computers. Alvarado faced the prospect of furloughing her workers, many of whom she knew couldn’t survive without their jobs. As she looked across the county, she wrestled with how she might arrest the spiraling whirlpool of problems faced by folks in her industry who would become unemployed: food insecurity, poverty, and homelessness. Mental health, physical health, and the wellbeing of families and children was on the line. Her singular problem was vast and complex. Lopez and his staff watched medical staff work 12 to 15 hour days only to stumble home to make dinner, clean up, and fall into bed before having to do it all over again. With the dual problems of cafeteria business at a standstill and staff operating under never-before experienced conditions, Lopez, new to the team, needed a plan. Mayor Buckley’s concerns were no less important or tangled. While constituents from a variety of industries faced job loss, small businesses were suffering—not just brick-and-mortar retail and restaurant businesses, but also individual entrepreneurs who risked financial ruin. The Mayor’s office had to figure out how to conduct the essential services of government in untested ways. Concerned with connecting with his constituents in person and with compassion, Buckley and members of his staff working in public spaces operated under the constant threat of contamination and infection.



CREATIVE SOLUTIONS & POSITIVE ATTITUDES

“OUR STAFF IS SMALL; WE’RE NIMBLE. WE CAN DROP DOWN TO LOW-INCOME AREAS TO UPLIFT COMMUNITIES, AND THAT’S EXACTLY WHAT WE AIMED TO DO.”

—PAMELA BROWN

Brown approached the challenge of the pandemic with calculation and resolve. Already anchored in neighborhoods that would be hard hit by COVID and the ripple effects of quarantine, Brown and her staff keenly knew what resources were needed. Brown set to work purchasing computers and internet for her staff’s home use, hosting meetings via Zoom, and engaging in endless conference calls. Confident that her organization was prepared and her staff was up to the challenge, Brown decided to attack an exponentially growing problem in vulnerable communities: food insecurity. Although this was a task typically absorbed by the County Office of Emergency Management, under Brown’s leadership, the Partnership quickly assumed a new role as ombudsmen for a growing group of pop-up pantries and food distribution efforts. By tapping into partnerships already in place with Anne Arundel Community Foundation, Brown was able to find fiscal sponsors for the efforts of teachers, churches, and community activists. Her partnership with the Maryland Food Bank and a growing relationship with Anne Arundel County Food Bank became instrumental to the Partnership’s efforts to ensure nutritious foods were accessible in the worst hit areas of the county.

“Our staff is small; we’re nimble. We can drop down to low-income areas to uplift communities, and that’s exactly what we aimed to do,” Brown says.

Alvarado, the restaurateur and, also, a former Senior Airman in the United States Air Force, was trained and prepared for battle. While mandates required restaurants to close to indoor dining, Alvarado says there was never a question about Bread and Butter doing so permanently. "I felt confident that staying open and keeping my employees working was the right thing to do," she recalls. It was keeping employees working that Alvarado quickly realized would be difficult. She felt intimately the impact of job loss on families. But numbers don't lie and restaurants were struggling to maintain their bottom line without slipping farther into the red.

Certainly, with revenue a struggle and costs mounting, restaurants in Anne Arundel County couldn't afford to donate. Alvarado and Reverend Ryan Simmons of Anne Arundel Connecting Together (ACT) launched

a Go Fund Me campaign, as they sought donations that would pay restaurant owners to make meals for food insecure families in Anne Arundel County. With their seminal idea, owners were compensated, workers were paid, and the community was fed. Named Feed Anne Arundel and sponsored by The Cal Ripken Sr. Foundation, the idea quickly took off. "We started the Go Fund Me on Tuesday and that Saturday we sent three hundred meals to Adams Church in Lothian," Alvarado recalls.

Chef de Pue faced problems common to the restaurant industry with optimism. De Pue was lucky in that, as a long-time caterer to D.C. embassies and elite social circles, he knew exactly how to prepare for restaurant delivery and in-home service. "We were one of the very few restaurants who were set up and had the experience to do deliveries. For the first three months of

quarantine, we delivered from St. Michaels to Potomac, Maryland. We built a menu with popular dishes people could easily heat to enjoy at home," he says.

As summer arrived and other restaurants began to ramp up their take-out and delivery programs, sales at de Pue's restaurant Flammant began to fall. Unable to bring back his full staff, de Pue worried about how to care for his employees and their families. Rather than lose his sense of optimism and forward progress, de Pue knew he would have to get creative. His ideas were inventive, community oriented, and ultimately successful. He prepared and delivered dishes to Luminis Health and area food pantries, an effort supported through donations made through clients, West Annapolis Business Affiliation, Friends of Annapolis Moms, and Annapolis Community Foundation. By the end of 2020, he had delivered thousands of meals.

Nathan Bowette is the Pastor of Evangelical Presbyterian Church of Annapolis. Governor Hogan's lockdown orders came on a Thursday. By Sunday, staff members had produced a full virtual sermon that congregants could access remotely. Cheryl Mullis, Director of Small Groups and Women's Ministry, reached out to the leaders of the church's many breakout Bible study and worship groups to teach them how to set up Zoom accounts, connect with group members, and identify areas where people were struggling, so resources could be deployed. Tom Beall,

Congregational Care Coordinator, assembled a list of all church members and worked with elders, deacons, and church leaders to call every person in the church—more than 1,000 parishioners, just to see how they were coping.

John Cavallero, Director of High School Ministry, knew the kids in his care would need an anchor in the midst of chaos and uncertainty. "We met up at parks in the area, gathered outside on lawns and around fire pits. We created meetings and services to be something [youth] could come to that was COVID safe and where they kids were known." Cavallero also encouraged youth to be of service in the community, most notable through the West Annapolis Pop Up Pantry, an effort that helped take their mind off pandemic worries.

Reverend Peter W. Mayer, of St. Margaret's, says "when the ax fell in March and April, people felt displaced and isolated. Our work became simplified in that we needed to keep people connected to the church, to each other, and to God. When we simplified the mission, it gave us a clear direction about what we do that is important." Mayer's staff and parishioners became involved in several outreach efforts, notably area food pantries, clothing drives, and service opportunities. "When we connect our people with folks who need volunteers, who need donations....it gets us away from our own situation, allows us to be more empathetic, to think outside of ourselves," he says. "This is important when we're going through grief, the loss of school,

sports, going out to eat or to the movies, time together—all that grief needs to be dealt with somehow and serving others is a great way to do that."

Manny Lopez and his team at Luminis Health took over a space previously used as a cafeteria, to create a full-sized convenience store, selling items the hospital usually buys in bulk at cost to all hospital staff. From spray bottles of bleach to paper towels, fruits, vegetables, family meals to go, beverages, and flour, The Garden Café became the Garden Café Store. Food services merchandised goods with shelving and aisle caps, signage, and shopping baskets, anything they could to make staff feel safe, comfortable, and cared for.

Beyond serving the needs of hospital staff, the convenience store helped the Food Services Department realize a revenue stream when cafeterias were closed. The Catering Department created new product lines and package deals that they will continue to offer. Moving staff into production, sales, and maintenance saved jobs. Perhaps most importantly, morale was positively impacted with the act of caring for others. "We discussed the language of caring, and how to nourish bodies, minds, and families however best we can," Lopez says.

Dugdale, the magician, had a newborn baby just days before Governor Hogan declared the lockdown. Fearing his shows and contracts would be cancelled for much longer



PERSEVERANCE & CREATIVITY

than the initial two weeks of quarantine, he knew he would have to get creative. He started Magic Academy, a Youtube Channel aimed at teaching kids magic tricks. He produces the show with his seven year-old daughter, Lara. Schools in England have made Magic Academy a part of their school curriculum. Along with a stellar entertainment factor, Dugdale says, magic teaches children life skills: presentation, confidence, hand-eye motor coordination. "Magic breaks down all sorts of barriers. I really wanted to give back to the community, to kids near my home in Annapolis, and all over the world. Kids Magic Academy is rewarding from a professional point of view, but also, it's been a bonding experience with Lara."

Dugdale sought to solve the dual problems of income loss and an inability to express his creativity. He decided to incorporate his skills in magic and training in psychology to help top level managers and CEOs become better speakers and presenters. Dugdale took his training online through a website, www.mindtailor-leadership.com. Prior to the pandemic, he built a production studio in his basement; he counts that prior planning as very lucky. "The studio provides great production value so I can offer corporate America a really high-quality, award winning show live via Zoom or pre-recorded. The irony is that even though it's a virtual show, now every viewer gets a front row seat."

The unique complications of doing business during the COVID pandemic, whether experienced by seasoned business leaders or community activists, required an equally unusual approach. The challenges were mountainous, the controversy multi-layered. The path to the other side is undoubtedly defined by creativity, cooperation, and optimism. Annapolis Mayor Buckley conducted rapid response, socially-distanced curbside chats with residents from each neighborhood and business districts across Annapolis. He set up a small business task force to identify immediate problems and to map plans for economic recovery. The City created recovery zones to encourage outdoor seating, one channel for keeping restaurants alive. The administration paid consultants to guide businesses through sourcing grants and purchasing PPE. These plans, and so many more, required cooperation from individuals, City Council members, county government, and, at times, Governor Hogan's office. As he put these plans in place, Buckley worked with Senator Sarah Elfreth and other representatives to champion and leverage community groups offering emergency assistance to citizens.

Caleb and Joshua Oh, middle and high school-age founders of Kid Changemakers, a nonprofit organization, began sewing masks when schools closed. After donating hundreds, they applied for grants which they used to create food aid programs. Working with the Annapolis High School Service Club, they donated to local food pantries, collected diapers by the thousands, and threw their focus behind helping the homeless and foster care programs.

Corinne Kirkpatrick, the Broadneck High School student, recalls searching for purpose and finding it in her sewing machine. She crafted thousands of masks with the help of her mother and grandmother, donating many, and in the process finding her first career. She's transformed her effort into a business making not only masks, but also beaded lanyards, key-chains, personalized towels, and other sewn products that she sells on her social media site, By the Bay Sewing. "My grandmother taught me how to sew and gave me fabric. My mom has been by my side through everything. We call it my business but in reality, it's our business because without



her I couldn't have grown it and make it what it is today."

Chef de Pue faced his mounting problems with confidence in his ability and knowledge that there was no other choice than to persevere. Over the summer de Pue would spend two days each week with an assistant, hand-making hundreds of croissants. "We sold them on Saturday mornings and people just lined up for them. This brought so much happiness—to them because they could hold this flaky, warm, and delicious piece of Europe when they couldn't travel, and to me just to see my friends and customers smile," de Pue recalls. Later, when de Pue heard how worried parents were about the pressures of parenting during virtual

school, he started a Wednesday Pop Up family meal. Intended to serve a family of four, the meals were positioned to be primarily convenient, but also upscale and affordable.

Anne Arundel County Library staffers felt the impact of the pandemic keenly. "We always knew we were important to our customers, but it became even more clear when we were closed and we knew people were suffering and we couldn't help them," says Christine Feldmann, AACPL Director of Marketing and Communications. "Whether it's the person applying for a job or the homeless man walking in to get warm—to not meet those needs was devastating."

The library opened a new, multi-million-dollar branch in Annapolis, executed a long-considered plan to offer curbside service, expanded online offerings through their website, purchased more e-books, and prepared to celebrate their 100-year anniversary. "All levels of the organization missed seeing customers' faces, and recognized we needed to offer more services," Feldmann says.

AACPL purchased additional WiFi and Chromebook bundles for check out, brought kindergarten readiness reading groups online, and expanded BrainFuse tutoring from noon to midnight, among many other initiatives. "Rather than despair about how to serve our clients, we got creative about what we can do," Feldmann says. "Our response was immediate and across the board, from librarians, to our E-Book Buyer, childhood specialists and tutors, we all felt confident we would be able to serve people and we can argue that we did it in more valuable and impactful ways [than before the pandemic]."



LESSONS LEARNED

The lessons learned during a year with COVID19 are largely about sourcing strength in adversity and finding creative solutions in the face of outsized complexities. The months of the COVID19 pandemic have been a stark reminder of what the community loses when services are closed. This loss and lessons are no less powerful for the library, for small businesses, retail shops, restaurants, students learning virtually, or for performers for whom the stage is closed.

In the midst of loss, we learned that we can be nimble, flexible, creative, and generous in ways never imagined or tested before. We experienced firsthand the importance of finding opportunity in every crisis, of thinking outside of the box. As

friends, colleagues, schools, and communities have found new ways to communicate, collaborate, and connect, we've expanded our networks, broadened our horizons, and expanded our reach. We've learned to rely on each other, and to be even more reliable.

Our future, as individuals and as a community, will be significantly defined not only by the lessons we carry forward, but by how we responded individually and collectively to the pandemic: the actions large and small, the attitudes of positivity and optimism, even when the days were endless and the death count felt hopeless, the despair of our worst moments of the year, and the elation at the heights of even small successes.

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(l-r) Patricia McMullen, PhD, CRNP; Beman Khulpattea, M.D.; Teresa Diaz-Montes, M.D., *Medical Director*; and Susan Todd Peeler, M.D.

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Postcards from the

MID-ATL

Travel snapshots of nostalgic towns that dot our region from the Appalachian foothills to Shore beaches

ATLANTIC

By Diana Love

Adventure. Romance. More than a family outing. If your heart is calling for a getaway this travel season, we offer several Mid-Atlantic options that are, somewhat, off the beaten path but within earshot of sites, attractions, action or relaxation, and, definitely, culture. Enjoy the following guide and, hopefully, have fun creating a new adventure this summer.

We start at...

Oakland, Maryland

Anchored by a historic downtown and surrounded by thousands of acres of forest, Oakland, Maryland is a destination with something for everyone. While the town's small main street has an arts and entertainment district with frequent special events worth keeping an eye on, the surrounding area has even more to offer.



Discover Deep Creek Lake: Deep Creek Lake is a reservoir with more than 69 miles of shoreline and excellent public access to the water. Rent a pontoon boat from Funtime Water Sports, Bill's Marine Service or The Aquatic Center in McHenry, Maryland. The lake's many quiet coves make tubing, waterskiing, kayaking, and paddle-boarding popular hot-weather activities.

Explore State Parks: With nine state parks and seven major rivers nearby, the Oakland area abounds in natural wonder and affordable access to recreation. Deep Creek Lake, Herrington Manor, and Swallow Falls State Parks all offer playgrounds, water access, and picnicking.

Meadow Mountain Trail, Lostland Run Trail and New Germany Trail Loop all offer easy to moderate hiking. A favorite short hike is to Swallow Falls State Park's Muddy Falls. Beware! Although many folks like to play in the water here, it can be dangerously fast with hidden rocks! An idyllic and much safer option is Tolliver Falls, which offers a small waterfall and a swimming hole perfect for cooling off on a summer day.

Immerse Yourself in History: Enjoy the three major museums in downtown Oakland, including a working railroad, or visit nearby Grantsville to learn how and why American presidents retreated



to Garrett County. Fort Necessity Battlefield is a fascinating site and worthwhile visit just over the state line in Pennsylvania. Interesting exhibits describe early battles of the French and Indian War, which resulted in the surrender of English forces under Colonel George Washington to the French. Don't miss a brief stop off Route 40 at the roadside grave of British Major General Edward Braddock, including a short walk down to Braddock's Road. As the original thoroughfare through the Highlands toward Western territories, this road was traveled by Daniel Boone, George Washington, and Meriweather Lewis, as well as by escaped slaves on the Underground Railroad.

Create an Adventure: Zipline, mountain bike down steep ski trails, or

take a ride on the thrilling Mountain Coaster at Wisp Mountain Resort. Go whitewater rafting or kayaking at the Adventure Sports Center, located at the top of the mountain at Wisp.

The Upper Yough is one of the Top Ten rivers in North America for whitewater rafting. Ohio Pyle State Park also offers several great river experiences. Make a memory to last a lifetime through any of the expert guide companies in the area.

Funland in McHenry offers miniature golf, a rock-climbing wall, video games, bumper cars, go-carts, and hours of family fun. When you've finished your adventure, make sure to enjoy an ice cream at Lakeside Creamery.

Don't Miss: A short drive to the Laurel Highlands of nearby Pennsylvania should include a visit to Frank Lloyd Wright's Falling Water or Kentuck Knob, both architectural treasures. While you're in the area, spend a couple of hours at Laurel Caverns, Pennsylvania's deepest cave, where the temperatures are 52 degrees year-round. Your tour into the deepest, darkest corners of the cave is one you'll never forget. Visitors can go spelunking in the three miles of natural passageways through undeveloped portions of the cave, or take a shorter, one-hour tour through the upper cave.

Lodging: Nemaocolin Woodlands Resort is a beautiful home away from home, and also makes for a memorable day trip. Situated on 2,000 acres in the Laurel Highlands, Nemaocolin is a recipient of Forbes' "2018 World's Most Luxurious Hotels" award. Activities on-site cater to everyone: The Field Club offers some of the nation's top skeet shooting, archery, air rifle, and sporting clays ranges, as well as fly fishing. Wildlife habitats, accessible through the Wildlife Academy, feature red sheep, buffalo, tigers, lions, wolves, and many more animals. Don't miss the Animal Ambassador Building, which is home to smaller exotic and domestic animals such as a kinkajou, fennec foxes, a striped skunk, rabbits, and reptiles, just to name a few! Families can walk, drive, bike, or take a train through the habitats. The Adventure Center offers a Jeep off-road experience, miniature golf, bowling, rock climbing, a ropes course, bike rentals, and tennis. Of course, after all this fun, you'll need the resort's famous pool and full-service spa.



Twin Beaches of Chesapeake Beach & North Beach, Maryland



Juxtaposed against the rolling farm fields and lush green pastures of Southern Maryland are beautiful waterfront communities that boast colonial history, rural roots, and contemporary resurgence. Chesapeake Beach and North Beach are two excellent examples of postcard-perfect destinations in Calvert County. Sandwiched between the Chesapeake Bay and agricultural corridors, these small towns are defined by their waterfront and by their history as resort destinations for Washingtonians. The Washington and Chesapeake Railway Co. brought hordes of day-trippers eager to swap the swampy heat of D.C. for bay breezes, boardwalk promenades, live entertainment, casual summer days, and family-friendly fun. Although the railroad is gone, none of the rest has changed.

Discover the Chesapeake Bay: Get wet at any of the long, shady, and shallow beaches that line the coastline at Bay Front Park, Breezy Point Beach, or the North Beach municipal waterfront park. Dig for fossils at Brownie Beach, where you can also explore the coastline, wade far out into the Bay, and dig your toes deep in the sand. Walk along the short, flat Chesapeake Beach Railway Trail to spot osprey, bald eagles, egrets, and all sorts of wild birds that reside in the marshland. Fishing and crabbing are long-established local pastimes. Source guided fishing and trips, crabbing gear, and crab houses easily at the marinas and boat slips in both towns. Herrington Harbor Marina North and South offer yachting, sailing and boating gear, supplies, amenities, and docking.

Immerse Yourself in History: Southern Anne Arundel, Calvert, Charles, and St. Mary's Counties offer countless opportunities to experience colonial history first hand. For a free step back in time, visit the small village located at

Herrington Harbor North and maintained by the Deale Historical Society. Buildings from the mid-19th century include a one-room schoolhouse, a residence, smokehouse, dairy, and African-American meeting house. A historic graveyard is nearby.

A little further away, near Edgewater, colonial London Town on Anne Arundel County's South River bustled with activity as ships carrying trade goods stopped at the site of an active ferry crossing. Economies changed and London Town all but disappeared. Discover the "lost town" at Historic London Town through a visit to the William Brown House (c.1760), a National Historic Landmark, and reconstructed colonial buildings. Bring your family (and dogs) to enjoy scenic river views, perfect picnicking, colonial reenactments, 10 acres of woodland and ornamental gardens, and a Sound and Sensory Garden.

Find Your Favorite Beach Town: Although these twin

towns are close together, they maintain separate identities. North Beach has a boardwalk with a variety of shops, antique stores, and fun events, the most famous of which are their Friday night farmers market, car shows, seasonal carnival, and outdoor movie nights.

Chesapeake Beach is a tightknit community that embraces small vacation bungalows, waterfront condos, and the Chesapeake Beach Resort, the place to go for Bingo and Jackpots, live music, dining specials, and spa treatments. The preferred local swimming hole is Chesapeake Beach Water Park, with a lazy river, water slides, kiddie pools, and locker rooms with showers.

Don't Miss: There are many farm experiences to be had in the surrounding area. Try Honey's Harvest Farm for holistic health classes, fresh farm produce, and natural herbal or plant remedies. Montpelier Farm in Upper Marlboro has animals and farm rides for the kiddos. The Deale Farmers Market is one of the best in the area.

Lodging: The Inn at Herrington Harbor (North Beach) and Rod 'N' Reel Resort (Chesapeake Beach) are our favorite places to stay in the area. The resorts feature beachfronts for launching kayaks, paddleboards, and beach toys for guests. On site dining options at both resorts offer the full spectrum of Chesapeake cuisine and ambiance that ranges from romantic to casual, depending on your mood. Full-service marinas, spas, and other on-site recreation opportunities make either resort a great go-to for your stay. And nearby trails and boardwalks are perfect for when you're in the mood to explore.





Williamsburg, Virginia

History abounds in Williamsburg, but there's more than just museums and reenactments to make the area postcard perfect. Williamsburg is best known for being located inside the Historic Triangle adjacent to Jamestown and Yorktown. But it's also within close driving distance to Richmond (about one hour) and Newport News/Virginia Beach (about a half-hour). The town is situated between the York and James Rivers near the mouth of the Chesapeake Bay, so water sports and boat experiences are aplenty.



Discover Blueways:

To view history through the eyes of a colonial explorer or seveneenth-century native, you'll need to paddle. Water trails around Williamsburg, called blueways, are ideal for canoeing, kayaking, and paddle-boarding. Rent rowboats, canoes, and pedal boats at Waller Mill Park, or kayaks and canoes from Chickahominy Riverfront Park's facilities. For guided excursions, look to Bay Country Kayaking. The company offers eco-tours of tidal wetlands, launching just minutes from Colonial Williamsburg at New Quarter Park. You can also rent kayaks, paddleboards, and bikes from Patriot Tours & Provisions.

For a sightseeing cruise perfect for the entire family or even a romantic sunset cruise, try Yorktown Sailing Charters. Their Historic Yorktown route takes you past sites like the Yorktown Battlefield and Victory Monument; the company also offers a pirate adventure cruise. Other Williamsburg sailing excursions include the daily cruises of York River



Charters, Jamestown Discovery Boat Tours, and Williamsburg Charter Sails.

Drop a Line: The fishing is grand where the river meets the sea. Try your luck at catching bass, perch, catfish, and other species in the waters around the Greater Williamsburg area—just be sure to get a permit first. York River Charters offers small boat experiences for fishing and sightseeing. Little Creek Reservoir Park is a scenic spot overlooking a 996-acre reservoir.

Toes in the Sand: If swimming is what you're looking for, head to Yorktown Beach for an afternoon. This two-acre public beachfront is one of the only beaches in the area to feature a Mobi-Mat and Mobi Chair for visitors in wheelchairs. The beach is perfect for sunbathing, boating, swimming, and fishing. An ADA accessible fishing pier and grassy picnic area are also available to guests.

Public Pools: If rivers aren't your gig, you can find outdoor pools at Upper County Park and Chickahominy Riverfront Park. Both have amenities like playgrounds and sports courts.

Ultimate Water Experience: Visit Great Wolf Lodge or Water Country USA for waterslides, water games, lazy rivers, and hours upon hours of summer fun.

Immerse Yourself in History: Dig for colonial-era artifacts in Jamestown, reenact scenes from the build-up to the Revolutionary War in Colonial Williamsburg, and visit the spot where Cornwallis surrendered to Washington at Yorktown. Experiencing a day in the life of indigenous peoples, sailors, pirates, colonial farmers, and our nation's founders up-close and hands-on will be so fun that your family won't notice they're taking a course in United States history!

Get Outside: Williamsburg is close to many beautiful county, state, and federal parks. Historic Jamestown, Yorktown Battlefield, Colonial Parkway, and Fort Monroe National Monument are all administered by the National Park Service. Nearby State parks include York River State Park and Waller Mill Park. Fourth graders can get an Every Kid In A Park pass for free entry to some national and state parks. The College of William and Mary has several gorgeous gardens. The cool and serene Lettie Pate Evans Wildflower refuge is also a favorite.

Fun for the Big Kids: If your walk-through history has you needing a change of scenery, try a brewery tour, a tavern crawl, or a local wine tasting. Virginia is home to several world-class local ales and beers, as well as wines, and Williamsburg has many authentic taverns.

Don't Miss: Williamsburg is also home to the massive entertainment park Busch Gardens.

Lodging: The iconic Williamsburg Inn represents the height of luxury in Colonial Williamsburg. Part of the much larger Colonial Williamsburg Resorts properties, the Williamsburg Inn offers fine dining, golf, and a spa, as well as customized area tours, lectures, and programs.





Lancaster County, Pennsylvania

Known for bucolic rolling hills and Amish farm life, Lancaster County, Pennsylvania is close to home, yet far removed from suburban city life.

Explore Amish Country: The Pennsylvania Amish of Lancaster County are America's oldest Amish settlement, where thousands still live a centuries-old "Plain" lifestyle. Experience a buggy ride with AAA Buggy Rides in Intercourse or Ed's Buggy Rides in Ronks. At the Plain and Fancy Farm, become immersed in the Amish culture and lifestyle. Watch "Jacob's Choice" in the property's theater. The film focuses on the Amish of today through the eyes of the Fisher family, with historical scenes re-created with multiple screens, special effects, and ghostly images of historical figures. Also on-site is the Amish Country Homestead & One-Room School, the only designated Lancaster County "Heritage Site" Amish house tour in Lancaster County. Strasburg Railroad offers 45-minute steam locomotive train rides through the countryside and includes train robbery reenactments.

Bike Trails and Covered Bridges: Lancaster County's back roads and established trails make the area perfect for any biking enthusiast. To buy or rent a bike, try Intercourse Bike Works. They can also offer advice on self-guided and guided bike tours. Lancaster County trails are well suited for both casual and experienced riders, and vary in distance. A popular option for road biking is a tour of covered bridges. There are 29 such bridges in the area. Popular county trails include:



Conestoga Greenway Trail (1.3 miles); Conewago Recreation Trail (5.1 miles); Enola Low Grade Trail (27.6 miles); Lancaster Junction Recreation Trail (2.33 miles); Warwick to Ephrata Rail Trail (6-7 miles); Northwest Lancaster County River Trail (14 miles)

Get Outside: Columbia Crossing is the primary visitor information and education center for exploring the Susquehanna Riverlands and Lancaster County's many outdoor resources. The facility offers exhibits, programs, a picnic pavilion, and public restrooms. Columbia Crossing is also the southern trailhead for the Northwest Lancaster County River Trail.

Get Wet: The Susquehanna River is an excellent spot for fishing and boating. Explore the river's quiet beauty, and learn the history and culture of Lancaster County's river towns through a series of riverside interpretive panels that scattered along a 53-mile span from the Mason-Dixon Line to Harrisburg along the Susquehanna Water Trail. There are multiple put-in spots along the

Susquehanna River, including Chickie's Rock County Park, the Conestoga River, Sickman's Mill on Pequea Creek, and Speedwell Forge Lake near Lititz.

Rainy Day Fun: A rainy day is no reason to sit inside when you're in Lancaster County. In the city of Lancaster alone, there is so much to do! Try the Lancaster Science Factory, National Toy Train Museum, a tour of QVC Studios, the State Museum of Pennsylvania, or the New Holland Haytools Factory Tour.

Farm Life: To experience Pennsylvania's traditional farm life, visit Landis Valley Village and Farm Museum or the Hans Herr House and Museum.

Fun for the Big Kids: If you've experienced all the covered bridges, buggy rides, and pretzels you can handle, try any of the area's excellent breweries, the ghost tour in Lancaster, or a custom foodie tour.

Don't Miss: The kids will be thrilled with a day at Hershey Park or Dutch Wonderland, both outstanding theme parks. Sight and Sound is an epic show that brings the Bible to life on stage with professional actors, elaborate costumes, meticulously detailed sets, trained animals, unmatched special effects, and memorable music.

Lodging: Lodging in Lancaster County is diverse and inexpensive compared to metropolitan areas. There are many camping and RV options in the area, as well as cabin and vacation rentals. For an unusual experience, stay on a working farm at Olde Fogie Farm Bed and Breakfast, Meadow View K Farm Guest House, Verdant View Farm Bed and Breakfast, Amish Farm Stay, Eby Farm Homestead Bed and Breakfast, or Neffdale Farm of Paradise. These are just a few of the many farm-stay options in the area. The Fulton Steamboat Inn in Lancaster celebrates Robert Fulton, inventor of the steamboat, in both architectural detail and interior design. Bed and breakfasts abound across romantic Lancaster County. Try Lancaster Bed and Breakfast, Kings Cottage Bed and Breakfast, or the Inn at Pinetown for more luxurious amenities and beautiful settings.

Berlin, Maryland



Named Budget Travel's "Coolest Town in America in 2014," Berlin, Maryland has quickly become an Eastern Shore destination that's a quiet alternative to nearby Ocean City.

Discover History and Architecture: Berlin boasts historical significance as the homeland of the Assateague and Pocomoke indigenous tribes and as a significant town on the Philadelphia Post Road, the main route that connected the Eastern Shore to Baltimore, Newark, and Philadelphia.

Berlin's tree-lined streets, Victorian town center, museums, and historic homes are captivating, while the many restaurants and shops are delightful. In 1998, Berlin was the filming location for the movie *Runaway Bride* starring Richard Gere and Julia Roberts. In 2001, the town was the fictional setting for *Tuck Everlasting* starring Sissy Spacek, Ben Kingsley, and William Hurt. Forty-seven buildings in downtown Berlin are noted in the National Register of Historic Places and represent nearly two centuries of architectural heritage.

Get Outside: There are four parks in the city of Berlin, all offering multiple ways to relax, play, and enjoy the outdoors. The town is only fifteen minutes or so from Assateague State Park, Maryland's only oceanfront park. Located on Assateague Island, the park boasts two miles of ocean beaches for swimming, beachcombing, sunbathing, surfing, and fishing. The bay side of the park offers visitors the



chance to explore secluded coves by canoe or kayak. The marsh areas have a variety of wildlife, including deer, waterfowl, and the famous island ponies.

Pocomoke State Park is about 25 minutes from Berlin. Located within the 15,000 wooded acres of Pocomoke State Forest, this park is famous for its stand of loblolly pine and for its cypress swamps that border the wild and scenic Pocomoke River. The park's combination of swamp and upland offers visitors the opportunity to view a variety of plant and animal

life, including white dogwood and pink laurel in the spring, river otters, and bald eagles, and over 50 species of fish.

Get Wet: Most folks who visit Berlin in the summer head to Maryland or Delaware beaches for ocean swimming and deep-sea fishing. But if you're looking for a pool, try Frontier Town. An water park resort fashioned in the style of the Old West, Frontier Town offers water slides, a lazy river, arcade, Miniature Golf, fishing from a 200-foot pier, High Ropes Adventure Park, as well as daily planned activities for campers, a restaurant and bar, camp store, deli, ice cream parlor, and gift shop.

Rainy Day Fun: Main Street Berlin boasts over 50 retail shops and is a major hub for antique stores. There are too many restaurants, coffee shops, bakeries, and sweets to list. The arts are alive in Berlin with galleries featuring fine art, as well as local and national handcrafts. Berlin has two museums: Rackliffe Plantation House and Calvin B. Taylor House Museum. The Ward Museum of Wildfowl Art and Eastern Shore Baseball Hall of Fame are about 25 minutes away in nearby Salisbury.

Adult Fun: A visit to the Burley Oak Brewing Company offers a great place to listen to live music and to sample any of their beers. Release days can be quite busy, so check their website in advance. The taproom doesn't offer dining options—folks like the pizza across the street at Burn Wood Fired Pizza.

Don't Miss: Assateague Light is the 142-foot-tall lighthouse located on the southern end of Assateague Island. The lighthouse is located in the Chincoteague National Wildlife Refuge. The Ocean City Boardwalk is famous for a highly concentrated mix of beachfront fun for the entire family that no one will soon forget.

Lodging: The Atlantic Hotel was built in 1895 and is celebrating 125 years of service as a cornerstone business in Berlin. The hotel is famous as a primary location for the movie *Runaway Bride*. It is admired for gracious service, Victorian accommodations, and "an authentic Maryland experience deeply rooted in small-town charm."



Calvert County

MARYLAND



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BEST OF ANNAPOLIS

BEAUTY & FITNESS





We continue celebrating the Best of Annapolis 2021 with the energetic list of Beauty & Fitness winners! The following winners are the result of you, our readers, voting for your very favorite spas, salons, gyms, and more services 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 celebrating the Best of Annapolis winners and finalists (listed alphabetically by category).

Aromatherapy

Varuna Salon Spa

1 Park Place, Ste. 11, Annapolis; 410-268-2828; varuna-salonspa.com

Barre Class

Blue Lotus Yoga Studio

119 Hillsmere Drive, Annapolis; 443-949-7553; bluelotusannapolis.com

Finalist

Barre Forward
Arnold

Boot Camp

Annapolis Athletic Club

1031 Bay Ridge Avenue, Annapolis; 410-990-1095; clubaac.com

Finalist

Evolutions by Coppermine

Annapolis

Bridal Hairstyling

Jackie's Design Hair & Skin Studio

4 Annapolis Street, Annapolis; 410-263-0777; jackies-design.com

Finalist

Ruby Salon
Annapolis

Bridal Makeup

Makeup by Judee Jo

47 Maryland Avenue, Annapolis; 443-949-0709; makeupbyjudeejo.com

Finalist

Pretty Parlor
Annapolis

Finalist

Natural Makeup Chic by Suzanne Eden

Annapolis

Children's Gym

My Gym

302 Harry S. Truman Parkway, Annapolis; 410-573-9899; mygym.com

Customer Service

The Park Salon and Barber

542 Baltimore Annapolis Boulevard, Severna Park; 410-544-5800; theparksb.com

Finalist

Noreen's Boutique Spa
Annapolis

Finalist

Groom My Style

Annapolis

Dance Class (Adults)

Arthur Murray Dance Centers

3200 Solomons Island Road, Edgewater; 410-216-2427; arthurmurrayedgewater.com

Finalist

THE NEWMAN Dance Center
Annapolis

Dance Class (Twins/Teens)

Arthur Murray Dance Centers

3200 Solomons Island Road, Edgewater; 410-216-2427; arthurmurrayedgewater.com

Finalist

Maryland Performing Arts Center
Severna Park

Day Spa

Varuna Salon Spa

1 Park Place, Ste. 11, Annapolis; 410-268-2828; varuna-salonspa.com

Finalist

About Faces Day Spa & Salon
Annapolis

Deep Tissue Massage

Your Body Needs

49 Old Solomons Island Road, Unit 102, Annapolis; 443-214-5166; yourbodyneeds.com

Finalist

Even Keel Wellness Spa
Annapolis

Eye Brow Care

Noreen's Boutique Spa

1616 Forest Drive, Ste. 4, Annapolis; 443-949-7303; noreensboutiquespa.com

Finalist

Brow Art 23
Annapolis

Eyelash Extensions

Lash Moi
Locations in
Annapolis, Crofton
& Bowie; 410-881-
5158; lashmoi.com

Finalist
Pretty Parlor
Annapolis

Facial
**Sandel Duggal
Plastic Surgery
and Medspa**
104 Ridgley Ave-
nue, Annapolis;
410-266-7120;
sandelduggal.com

Gym
F45 Training
484 D Ritchie High-
way, Severna Park;
410-630-9059;
f45training.com

Finalist
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Finalist
Edgewater Fitness
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Gym Amenities
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Coppermine**
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tic.com

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Kickboxing
Crabtown Kickbox
302 C Harry S.
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way, Annapolis;
443-569-8902;
crabtownkickbox.
com

Finalist
Kicked Up Fitness
Annapolis

Manicure
NapTown Nails
914 Bay Ridge
Road, Ste. 145,
Annapolis; 410-
263-7193

Finalist
Avalon Nails & Spa
Edgewater

*Martial Arts for
Children*
**East Coast
Martial Arts**
Locations in
Annapolis and
Edgewater; 410-
268-1508; east-
coastmartialarts.
com

Finalist
**Jing Ying Institute
of Kung Fu & Tai Chi**
Arnold

Med-Spa
PSS MediSpa
2448 Holly Avenue,
Ste. 101, Annapolis;
410-841-5355;
plasticsurg-
eryspec.com

Finalist
Adoro Medical Spa
Severna Park

Finalist
**Sullivan
Surgery & Spa**
Annapolis

Men's Hairstyling
Groom My Style
703 Giddings Ave-
nue, L3, Annapolis;
667-204-2136;
derekwgroommy-
style.com

Finalist
**The Park Salon
and Barber**
Severna Park

Finalist
**Hudson &
Fouquet Salon**
Annapolis

Microblading
Lash Moi
Locations in
Annapolis, Crofton
& Bowie; 410-881-
5158; lashmoi.com

Finalist
Lucky Bird Tattoo
Annapolis

Finalist
Pretty Parlor
Annapolis

Mixed Martial Arts
**Jing Ying Institute
of Kung Fu & Tai Chi**
1195 Baltimore An-
napolis Boulevard,
#6, Arnold; 410-431-
5200; jingying.org

Finalist
**East Coast
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Pedicure

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914 Bay Ridge Road, Ste. 145, Annapolis; 410-263-7193

Finalist

Avalon Nails & Spa

Edgewater

Finalist

Bella Lifestyle Nail Salon and Spa

Annapolis

Personal Trainer at Fitness Center

Edgewater Fitness (Kat Ormond)

5 Mayo Road, Edgewater; 410-956-9392; edgewaterfit.com

Finalist

Edgewater Fitness (Tara De Leon)

Edgewater

Finalist

Greater Annapolis Y in Arnold (Mark Fleming)

Arnold

Personal Trainer at Personal Studio

Simply Stronger (Debi McKibben)

1610 West Street, Ste. 204, Annapolis; 443-994-3513; simplystronger.com

Finalist

Excellence In Fitness (Joe Aben)

Annapolis

Pilates Class

Club Pilates

Locations in Annapolis and Severna Park; 240-324-7474; clubpilates.com

Finalist

Evolutions by Coppermine

Annapolis

Pool/Swim Facilities

Arundel Olympic Swim Center

2690 Riva Road, Annapolis; 410-222-7933; aacounty.org

Finalist

Greater Annapolis Y in Arnold

Arnold

Salon for Coloring

Hudson & Fouquet Salon

Locations in Annapolis and Edgewater; 410-263-9790; hudson-fouquet.com

Finalist

Sadona Salon + Spa

Annapolis

Salon for Hair Extensions

Ruby Salon

3 Monticello Avenue, Annapolis; 410-263-7829; rubysalon.net

Salon for Pampering

Split Ends Salon

550 F Ritchie Highway, Severna Park; 410-647-7360; splitendssalon.net

Salon Products

Image Creators

568 F Ritchie Highway, Severna Park; 410-544 8852; imagecreatorssa-lonandspa.com

Finalist

Sadona Salon + Spa

Annapolis

Spin Class

Tribe Cycle

890 Bestgate Road, Annapolis; 443-808-1234; tribecycle.com

Finalist

Annapolis Athletic Club

Annapolis

Spray Tan

Sunburst Tans by Ashley Franz

Annapolis; sunbursttansbyashleyfranz.glossgenius.com

Stand-Up Paddle Board Class

Capital SUP

7314 Edgewood Road, Annapolis; 410-919-9402; capitalsup.com

Finalist

Mantra Fit

Severna Park

Finalist

Sunrise SUP

Edgewater

Stone Massage

Your Body Needs

49 Old Solomons Island Road, Unit 102, Annapolis; 443-214-5166; yourbodyneeds.com

Tattoo Parlor

Lucky Bird Tattoo

2521 Riva Road, Unit 2, Annapolis; 443-949-0305; luckybirdtattoo.com

Finalist

Orange Tattoo Company

Annapolis

Therapeutic Massage

Ridgely Retreat

203 Ridgely Avenue, Annapolis; 443-433-0462; ridgelyretreat.com

TRX Class

HappyLee Fitness

576 Benfield Road, Severna Park; 410-975-5666; happyleefitness.com

Waxing

Skin and Wax

166 Defense Highway, L100A, Annapolis; 410-271-5456; skinandwax.net

Finalist

Noreen's Boutique Spa

Annapolis

Women's Hairstyling

About Faces Day Spa & Salon

1910 Towne Centre Boulevard, Ste. 203, Annapolis; 410-224-4110; aboutfacesdayspa.com

Finalist

The Park Salon and Barber

Severna Park

Yoga Studio

Blue Lotus Yoga Studio

119 Hillsmere Drive, Annapolis; 443-949-7553; bluelotusannapolis.com

Finalist

True Moon Yoga

Annapolis

Finalist

YogaVibez

Edgewater

Youth Fitness

HappyLee Fitness

576 Benfield Road, Severna Park; 410-975-5666; happyleefitness.com

Finalist

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CHESAPEAKE YOUTH SYMPHONY ORCHESTRA

A legacy to be proud of, a future to look forward to!



For over three decades, the Chesapeake Youth Symphony Orchestra (CYSO) has been fostering a passion for music among the youth of Annapolis and surrounding communities – creating the next generation of performers and music lovers! With distinguished conductors and pedagogues, a musically diverse offering of ensembles, and some of the best young instrumentalists that Anne Arundel County and surrounding areas have to offer, the CYSO is more than just a youth symphony orchestra, they are a family. Whether wowing audiences at the Marseilles Conservatory or the Chaillol Festival in France, a Church in Venice where Vivaldi himself performed, or accompanying world renowned artists at Carnegie Hall, the Chesapeake Youth Symphony Orchestra not only empowers its students to become lifelong lovers and performers of music, it most importantly provides its members with opportunities and memories that will last a lifetime.

The CYSO was established in 1990 by several parents of young musicians in the greater Annapolis area who were looking for a more challenging orchestral experience for their children. Since then, the

organization has grown to 9 ensembles including a preparatory, string, concert, chamber, and symphony orchestra, various flute choirs, and a jazz ensemble. While the music is at the heart of everything they do, the goal of the CYSO is to create an atmosphere where students feel comfortable to take musical risks in order to not only grow, but to thrive.

Music Director and Conductor of the CYSO Chamber and Symphony Orchestra's Maestro Julien Benichou has been with CYSO for 18 years. Maestro Benichou is an internationally recognized conductor, having guest conducted on 5 different continents, at many music festivals, with many professional and conservatory orchestras, and is currently the Artistic Director of the Washington Opera Society, and the Music Director of the Mid-Atlantic Symphony Orchestra. During his tenure with CYSO, he has worked not only to enhance the quality of music performed by his ensembles, he has made it his mission to provide students with opportunities to work with distinguished musicians such as internationally recognized virtuoso violinist, Stefan Jackiw, French flutist, Jean Ferrandis, David Cooper, Principal French Horn of the Chicago Symphony Orchestra, and Patrick Jee, Cellist of the New York Philharmonic, just to name a few. Students have the opportunity



to participate in master classes where they play for these musicians and receive first-hand feedback on how to enhance their playing. Opportunities such as these set CYSO apart from other organizations. "By exposing our young musicians to some of the world's greatest players and performers we are helping them aspire to be the best, and to perhaps one day accomplish what these amazing musicians have, or even more," says Maestro Benichou.

Members of the CYSO have gone on to hold many diverse roles in the world of Orchestral Music. CYSO Alumni Elena Murphy has gone on



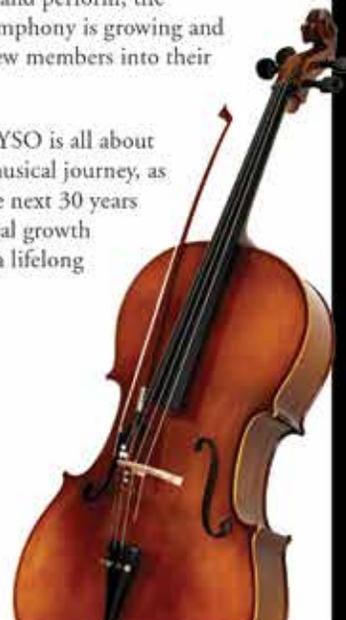
to win a position in the Clarinet Section of the United States Air Force Band. Michael Harper, is currently in the trumpet section of the Jacksonville Symphony. Richard Scerbo is the Director of the National Orchestral Institute and Alumni Guy McIntosh is currently the Executive Director of the Lancaster Symphony Orchestra. These Alumni are just a few of the CYSO's many distinguished members who have gone on to careers in music, highlighting the amazing education students receive.

If you are looking for a musical opportunity for your student that cultivates individual and ensemble musical growth, while building friendships and experiencing once-in-a-lifetime musical opportunities then look no further than CYSO which has been perfecting this formula for over three decades. With a proven track record of musical excellence, the CYSO has not only been providing the youth of Annapolis and their surrounding communities with a diverse variety of musical opportunities, they have no plans of slowing down now. Determined to expand ensemble opportunities and branch out to new locations abroad and perform, the Chesapeake Youth Symphony is growing and excited to welcome new members into their CYSO family.

Come see what the CYSO is all about and be part of their musical journey, as they venture on to the next 30 years of new heights, musical growth and education – and a lifelong passion for music!



With education at the forefront of all the CYSO does, it only makes sense that they would ensure that they have the most well-respected educators leading their ensembles. While Maestro Julien Benichou leads the conductors as Music Director, the CYSO ensembles are directed by some of Maryland's most esteemed music educators. Emma Baker is the director of the Preparatory String Orchestra, helping to initiate the CYSO's youngest students' love of orchestral music. Rob Stojakovich leads the CYSO String Orchestra and is a veteran music educator as Director of Bands at Megothly Middle School in Anne Arundel County. Matthew Heist directs the Wind Ensemble for the CYSO, and is currently the Director of Bands at Broadneck Visual and Performing Arts High School. Gail Vehalage, a strong private flute instructor whose students have gone on to some of the best universities and conservatories in the country leads the Flute Ensembles. Steve Fidyk, retired drummer of the United States Army Blues Big Band and passionate jazz pedagogue leads the Jazz Ensemble. Finally, Dr. Christopher Cicconi, Associate Professor of Music at Towson University directs the Concert Orchestra. Dr. Cicconi is known for his energetic and infectious personality, helping students build a love and desire for music. Dr. Cicconi was the first Collegiate Educator to win the Corwin Taylor Leadership in Music Education Award given by the Maryland Music Educators Association, to recognize an individual who has made a significant contribution to the Music Education of Maryland's youth. It is these educators that provide students with an outstanding foundation in music education and allow the students at CYSO to grow exponentially over their time with the organization.

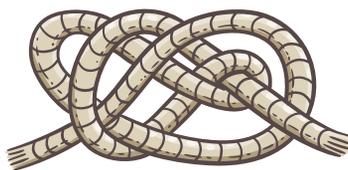


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Sleek Beauties

Classic, wooden sailboats are as much a marvel on the water today as they were a century ago

BY ELLEN MOYER | PHOTOGRAPHY BY KATE GAHS

In 1978, a 39-foot Concordia yawl named *Babe* won the 635-mile ocean race from Newport, Rhode Island, to Bermuda. She was the smallest vessel in the race and a classic wooden boat, owned and captained by Arnold C. Gay, the father of the Annapolis sailing industry. Gay commented on the win, “Goes to show that a well sailed old boat will go through the water just about as well as a well sailed new boat.”

By all measures, *Babe* wasn’t expected to be a threat. She was the smallest boat in the grueling ocean race—not a new fiberglass speedster but, rather, a wooden boat built in 1955 in Germany from a 1939 design intended for family cruising.

No one, however, underestimated Arnie Gay. Gay was born in Massachusetts and started sailing on Cape Cod at the age of four and was captivated by the thrill of being on the ocean. He had his share of wins in the region’s regattas. During WWII, he was also captivated by flying while serving in the Army Air Corp. Searching for German U boats, Gay

once flew under the Bourne Bridge over the Cape Cod Canal...a shrinking violet he was not. In 1946, at age 26, he set out in his boat *Delilah* for points south. With a boat in need of service, he arrived in Annapolis with \$1.27 in his pocket. He saw a city rich in water access that had no idea of its assets to a sailing industry. Gay stayed put, purchased land on Spa Creek, built a marina, and led the city into becoming a vibrant maritime center. When he died in 1994, Annapolis was on its way to being the Sailing Capital of America.

The St. David’s Lighthouse trophy that Gay won in 1978 is considered “the most coveted trophy in distance racing,” according to Gary Jobson, noted Annapolitan champion sailor. The Bermuda Race, which began in 1906 over a controversy that small boats could not manage the tough ocean, was, in fact, won by a 38-foot yawl *Tamerlane* that defied the establishment preference for 80-foot boats *only* on the high seas. As for Gay’s wooden *Babe*, it continued on, purchased in 2012 by Chuck Thompson of Columbia, South Carolina, and restored to her original glory. The new *Babe* was renamed *Mary Ellen*.

Of course, in 1906 and the early-20th century, all boats entered in ocean races were wooden. Then, as now, “seeing the classic lines and beauty of these boats on the water is like poetry in motion,” says Maria Museler, one of the organizers of the Classic Wooden Sailboat Rendezvous & Race, held in Annapolis annually each September since 2009. Spectators are able to watch the “woodens,” which range from eight feet long to the 74-foot-long *Woodwind*, follow a six-mile course in the Severn River and Annapolis Harbor.

Several years ago, three boats from the Sydney Flying Squadron (Australia) ventured to Annapolis to race in the wooden boat regatta, in a challenge with the *Bull* and *Bear* vessels. The *Bull* and *Bear* are replicas of an 1860 sandbagger sloop developed by watermen for sport racing on their days off from oystering—they are regularly seen at Annapolis’ City Dock. The shallow-draft, 28-foot boats, commissioned by businessman Peter Kellogg from Philadelphia’s Independent Seaport Museum, were launched in 1995 and later loaned to the National Sailing Hall of Fame (once headquartered in the Burtis House, where Maryland’s Department of Natural Resources police had their beginning as the Oyster Navy). But in 2017, and in less serious times, the Aussies and the Annapolitans faced off in a three-race competition—Australia took two.



We don't take the race competition that seriously. We are laid back folks who just enjoy the camaraderie and fun of the event.

Tom Gahs, another organizer of the regatta event, says, “We don't take the race competition that seriously. We are laid back folks who just enjoy the camaraderie and fun of the event.” Gahs is the proud owner of one of the first Star-class boats on the Chesapeake. Designed in 1911 for speed and high maneuverability, the 23-foot Star is still an Olympic-class boat. In 1924, the Gibson Island Yacht Club owned a fleet of 12 Stars, each named for a species of fish. Gahs owns *Trout*, which has been in his family since the 1930s and restored several times in her almost-100-year history.



In 1978, the same year *Babe* and *Gay* were winning the Bermuda Race, the Wooden Boat Foundation was founded on the West Coast in Port Townsend, Washington. The first festival, supposedly started on a lark by a group of live-aboard hippies, drew so much attention that an ongoing event was required. Now in its 45th year, the North West Wooden Boat Center & Wooden Boat Foundation is a premier education organization, showcasing over 300 classic wooden boats at each year's event. Wooden boat organizations have sprung up all around the country, modeling the programs initiated in Puget Sound.

Back on the East Coast, the Chesapeake Bay Maritime Museum (CBMM) was founded in 1965 on Navy Point in St. Michaels. Today, it holds the largest collection of Chesapeake Bay boats. It's also a wooden boat restoration center. In 1975, the museum began the restoration of the *Edna Lockwood*, the last working oyster boat and only Bugeye in the world. The *Lockwood*, built by 24-year-old John B. Harrison, was originally launched on October 5, 1889, in a big flag-waving ceremony on Tilghman Island. Oystering on the bay was at its peak in the 1880s. Bugeyes were patterned after the Log Canoe boats that had been great for tongers, but were too small to handle the newer oyster dredge allowed in Maryland after 1865. The Bugeye was a two-mast sailing vessel and nicknamed the Queen of the Bay, but had a lifetime of about 20 years. The *Lockwood* was a



rare survivor. Her hull was built from nine pine logs that, even, survived the restoration. The 130-year old *Edna Lockwood* toured the bay in 2019 during a heritage tour, stopping in waterfront towns along its way.

As the oyster industry declined, the less expensive Skipjack became the most popular oyster- and produce-boat plying the Chesapeake. Designated the official State Boat of Maryland in 1985, of the 2,000 Skipjacks built, approximately 35 remain today. CBMM houses the restored *Rosie Parks*, while the *Wilma Lee* is housed and owned by the Annapolis Maritime Museum in Eastport, Annapolis.

As for the Log Canoe, at one time the premier fishing boat of the Chesapeake Bay...when they were no longer viable as a work boat, they launched a new life as a sailing race boat. In 1927, the Miles River Yacht Club established a perpetual trophy for the 100-year-old racing canoes.

A silver bowl embossed with the famed Log Canoe, the *Island Bird*, was sponsored by Governor Albert Ritchie—hence, what’s become known as the annual Governor’s Cup. The *Island Bird* was built in 1882 by William Covington and is privately owned by his descendants. *Island Bird* is the smallest boat in the active racing fleet, yet has raced every year since 1949. *The Flying Cloud*, built in 1932 by John B. Harrison, once won the Governor’s Cup and now resides at the CBMM. It is one of the last of the 22 racing canoes still surviving. This Miles River Log Canoe racing event is now in its 94th year and scheduled for July 31–August 1, carrying on a tradition that began on the Eastern Shore of Maryland in the 1840s.

More than 25 wooden boat restoration businesses have existed in Anne Arundel County and the



Eastern Shore—an area rich with maritime artisans and traditions handed down through generations. Recognizing this talent, President Roosevelt sent the famous boat *America*, which won the first America’s Cup in 1851, to Annapolis to be restored. Another famed America’s Cup wooden boat, the 12-meter, mahogany-hulled *Eastener* built in 1958 on the West Coast, now makes its home in Annapolis and partners with the education programs of the new Annapolis Waterfront and Sailing Center on Spa Creek.

This month, the 33rd Annual Antique & Classic Boat Festival at CBMM—tentatively scheduled for June 18–20—will showcase reproduction and restored boats in St. Michaels. And in September, the Eastport Yacht Club will host the Classic Wooden Sailboat Rendezvous & Race—wooden boats will, once again, strut their stuff in Annapolis Harbor. You won’t want to miss this showcase of maritime history, elegance in design, and on the water “poetry in motion.”





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2021

There are things you crave when you go out to dinner, and there are things you crave when you go out to dinner in Maryland. Everyone wants cocktails flowing and great food in front of them, but WE want orange crushes and crab cakes. We have pulled together restaurants from our strip of Maryland that spoil us with outdoor seating, walking distance from public boat docks, and/ or a waterfront view. Let this guide lead you through your summer dining by the Chesapeake.

REQUIREMENTS

To be included, the restaurant must meet at least one of the following: Outdoor seating for at least 30 people, Within a one-mile walk from public boat docking, Waterfront view.

SYMBOLS KEY

- Dock & Walk
- Water View
- Outdoor Dining

PRICING KEY // AVERAGE PRICE OF ENTREES

- \$ 0-15
- \$\$ 15-30
- \$\$\$ 30 and above

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WATERFRONT & AL FRESCO

Dining Guide

DOWNTOWN ANNAPOLIS

Acme Bar and Grill

Where: 163 Main Street, Annapolis When: lunch, dinner, late-night, weekend brunch Cost: \$\$ Call: 410-280-6486 Click: acmegrill.com Can't Miss Dish: Wings, Wings, Wings! 19 flavors to choose from Happy Hour: 4 p.m. - 7 p.m. Monday through Friday

Annapolis Ice Cream

Where: 196 Main Street, Annapolis When:

Dessert! Cost: \$ Click: annapolisicecream.com (Literally) The Scoop: So many homemade ice cream flavors to choose from, including, a What's Up? Media personal favorite, Cookie Monster. Cookie Monster is a vanilla base with cookie dough, chocolate chip cookies and oreos.

Armadillo's Bar & Grill

Where: 132 Dock Street, Annapolis When: lunch, dinner, late-night Cost: \$ Call: 410-280-

0028 Click: armadillosbarandgrill.com Can't Miss Dish: Crumbled Crab Flatbread

Buddy's Crabs & Ribs

Where: 100 Main Street, Annapolis When: lunch, dinner, Sunday brunch, late night Cost: \$\$ Call: 410-626-1100 Click: buddysonline.com Specials: All You Can Eat Crab specials and family dinner specials available daily.

Sakura Café

Where: 105 Main

Street, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-263-0785 Click: annapolisakuracafe.com The Scoop: Find sushi in Annapolis at Sakura Café with a modern interpretation of classic Japanese dishes.

Café Normandie

Where: 185 Main Street, Annapolis When: breakfast, lunch, dinner, weekend breakfast Cost: \$\$ Call: 410-263-3382 Click: cafenormandie.com Can't Miss

Dish: Trout Almondine Additional Menu: Early Dining Menu available from 5 - 6:30 p.m. includes an appetizer, entrée and dessert for \$35

Castlebay Irish Pub

Where: 193A Main Street, Annapolis When: lunch, dinner, Sunday brunch, late-night Cost: \$\$ Call: 410-626-0165 Click: castlebayirishpub.com Extra Excitement: Thousands of songs are available for karaoke nights every

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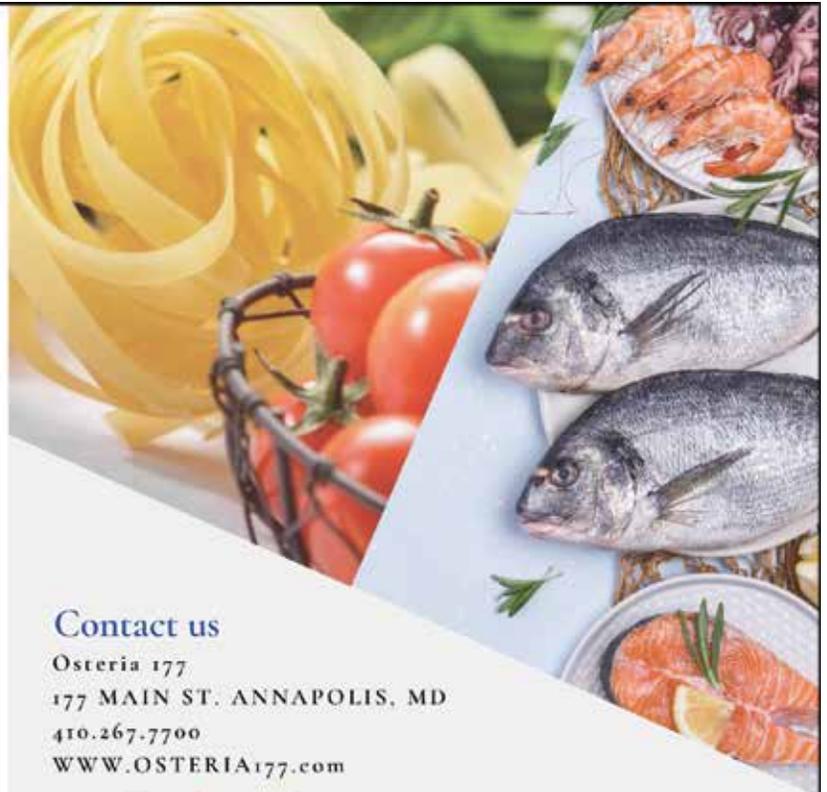


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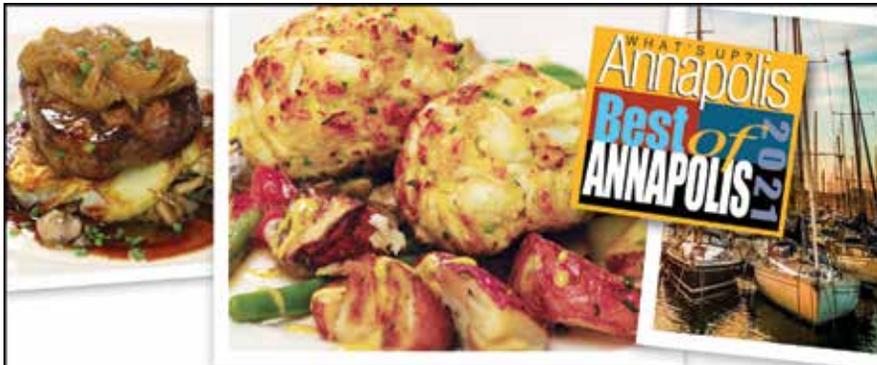


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Chick & Ruth's Delly

▲ Where: 165 Main Street, Annapolis When: breakfast, lunch, dinner Cost: \$\$ Call: 410-269-6737 Click: chickandruths.com The Challenge: Step up to the plate with these four challenges: Man v. Food Challenge: 6lb Shake and 1.5lb sandwich; 6lb milkshake; 3lb sandwich; 3lb cheeseburger. Start of your Day: Every morning, recite the Pledge to the Flag at 8:30 a.m. Monday through Friday and at 9:30 a.m. on Saturday and Sunday

Dock Street Bar and Grill

▲ Where: 136 Dock Street, Annapolis When: lunch, dinner, late-night Cost: \$ Call: 410-268-7278 Click: Dockstreetbar.net Can't Miss Dish: Crab Cake Dinner

DRY 85

▲ Where: 193B Main Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 443-214-5171 Click: dry85.com Weekly Special: Bacon Brunch – Because everything is better with bacon. Sunday 10 a.m. – 2 p.m. Happy Hour: 3 p.m. – 6 p.m. Monday through Friday

The Federal House Bar & Grill

▲ ☀ Where: 22 Market Space, Annapolis When: lunch, dinner, late-night Cost: \$ Call: 410-268-2576 Click: federalhouse-restaurant.com The Scoop: Award-winning cream of crab soup and plenty of beer to try! Not only is there a human menu, but there is also a menu for your

four-legged friend to get five-star treatment. Happy Weekend: Happy Hour and Late-Night Music on Fridays and Saturdays

Galway Bay

▲ Where: 63 Maryland Avenue, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-263-8333 Click: galwaybay.md.com The Scoop: 18 years of award-winning Irish hospitality, even visited by Food Network's Guy Fieri for an episode of Diners, Drive-Ins, and Dives. What Are We Drinking?: Besides a full bar, Galway Bay has a large collection of Irish Whiskey with over 80 displayed Irish Whiskeys. This is the largest array in the state.

Harry Browne's

▲ Where: 66 State Circle, Annapolis When: lunch, dinner, Sunday brunch, late-night lounge Cost: \$\$ Call: 410-263-4332 Click: harrybrownes.com The Scoop: Fine dining with a beautiful view of Annapolis and the State Circle landmark. Harry Browne's has a beautiful dining room as well as a laid-back bar lounge. Couple's Dinner: Dinner for two options available to go

Harvest Wood Grill & Tap

▲ Where: 26 Market Space, Annapolis When: lunch, dinner, weekend brunch, late-night Cost: \$\$ Call: 410-280-8686 Click: harvestwoodgrill.com The Scoop: A Wood-fire grill puts a perfect burgers and sandwiches to pair with classic and specialty cocktails and live music. Happy Hour: 4 p.m. – 6 p.m. Wednesday through Friday

Iron Rooster

▲ Where: 12 Market Space, Annapolis When: breakfast, lunch, dinner Cost: \$ Call: 410-990-1600 Click: ironroosterallday.com Can't Miss Dessert: Homemade Pop Tarts RoosTart Kit: Buy a kit online for a pack of 4 or 8 pop tarts to make in your own home!

Joss Café & Sushi Bar

▲ Where: 195 Main Street, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-263-4688 Click: jossushi.com Can't Miss Dish: Crunchy Ebi Roll Whiskey Wednesday: Get \$2 off Japanese Whiskey every Wednesday

Latitude 38

Where: 12 Dock Street, Annapolis When: Lunch, Dinner Cost: \$\$ Call: 667-204-2282 Click: latitude38waterfront.com Brunch Bonus: Latitude 38 hosts a Sunday Brunch on from 10 a.m. – 2 p.m. on Sunday mornings. Be sure not to miss the Macadamia Crusted French Toast or the Crab and Shrimp Omelet!

Mason's Famous Lobster Rolls

▲ Where: 188 Main Street, Annapolis When: lunch, dinner Cost: \$ Call: 410-280-2254 Click: masonslobster.com The Scoop: A Maryland twist on a Maine classic, Mason's serves perfectly combined lobster rolls of all kind.

McGarvey's Saloon & Oyster Bar

▲ ☀ Where: 8 Market Space, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-263-5700 Click: mcgarveysannapolis.com Can't Miss Dish: Oysters – Check out the Raw Bar Happy Hour: 2 p.m. – 6 p.m.

Monday through Friday; Half price bottle of wine every Thursday

Middleton Tavern

▲ ☀ Where: 2 Market Space, Annapolis When: lunch, dinner, brunch, late-night Cost: \$\$ Call: 410-263-3323 Click: middletontavern.com Can't Miss Drink: Oyster Shooters Happy Hour: 3 p.m. – 7 p.m. Monday through Friday

Nano Asian Dining

▲ Where: 189A Main Street, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-267-6688 Click: nanoasian-dining.com The Scoop: Visit the longest sushi bar in Annapolis, just two minutes from the Naval Academy to watch your sushi rolled right in front of you.

O'Brien's Oyster Bar & Seafood Tavern

▲ ☀ Where: 113 Main Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-268-6288 Click: obriensoysterbar.com Added Bonus: If O'Brien's oyster bar isn't enough of a reason to come, visit to say hello to the ghosts who have been lingering in the building since 1774. Happy Hour: 3 p.m. – 7 p.m. Monday through Friday

Osteria 177

▲ Where: 177 Main Street, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-267-7700 Click: osteria177.com Can't Miss Dish: Sacchetti Di Pasta Ai Porcini The Scoop: Italian coastal specialties brought to Annapolis along with a wine list that will leave you craving more. Now Only! Order fresh pasta or jarred sauce from Osteria 177 to go online.

Preserve

▲ Where: 164 Main Street, Annapolis When: lunch, dinner, weekend brunch Cost: \$\$ Call: 443-598-6920 Click: preserve-eats.com Can't Miss App: Crispy Kale The Scoop: Farm-to-table, casual restaurant, Preserve brings American-Euro dishes to Annapolis which they pickle and ferment themselves. Along with their restaurant, Preserve also has a line of ferments available for purchase. Happy Hour: 3 p.m. – 5 p.m. Daily

Pusser's Caribbean Grille

▲ ☁ ☀ Where: 80 Compromise Street, Annapolis When: breakfast, lunch, dinner, late-night, Sunday buffet Cost: \$\$ Call: 410-626-0004 Click: pussersannapolis.com Can't Miss Drink: Pusser's Painkiller

Red Red Wine Bar

▲ Where: 189B Main Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-990-1144 Click: redredwinebar.com The Scoop: Wine, cheese, and pizza oh my! Red Red Wine bar has plenty to choose from including preset wine flights in order for guests to find your new favorite wine. Happy Hour: 3 p.m. – 6 p.m. Monday through Friday

Sofi's Crêpes

▲ Where: 1 Craig Street, Annapolis When: breakfast, lunch, dinner Cost: \$ Call: 410-990-0929 Click: sofiscrepes.com Can't Miss Dish: The Kevin Bacon Crepe – Turkey, bacon, cheese, and tomatoes with thousand island sauce

Vida Taco Bar

▲ Where: 200 Main Street, Annapolis When: weekend lunch,

dinner Cost: \$ Call: 443-837-6521 Click: vidatacobar.com The Scoop: Plenty of tacos and quesadillas for everyone to enjoy. Pair with an amazing margarita or special Purple Drank which is a 50/50 mix of sangria and margarita. Happy Hour: Daily specials including 20% off your check on Tuesdays, 20% off selected tequila on Thursdays, cheaper pitchers on Wednesdays, \$10 for a shot and beer on Saturdays and \$7 house cocktails on Fridays and Sundays

UPTOWN ANNAPOLIS

49 West Coffeehouse, Winebar & Gallery

▲ ☀ Where: 49 West Street, Annapolis When: breakfast, lunch, dinner, late-night Cost: \$ Call: 410-626-9796 Click: 49westcoffeehouse.com The Scoop: Art, music, coffee, and wine all come together in this coffeehouse on West Street. You cannot skip local, live jazz, folk, or bluegrass in "Annapolis's Living Room" with a Chai Latte or glass of pinot in hand.

Carpaccio Tuscan Kitchen

▲ ☀ Where: 1 Park Place, Suite 10, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-268-6569 Click: carpacci-otuscankitchen.com Can't Miss Dish: Vitello Annapolis The Scoop: Comfortable, yet sophisticated. Carpaccio Tuscan Kitchen & Wine Bar offers more than just a menu of authentic Italian specialties. Revel in our uptown ambiance indoors or al-fresco while you savor the perfectly portioned and exquisitely flavored pastas, pizzas, meats and seafood dishes.



Fadó Irish Pub

📍🌟 Where: 1 Park Place, Suite 7, Annapolis When: lunch, dinner, brunch, late-night Cost: \$\$ Call: 410-626-0069 Click: fadoirishpub.com/annapolis The Scoop: An Irish feel comes to Annapolis in Fadó from a drink list surrounding Guinness to a classic Irish breakfast of corned beef and cabbage. Grab brunch, lunch, or a late-night snack with Fadó Friday and live music as well! Happy Hour: 4 p.m. - 6 p.m. Sunday through Friday

Lemongrass

📍🌟 Where: 167 West Street, Annapolis When: lunch, dinner Cost: \$ Call: 410-280-0086 Click: lemongrassannapolis.com Can't Miss Dish: Pad Thai Where do I go: Lemongrass on West Street is the only one just a short walk to the docks, but you can also visit Lemongrass Too on Houlsey Road or their Arnold location on Ritchie Highway.

Level - A Small Plates Lounge

📍 Where: 69 West Street, Annapolis When: dinner Cost: \$ Call: 410-268-0003 Click: levelannapolis.com Can't Miss (Small) Dish: Tuna Tartare Happy Hour: 4 p.m. - 6 p.m. Monday through Friday

Light House Bistro

📍 Where: 202 West Street, Annapolis When: breakfast, lunch, dinner, weekend brunch Cost: \$ Call: 410-424-0922; 443-221-6207 Click: lighthousebistro.org Community Contributor: Light House Bistro is not just running a business, here, giving people new lives. The Bistro gives people with employment barriers jobs as well as help developing

resumes through the Light House Homeless Prevention Support Center's Building Employment Success Training Program.

Luna Blu

📍 Where: 36 West Street, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-267-9950 Click: lunablufannapolis.com Can't Miss Dish: Crab Bruschetta Pair it: Tuesdays and Thursdays try the Pizza and Wine pairing menu!

Metropolitan Kitchen & Lounge

📍🌟 Where: 175 West Street, Annapolis When: breakfast, lunch, dinner, late-night Cost: \$ Call: 410-280-5160 Click: metropolitanannapolis.com The Scoop: Dine under the stars on the roof-top bar and enjoy a lamb burger or the fig and goat cheese flatbread for a perfect evening.

Miss Shirley's

📍 Where: 1 Park Place, Annapolis When: breakfast, lunch Cost: \$\$ Call: 410-268-5171 Click: missshirleys.com The Scoop: Definitely a can't miss since it has been voted best breakfast in Maryland by Food Network Magazine and so many other awards since. Can't Miss Dish: Crab cake & Fried Green Tomato Eggs Benedict

Rams Head Tavern

📍🌟 Where: 33 West Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-268-4545 Click: ramshheadtavern.com The Scoop: Rams Head has beer, sommies, and lobster rolls to be enjoyed by all. Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Reynolds Tavern

📍 Where: 7 Church Circle, Annapolis When: lunch, tea, dinner Cost: \$\$ Call: 410-295-9555 Click: reynoldstavern.org The Scoop: As one of the oldest taverns in Annapolis, Reynolds Tavern offers the classic tea and finger sandwiches or you can head out to the Beer Garden which features an everchanging draft list. Stay the night in a suite style room and wake up in the heart of Downtown Annapolis.

Sailor Oyster Bar

Where: 196 West Street, Annapolis When: Dinner Cost: \$\$ Call: 410-571-5449 Click: sailoroysterbar.com Eat Out and Give Back: Sailor Oyster Bar gives all oyster shells to the Oyster Recovery Partnership, a non-profit that is working to improve the health of the Chesapeake Bay.

Stan and Joe's Saloon

📍🌟 Where: 37 West Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-263-1993 Click: stanandjoessaloon.com Weekly Specials: Check out specials every day of the week on their website, including weekly Karaoke on Thursdays Happy Hour: 3 p.m. - 7 p.m. Monday through Thursday

Trophy Room

📍🌟 Where: 126 West Street, Annapolis When: lunch, dinner, late-night Cost: \$\$ Call: 410-263-7777 Click: graduate-hotels.com/annapolis/restaurant/trophy-room The Scoop: Located within Graduate Annapolis, Trophy Room offers nostalgia in American dishes with a youthful spin. For example, the PB&J Burger or the Adult Capri Sun cocktail.

Tsunami

📍 Where: 51 West Street, Annapolis When: dinner, late-night Cost: \$\$ Call: 410-990-9868 Click: tsunamianapolis.com The Scoop: This unique menu has an extravagant sushi menu as well as guilty pleasures like sriracha mac-n-cheese.

GREATER ANNAPOLIS

Cantler's Riverside Inn

📍🌟🌟 Where: 458 Forest Beach Road, Annapolis When: lunch, dinner, late-night Cost: \$\$ Call: 410-757-1311 Click: cantlers.com The Scoop: Crab Cake, cream of crab soup, snow crabs, and soft-shell crab sandwich galore. Cantler's Riverside Inn is not any types of crab, no matter what your favorite way to eat it is.

Cooper's Hawk Winery & Restaurant

🌟 Where: 1906 Towne Centre Boulevard, Suite 238, Annapolis When: lunch, dinner Cost: \$\$ Call: 443-837-9989 Click: chwinery.com The Layout: Delicious restaurant with a selection of signature menu items paired perfectly with their own wine's upstairs. Tasting room including seven to eight different wines with no reservation necessary downstairs. Happy Hour: 2 p.m. - 5 p.m. Monday through Friday

Gordon Biersch

🌟 Where: 1906 Towne Centre Boulevard, Suite 155, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-266-5965 Click: gordonbiersch.com The Tap: Gordon Biersch has an extensive beer menu featuring their own, house brewed beers

from German lagers to American craft beers.

Mexican Café

📍🌟 Where: 609 Melvin Avenue, Annapolis When: breakfast, lunch, dinner Cost: \$ Call: 410-626-1520 Click: themexicancafe.com The Scoop: Mexican Café has a wide-ranged Mexican menu with appetizers, tacos, enchiladas and more including breakfast egg dishes with a Mexican twist. The menu also includes ten different margaritas. Maryland meets Mexico with an Agave Crush on their Margarita Menu.

Sam's on the Waterfront

📍🌟🌟 Where: 2020 Chesapeake Harbour Drive East, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-263-3600 Click: samsonthewaterfront.com Can't Miss Dish: Lobster Mac Happy Hour: 3 p.m. - 7 p.m. Tuesday through Friday

Severn Inn

📍🌟🌟 Where: 1993 Baltimore Annapolis Boulevard, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$\$ Call: 410-349-4000 Click: severninn.com The View: Sit on the patio, or inside with floor to ceiling windows with a panoramic view of Annapolis and the Naval Academy at the Severn Inn. Can't Miss Dish: Crab Cakes

EASTPORT

Blackwall Hitch

📍🌟 Where: 400 Sixth Street, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-263-3454 Click: theblackwallhitch.com Can't Miss Dish: Braised Short Ribs

Boatyard Bar & Grill

📍🌟 Where: 400 Fourth Street, Annapolis When: breakfast, lunch, dinner, late-night, weekend brunch Cost: \$\$ Call: 410-216-6206 Click: boatyardbarandgrill.com Can't Miss Drink: Cherry Ginger Cobbler Near and Far: Everyone knows how great Boatyard's Crabcakes are so be sure to spread the love. Ship crabcakes to your family all over the country to show off what they do best.

Bread and Butter Kitchen

📍 Where: 303 Second Street, Suite A, Annapolis When: breakfast, lunch Cost: \$ Call: 410-202-8680 Click: breadandbutterkitchen.com The Scoop: Bread and Butter offers a variety of classic breakfast and lunch favorites, from omelets and scones to egg, chicken, or tuna salad sandwiches. The ingredients in the kitchen come from local farmers, giving this eatery the freshest menu.

Carrol's Creek Café

📍🌟🌟 Where: 410 Severn Avenue, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-263-8102 Click: carrolscreek.com Can't Miss Dish: Sea Scallops Allergy Friendly: Carrol's Creek Café is fine dining for everyone, even if you have a nut allergy. Carrol's Creek's kitchen is completely peanut and tree nut free.

Chart House

📍🌟🌟 Where: 300 Second Street, Annapolis When: lunch, dinner, Sunday brunch Cost: \$\$\$ Call: 410-268-7166 Click: chart-house.com Dare to Pair: New Pairing Menu available online

Davis' Pub

☀️ 🍷 🌟 Where: 400 Chester Avenue, Annapolis When: lunch, dinner, late-night Cost: \$\$ Call: 410-268-7432 Click: davispub.com Can't Miss Dish: Crab Pretzel

Eastport Kitchen

☀️ 🌟 Where: 923 Chesapeake Avenue, Annapolis When: breakfast, lunch, dinner Cost: \$ Call: 410-990-0000 Click: eastportkitchen.com The Scoop: Whether you have a hankering for breakfast, lunch, or dinner, Eastport Kitchen has you covered! Check out their website for monthly dinner specials.

Leeward Market Café & Grocery

☀️ 🌟 Where: 601 Second Street, Annapolis When: breakfast, lunch Cost: \$ Call: 443-837-6122 Click: leewardmarket-cafe.com The Scoop: Breakfast is served all day at this little Market with big taste. Relax there in the morning with their freshly brewed City Dock Coffee or join them for lunch and order one of their classic gourmet pizzas.

Lewnes' Steakhouse

☀️ 🌟 Where: 401 Fourth Street, Annapolis When: dinner Cost: \$\$\$ Call: 410-263-1617 Click: lewnessteakhouse.com The Vibe: Lewnes' Steakhouse has won 12 years straight as Best of Award of Excellence for their wine list by the Wine Spectator.

O'Learys Seafood

☀️ 🌟 Where: 310 Third Street, Annapolis When: dinner, Sunday brunch Cost: \$\$\$ Call: 410-263-0884 Click: olearysseafood.com Can't Miss Dish: Crab Cakes Can't Miss Drink: Bicycles and

Baskets: Deadwood Rye Whiskey, Pedro Ximenez Sherry, Aperol, lemon Juice, simple syrup. On the rocks

Ruth's Chris Steakhouse

☀️ 🌟 Where: 301 Severn Avenue, Annapolis When: dinner Cost: \$\$\$ Call: 410-990-0033 Click: ruthschris-annapolis.com The Scoop: This widely-known chain is renowned for its excellent cuts of meat, and also offers poultry and seafood options for those who don't love steak. The side dishes are ordered separately and come in portions large enough to share to be served with beautiful cocktails.

Vin 909 Winecafé

☀️ 🌟 Where: 909 Bay Ridge Avenue, Annapolis When: lunch, dinner Cost: \$\$ Call: 410-990-1846 Click: vin909.com Can't Miss Dish: The Rock Star Pizza

ANNE ARUNDEL COUNTY

The Blackwall Barn & Lodge

☀️ 🌟 Where: 329 Gambrills Road, Gambrills When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-317-2276 Click: barnandlodge.com Can't Miss Dish: Chicken and Waffles Can't Miss Drink: Mas-sive Mary

Broken Oar Bar & Grill

☀️ 🌟 🍷 Where: 864 Nabbs Creek Road, Glen Burnie When: lunch, dinner, late-night Cost: \$ Call: 443-818-9070 Click: brokenoarbarand-grill.com The Scoop: An Oaresome place with a view and plenty of deals you can't miss. On top of happy hour, join Taco Tuesday, Wing Wednesday, Sushi

Thursday, and Sunday Funday right on the water. Happy Hour: 12 p.m. - 6 p.m. Fridays, Buy one Get one Drinks Tuesdays

The Crab Shack (Crofton)

☀️ 🌟 Where: 1260 MD-3, Crofton When: lunch, dinner Cost: \$ Call: 443-302-2680 Click: thecrabshackmd.com Happy Hour: 3-6 p.m. Daily Southern Spice: Build your own Cajun Boil for dinner: pick your protein, butter type, spice level, and whatever extras you want for a perfect Cajun dinner.

The Crab Shack (Edgewater)

☀️ 🌟 Where: 3111 Solomons Island Road, Edgewater When: lunch, dinner Cost: \$ Call: 443-837-6279 Click: thecrabshackmd.com Extra: Enjoying the soup? Take a quart home. Don't skip out on the fries. The Crab Shack's Boardwalk French Fries are made fresh on site!

Donnelly's Dockside

☀️ 🌟 🍷 Where: 1050 Deep Creek Avenue, Arnold When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-757-4045 Click: donnellysdockside.com The Scoop: Pick your crabs with the views of Deep Creek with a cocktail in hand at Donnelly's Dockside, formally known as Deep Creek Restaurant. This beautiful view and amazing seafood is located just outside Annapolis.

Fat Boys Crab Shack

☀️ 🌟 Where: 1581 Defense Highway, Gambrills When: lunch, dinner, late-night Cost: \$ Call: 410-721-5252 Click: fatboyscrofton.com Can't Miss App: Hush Puppies Happy Hour:

3 p.m. - 7 p.m. Monday through Friday

Founders Tavern & Grille

☀️ 🌟 Where: 8125 Ritchie Highway, Pasadena When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-544-0076 Click: founderstavernandgrille.com Can't Miss Drink: Whiskey Flights - Founders has a long list of Whiskeys available to make your own personalized flight Can't Miss Dish: Bacon & Bleu Burger

Fuji Japanese Steakhouse, Hibachi, Sushi & Lava Bar

☀️ 🌟 Where: 1406 S. Main Chapel Way, Gambrills When: lunch, dinner Cost: \$\$ Call: 410-721-6880 Click: jcfuji.com The Scoop: This Crofton/Gambrills staple offers fresh sushi and other Japanese favorites. Sit down for an entertaining culinary show at the Hibachi table or dine al fresco with a cold cocktail and some friends.

The Hideaway

☀️ 🌟 Where: 1439 Odenton Road, Odenton When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-874-7300 Click: hideawayodenton.com The Scoop: If you can find it then you will enjoy it. The Hideaway is a hidden gem now known for reputable barbecue that has sold out during peak times. Try out their award-winning wings, dry-rubbed in their own special signature seasonings. Can't Miss Dish: Pulled Pork Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Killarney House

☀️ 🌟 Where: 584 West Central Avenue, Davidsonville When: lunch, dinner, Sunday brunch Cost: \$ Call: 410-798-8700 Click:

killarneyhousepub.com Can't Miss Dish: Fish and Chips

Langways All American Sports Bar & Grill

☀️ 🌟 Where: 1357 Defense Highway, Gambrills When: lunch, dinner, late-night Cost: \$\$ Call: 410-721-4108 Click: langwayssportsbar.com The Atmosphere: Sit on the relaxed patio any day of the week for an ice-cold beer and sandwich.

Lures Bar & Grille

☀️ 🌟 Where: 1397 Generals Highway, Crownsville When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-923-1606 Click: luresbarandgrille.com The Scoop: Lures, a casual bar with a nautical feel, specializes in regular customers, offering both a beer and wine club for repeaters. You can also sign up to receive its weekly newsletter with the latest happenings. Their beer list offers endless options.

Mother's Peninsula Grille

☀️ 🌟 Where: 969 Ritchie Highway, Arnold When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-975-5950 Click: mothersgrille.com Can't Miss Dish: Pat Tillman Powerhouse

Mike's Crab House

☀️ 🌟 🍷 Where: 3030 Riva Road, Riva When: lunch, dinner, late-night Cost: \$\$ Call: 410-956-2784 Click: mikescrabhouse.com Parking Situation: No excuse to skip out on Mike's Crab House, if the parking lot is full, boat dockage is free for patrons! Can't Miss Dish: Maryland Crab Soup

Newk's Eatery

☀️ 🌟 Where: 1360 Main Chapel Way, Gambrills

When: lunch, dinner Cost: \$ Call: 443-302-2734 Click: newks.com/location/gambrills-md The Scoop: Newk's may be a national chain, but they have soups, salads, and sandwiches that are so fresh and light, they can't be skipped over. Eat in or grab lunch to go at their quick Grab N-Go station.

O'Loughlin's Restaurant & Pub

☀️ 🌟 Where: 1258 Bay Dale Drive, Arnold When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-349-0200 Click: o'loughlinpub.com Extra Special: Monday Night Wing Night, Tuesday Steak and Taco night, Irish Night Wednesdays, #WineWednesday, Steam Platter Thursday, Beer Battered Friday, Prime rib Saturday, Rip off our Ribs Sunday Happy Hour: 3 p.m. - 7 p.m. Everyday

Old Stein Inn

☀️ 🌟 Where: 1143 Central Avenue, Edgewater When: lunch, dinner, late-night Cost: \$\$ Call: 410-798-6807 Click: oldstein-inn.com Can't Miss Dish: Old Stein Short Rib Sauerbraten Beer Selection: Not only does Old Stein Inn have an extensive craft beer menu, they also have an extensive German beer list. Visit to make a flight out of the 10 craft German beers they have on draft.

The Pier Oyster Bar & Grill

☀️ 🌟 🍷 Where: 48 South River Road, Edgewater When: lunch, dinner, late-night Cost: \$\$ Call: 443-837-6057 Click: thepiroysterbarandgrill.com The Scoop: Find your beach at The Pier, a family-friendly sandy getaway with live music, beach-inspired



food, and an upbeat atmosphere. Music: Live music every Friday and Saturday

The Point Crab House & Grill

☀️ 🌊 ☀️ Where: 700 Mill Creek Road, Arnold When: lunch, dinner Cost: \$\$ Call: 410-544-5448 Click: thepoint-crabhouse.com Can't Miss Dessert: Nutty buddy Slider Happy Hour: 3 p.m. - 6 p.m. Monday through Friday

Querétaro

☀️ Where: 1406 S. Main Chapel Way, Suite 110, Gambrells When: lunch, dinner Cost: \$\$ Call: 410-721-1392 Click: queretarogambrells.com The Scoop: Celebrate taco Tuesday every day at Queretaro in Gambrells with daily taco, fajita, burrito and so many other Mexican specials.

Rams Head Dockside

🌊 ☀️ Where: 1702 Furnace Drive, Glen Burnie When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-590-2280 Click: ramsheaddockside.com What's On Tap: Rams Head Dockside features house drafts from their brewery, Fordham and Dominion Brewing in Dover, DE. They also offer nine rotating taps from over 100 bottles of beer from around the world. Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Rams Head Roadhouse

☀️ Where: 1773 Generals Highway, Annapolis When: lunch, dinner, late-night, Sunday brunch Cost: \$ Call: 410-849-8058 Click: ramsheadroadhouse.com Special Special: Enjoy \$5 burger night every Sunday. Burger night includes an 8 oz Angus beef patty with lettuce and tomato,

chips, and a pickle starting at 5 p.m. Happy Hour: 3 p.m. - 7 p.m. Monday through Friday

Thai at Waugh Chapel

☀️ Where: 1406 S. Main Chapel Way, Suite 102, Gambrells When: lunch, dinner Cost: \$\$ Call: 410-415-1004 Click: thaiaatwaughchapel.com Can't Miss: Thai food is comfort food whether it be a cold winter day or a beautiful summer day, but the best time to visit Thai at Waugh Chapel is during the Towne Centre's weekend outdoor concert series. Sit on their outdoor patio during a perfect warm evening, listen to music, and sip on a drink with some drunken noodles! New Drinks: Enjoy their new COVID drinks including 'Quarantini', 'Quarantine and Chill', and 'Social Distancing'

Yellowfin Steak & Fish House

🌊 🌊 ☀️ Where: 2840 Solomons Island Road, Edgewater When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-573-1333 Click: yellowfinedgewater.com The Scoop: An extensive wine list pairs perfectly with seafood, steak, or sushi at Yellowfin Steak & Fish House. Watch the sunset on the South River and boats drive at the beautiful waterfront restaurant.

SOUTHERN ANNE ARUNDEL COUNTY

(Deale, Galesville, Chesapeake Beach, Rose Haven, Tracys Landing)

Abner's Crab House

🌊 🌊 ☀️ Where: 3748 Harbor Road, Chesapeake Beach When: lunch, dinner Cost: \$\$ Call: 410-257-3689 Click:

abnerscrabhouse.net Bonus: In addition to the crab centered menu, Abner's Crab House has A & A Gaming, a casino featuring slot machines and endless free-play games.

Dockside Restaurant & Sports Bar

🌊 🌊 ☀️ Where: 421 Deale Road, Tracys Landing When: lunch, dinner, weekend breakfast Cost: \$\$ Call: 410-867-1138 Click: docksiderestaurantmd.com The Scoop: True to its name, Dockside Restaurant sits directly on Rockhold Creek, and features a casual yet delectable dining experience, a sports bar area, tiki bar outside, and a wide-ranging menu of seafood classics, pub grub, and American staples. Weekly Specials: Mexican Night Monday, Prime Rib Tuesday, Quarter Oysters Wednesdays, Baby Back Ribs Thursdays and a chef special on the weekends

Happy Harbor Restaurant and Bar

🌊 🌊 ☀️ Where: 533 Deale Road, Deale When: lunch, dinner, late-night, weekend breakfast Cost: \$ Call: 410-867-0949 Click: happyharbordeale.com The Scoop: Come get happy at Happy Harbor with a drink on the Doc Bar. Crab cakes, burgers and beyond are all available for a day on the water in Deale. Happy Hour: 3 p.m. - 7 p.m. everyday

Jesse Jay's

☀️ Where: 5471 Muddy Creek Road, Churcton When: lunch, dinner Cost: \$ Call: 240-903-8100 Click: jessejays.com Truck: Go online now to book Jesse Jay's Food Trailer to cater your next event or

check their calendar to see when the truck is going to be near you!

Neptune's Seafood Pub

🌊 ☀️ Where: 8800 Chesapeake Avenue, North Beach When: lunch, dinner, late-night, Sunday brunch Cost: \$\$ Call: 410-257-7899 Click: neptunesseafoodpub.com Can't Miss Dish: Crab Melt Happy Hour: 3 p.m. - 7 p.m. everyday

Petie Greens Bar and Grill

🌊 ☀️ Where: 6103 Drum Point Road, Deale When: lunch, dinner Cost: \$\$ Call: 410-867-1488 Click: petiegreens.com The Scoop: Enjoy delightful fare and great drinks in the heart of Deale. With live music and good vibes, Petie Greens is the place to be. Happy Hour: 3 p.m. - 6 p.m. everyday

Pirates Cove Restaurant & Dock Bar

🌊 🌊 ☀️ Where: 4817 Riverside Drive, Galesville When: lunch, dinner, Sunday brunch Cost: \$ Call: 410-867-2300 Click: piratescovemd.com Can't Miss Dish: Crab Imperial

Skipper's Pier Restaurant & Dock Bar

🌊 🌊 ☀️ Where: 6158 Drum Point Road, Deale When: dinner, weekend lunch Cost: \$\$ Call: 410-867-7110 Click: skipperspier.com Can't Miss Dish: Crab Crusted Oysters

South County Café

🌊 ☀️ Where: 5960 Deale Churcton Road, Deale When: breakfast, lunch Cost: \$ Call: 410-867-6450 Click: southcountycfe.com The Scoop: Build your own sandwich or choose from one of South County Café's many specialty sandwiches for lunch or

grab French toast or an omelet for breakfast at this country style café in Deale.

Stan and Joe's Riverside

🌊 🌊 ☀️ Where: 4851 Riverside Drive, Galesville When: lunch, dinner Cost: \$ Call: 410-867-7200 Click: snjriverside.com Weekly Specials: buy one pound of steamed shrimp get a half pound free on Mondays, half priced burgers on Tuesdays, buy one get one free steamed mussels on Wednesdays, pound and a half lobster dinner for \$22.95 on Thursdays, \$21.95 slow cooked prime rib on Fridays, \$0.75 oysters on Saturdays and Sunday brunch for 10 a.m. to 2 p.m. Happy Hour: 3 p.m. - 6 p.m. Monday through Friday

Traders Steak, Seafood, and Ale

🌊 🌊 ☀️ Where: 8132 Bayside Road, Chesapeake Beach When: breakfast, lunch, dinner, weekend breakfast buffet Cost: \$\$ Call: 301-855-0766 Click: traders-eagle.com The Scoop: For more than 50 years, Traders has been known for its steak and seafood entrees, along with a score of comfort food dishes available for dinner. The restaurant also features live entertainment on their outside deck bar Wednesday through Saturday, perfect to gather with a group of friends.

The Westlawn Inn

🌊 Where: 9200 Chesapeake Avenue, North Beach When: dinner, Sunday brunch Cost: \$\$ Call: 410-257-0001 Click: westlawninn.com Can't Miss Dish: Fried Red Tomato

QUEEN ANNE'S COUNTY

Annie's Paramount Steak & Seafood House

🌊 🌊 ☀️ Where: 500 Kent Narrow Way North, Grasonville When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-827-7103 Click: annies.biz The Scoop: Get massive pieces of lump crab meat in your cream of crab soup before you indulge in a beautiful cut of filet mignon or lobster tail at Annie's. House specials of stuffed shrimp imperial and wild rockfish are just a few more dishes that makes Annie's on the Kent Narrows and Chester River so unforgettable. Happy Hour: 3 p.m. - 6:30 p.m. Monday through Friday

Big Bats Café

☀️ Where: 216 Saint Claire Place, Stevensville When: breakfast, lunch, dinner, late-night Cost: \$ Call: 410-604-1120 Click: bigbats.com The Scoop: Route for any team you want at this baseball-themed bar who doesn't pledge loyalty to any particular team.

The Big Owl Tiki Bar

🌊 🌊 ☀️ Where: 3015 Kent Narrow Way South, Grasonville When: lunch, dinner, late-night Cost: \$ Call: 410-827-6523 Click: thebigowl.com Can't Miss Dish: Rockfish Tenders Happy Hour: 3-6 p.m. Monday through Frida

Bridges Restaurant

🌊 🌊 ☀️ Where: 321 Wells Cove Road, Grasonville When: lunch, dinner Cost: \$\$ Call: 410-827-0282 Click: bridgesrestaurant.net Can't Miss Dish: White Sausage pizza Parking Situation: Bridges offers first come first serve complimentary slips for

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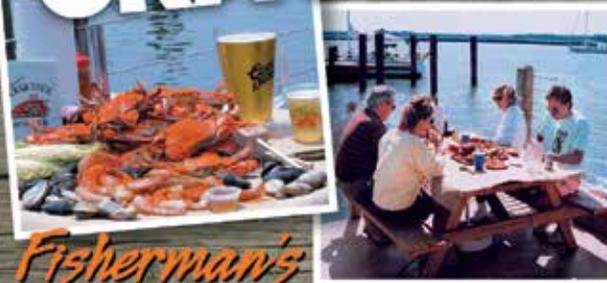
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Café Sado

📍 🌊 🌞 Where: 205 Tackle Circle, Chester When: lunch, dinner Cost: \$ Call: 410-604-1688 Click: cafesado.com Can't Miss Dish: Butternut Squash Dumpling

Doc's Riverside Grille

📍 🌞 Where: 511 Chesterfield Avenue, Centreville When: lunch, dinner, late-night Cost: \$ Call: 410-758-1707 Click: docsriversidegrille.com Weekly Specials: Monday: \$2 domestic drafts, \$6 wings, Tuesday: Taco Tuesday and \$6 Burger Platter, Wednesday: Steak Night and \$15 bottle of wine, Thursday: Raw Oyster bar and Smoked Food Specials. Happy Hour: 3:30 p.m.-6:30 p.m. Monday through Friday

Fisherman's Inn

Where: 3116 Main Street, Grasonville When: lunch, dinner Cost: \$\$ Call: 410-827-8807 (Inn); Click: fishermansinn.com Can't Miss Dish: Crab Pretzel Can't Miss Drink: Nauti Mermaid

Fisherman's Crab Deck

Where: 3032 Kent Narrows Way, Grasonville When: Lunch, Dinner Cost: \$ Call: 410-827-6666 Click: crabdeck.com Pats: Order the Seafood Variety Pot for crabs, snow crab legs, clams, shrimp, AND mussels! Seafood Market: When visiting Fisherman's Crab Deck visit the seafood market open daily from 9 a.m. - 6 p.m. and 9 a.m. - 5 p.m.

Harris Crab House & Seafood Restaurant

📍 🌊 🌞 Where: 433 Kent Narrow Way North, Grasonville When: lunch, dinner Cost: \$\$ Call: 410-827-9500 Click: harriscrabhouse.com Community Contributor: Harris Crab House is an admirably eco-friendly restaurant by working with Oyster Recovery Partnership, a nonprofit dedicated to restoring oysters in the Chesapeake Bay.

Hemingway's Restaurant

📍 🌊 🌞 Where: 357 Pier One Road, Stevensville When: lunch, dinner Cost: \$\$ Call: 410-604-0999 Click: hemingwaysbaybridge.com Can't Miss Dish: Buffalo Shrimp Tacos Happy Hour: 4 p.m. - 6:30 p.m. Tuesday and Wednesday, all day Thursdays and Fridays

The Jetty

📍 🌊 🌞 Where: 201 Wells Cove Road, Grasonville When: breakfast, lunch, dinner, late-night Cost: \$\$ Call: 410-827-4959 Click: jettydockbar.com The Scoop: Jump in the Jetty Bus which travels to and from Stevensville, Chester, Grasonville, Romancoke, and parts of Queenstown to join trivia night, karaoke, or any other of The Jetty's events. With a packed calendar, the Jetty is always the place to kick back with your Orange Crush. Happy Hour: 3 p.m. - 7 p.m. Monday through Fridays

Historic Kent Manor Inn & Restaurant

📍 🌊 🌞 Where: 500 Kent Manor Drive, Stevensville When: Sunday brunch Cost: \$\$ Call: 410-643-5757 Click: kentmanor.com The Scoop: Whether you're a guest of the

Inn or otherwise, enjoy the elegant setting and beautiful view at Kent Manor as you indulge in a savory brunch.

Kentmorr Restaurant & Crab House

🌊 🌞 Where: 910 Kentmorr Road, Stevensville When: lunch, dinner Cost: \$\$ Call: 410-643-2263 Click: kentmorr.com The Scoop: Pick either the elegant dining room or the casual outdoor tiki bar, but either way make sure to order the award-winning crab cakes at Kentmorr Restaurant & Crab House!

Knoxie's Table at The Inn

🌞 Where: 180 Pier One Road, Stevensville When: dinner, weekend brunch Cost: \$\$ Call: 443-249-5777 Click: baybeachclub.com The Scoop: Located off the lobby of The Inn at Chesapeake Bay Beach Club is the warm, rustic farm to table, Knoxie's Table. The ingredients are from local farmers and watermen to make up classic dishes with a Chesapeake twist.

The Narrows

📍 🌊 🌞 Where: 3023 Kent Narrow Way South, Grasonville When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-827-8113 Click: thenarrows-restaurant.com The Scoop: Customers go crazy for The Narrows' award-winning crab cakes and cream of crab soup. If you can't make it to Grasonville, the restaurant will satisfy you craving by shipping both of them, along with their vegetable crab soup, overnight to anywhere in the U.S.

Red Eye's Dock Bar

📍 🌊 🌞 Where: 428 Kent Narrow Way North, Grasonville When: lunch, dinner, late-night Cost: \$\$ Call: 410-827-3937 Click: redehydockbar.com The Scoop: If you're looking for some live music, chill atmosphere, and somewhere to bring your best furry friend, look no further! Red Eye's has all of that, and then some. Choose from their large food and drink menu, sit back, and relax. Weekly Specials: Monday: Industry night 25% off 7 p.m. to close, Taco Tuesdays, Wednesday: Burger Night \$8 burgers 4 p.m. to close and Ladies Night Thursdays \$15 bottomless cup rail and draft 8:30 p.m. to close

KENT COUNTY

98 Cannon Riverfront Grille

🌊 🌞 Where: 98 Cannon Street, Chestertown When: Breakfast, lunch, dinner Cost: \$\$ Click: 98cannon.com Open All Day: 98 Cannon is now open for breakfast! Grab French Toast dippers, shrimp and grits or even a classic eggs benedict.

Barbara's on the Bay

📍 🌊 🌞 Where: 12 Ericsson Avenue, Betterton When: lunch, dinner, Sunday Brunch Cost: \$\$ Call: 410-348-3079 Click: barbarasonthebay.com The Scoop: Food and spirits on the Chesapeake Bay from a Classic BLT to Aberdeen Rumble. Barbara's on the Bay is a cozy atmosphere with all types of comfort food.

Bay Wolf Restaurant

📍 Where: 21270 Rock Hall Avenue, Rock Hall When: lunch, dinner Cost: \$\$ Call: 410-639-2000 Click:

baywolfrestaurant.com The Scoop: Austrian food meets the Eastern Shore at Bay Wolf Restaurant in Rock Hall. The restaurant, just a short walk from the local marina, serves Wiener Schnitzel, Chicken Marsala, fried Shrimp Almondine, and crab cakes. Be aware!! Make sure to save room for the Austrian Apple Strudel served with vanilla ice cream for dessert.

The Kitchen at The Imperial

📍 🌞 Where: 208 High Street, Chestertown When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-778-5000 Click: imperialchestertown.com The Scoop: Casual fine dining with award winning crab cakes, wine tastings, and a great cocktail menu in Chestertown. On Sundays, join the Bloody Mary Brunch starters and entrees, or Buffet style breakfast.

Harbor Shack

📍 🌊 🌞 Where: 20895 Bayside Avenue, Rock Hall When: lunch, dinner Cost: \$ Call: 410-639-9996 Click: harbor-shack.net The Scoop: Relax this weekend at the waterfront Harbor Shack with live entertainment, food and drink specials, and a fun, casual, atmosphere with a view of Rock Hall Harbor.

Osprey Point Restaurant

📍 🌊 Where: 20786 Rock Hall Avenue, Rock Hall When: dinner Cost: \$\$ Call: 410-639-2194 Click: ospreypoint.com The Scoop: For all occasions, Osprey Point Restaurant can be the elegant waterfront dining you are looking for. Everything you are looking for is in one

place, calamari, soups, salads, burger, and classic broiled crab cakes.

The Sandbar at Rolphs Wharf Marina

📍 🌊 🌞 Where: 1008 Rolphs Wharf Road, Chestertown When: lunch, dinner Cost: \$ Call: 410-778-6347 Click: rolphswharfmarina.com/the-sandbar The Scoop: The outdoor beach bar at Rolphs offers the opportunity to take your shoes off and feel the sand between your toes while drinking a cold beer or frozen margarita. And that view of the Chester River isn't too shabby either.

The Shanty Beach Bar at Tolchester Marina

📍 🌊 🌞 Where: 21085 Tolchester Beach Road, Chestertown When: lunch, dinner Cost: \$ Call: 410-778-1400 Click: tolchestermarina.com The Scoop: Offering respite from a day on the water, this beachy Bay-front bar has cold drinks, sandy shoreline, and live music throughout the summer season.

Waterman's Crab House Restaurant & Dock Bar

📍 🌊 🌞 Where: 21055 W. Sharp Street, Rock Hall When: lunch, dinner Cost: \$\$ Call: 410-639-2261 Click: waterman-scrabhouse.com The Scoop: Waterman's is a seafood market turned restaurant and dock bar serving the freshest blue crabs, rockfish, oysters, and other Chesapeake Bay delicacies in Rock Hall.

TALBOT COUNTY

Ava's Pizzeria & Wine Bar

📍 Where: 409 S. Talbot Street, St. Michaels



When: lunch, dinner
Cost: \$\$ Call: 410-745-3081 Click: [avaspizzeria.com](#) Time to Party: Host your cocktail receptions, or sit down for a plated dinner with your 50 friends for wedding parties, rehearsal dinners, and social gatherings in Theo's Loft. Or, bring up to 30 people for a more intimate special occasion in the Wine Room. Where to go: There are two locations. The St. Michaels location is a short walk from the docks, but there is also a location in Cambridge. Can't Miss Dish: Ma's Meatball Sliders

Awful Arthur's Seafood Company

📍🌞🌟 Where: 402 S. Talbot Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-3474 Click: [awfularthursusa.com](#) The Scoop: Inside of a historic home and just two blocks from the St. Michaels harbor. Awful Arthur's is a perfect spot for lunch or dinner year 'round; sit fireside in the winter and outside on the patio in the summer. Can't Miss Dish: Lobster Roll

Bistro St. Michaels

📍🌞🌟 Where: 403 S. Talbot Street, St. Michaels When: dinner, weekend brunch Cost: \$\$ Call: 410-745-9111 Click: [bistrostmichaels.com](#) Can't Miss Dish: Crab Cake Benedict (Brunch Menu) The Scoop: High quality, local ingredients make up traditional and modern culinary masterpieces at Bistro St. Michaels. Local seafood and free-range eggs are just a few of the fresh ingredients they put into their food. Happy Hour: 4:30 p.m. - 6:30 p.m. Daily

Capsize OXMD

📍🌞🌟 Where: 314 Tilghman Street, Oxford When: lunch, dinner Cost: \$\$ Call: 410-226-5900 Click: [capsizeoxmd.com](#) The Scoop: Take in the Calm Waters of Town Creek at the relaxed and casual Capsize. Dine in the waterside dining room or grab a drink on the deck overlooking the Creek. Bring your dog for the 4-legged sailors' menu.

Carpenter Street Saloon

📍 Where: 113 S. Talbot Street, St. Michaels When: breakfast, lunch, dinner, late-night Cost: \$\$ Call: 410-745-5111 Click: [carpenterstreet-saloon.com](#) Night Life: This casual restaurant offers live music throughout the week, pool tables, and other fun nightlife events throughout the year. Enjoy their diverse menu as you catch up with your buddies at this friendly pub.

Characters Bridge Restaurant

📍🌞🌟 Where: 6136 Tilghman Island Road, Tilghman Island When: lunch, dinner Cost: \$\$ Call: 410-886-1060 Click: [charactersbridge-restaurant.com](#) The Scoop: With Shore classics, seafood, beef, and chicken dishes, Characters offers a robust menu and fine drinks. Guests can relax indoors or on the outside deck, and enjoy views of Knapps Narrows.

The Crab Claw

📍🌞🌟 Where: 304 Burns Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-2900 Click: [thecrabclaw.com](#) The Scoop: Once a clam and oyster shucking house for local catches, The

Crab Claw is known for having great drinks and even better seafood. And because of its position on the water, you can sometimes catch a glimpse of watermen pulling up with the day's catches. The restaurant is still owned and operated by the original 1965 owners Bill and Sylvia Jones.

Crepes by the Bay

📍 Where: 413 S. Talbot Street, St. Michaels When: breakfast, lunch Cost: \$ Call: 410-745-8429 The Scoop: Sweet or savory, breakfast, lunch or dessert, there is always a great choice at Crepes by the Bay. Don't forget to add some ice cream!

Doc's Sunset Grille

📍🌞🌟 Where: 104 West Pier Street, Oxford When: lunch, dinner Cost: \$ Call: 410-226-5550 Click: [docssunsetgrille.com](#) Can't Miss Dish: Crabby Chicken Sandwich All New: Doc's Riverside Grille recently opened in Centreville and Doc's Downtown Grille is open in Easton. Check them all out!

Foxy's Harbor Grille

📍🌞🌟 Where: 125 Mulberry Street, St. Michaels When: lunch, dinner, late-night Cost: \$\$ Call: 410-745-4340 Click: [foxysharborgrille.com](#) Can't Miss Dish: Crab Pretzel Happy Hour: 4:30 p.m. - 6:30 p.m. Monday through Friday

The Galley

📍🌞🌟 Where: 305 S. Talbot Street, St. Michaels When: breakfast, lunch, Friday dinner Cost: \$ Call: 410-200-8572 Click: [thegalleyssaintmichaels.com](#) The Scoop: Located in the heart of historic downtown St. Michaels, The Galley

is known for the best breakfast in the area made with fresh, delicious and high-quality ingredients. Check them out on Friday evenings, as they offer dinner and live music—a nice way to start your weekend.

Gina's Cafe

📍🌞🌟 Where: 601 S. Talbot Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-6400 The Scoop: A southwest restaurant/bar in the heart of St. Michaels, Gina's is the place to go for Mexican cuisine.

Harrison's Harbour Lights

📍🌞🌟 Where: 101 N. Harbor Road, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-9001 Click: [harbourinn.com](#) Get Ready to Share: To keep up a family tradition, dinners are served family style. The entrees include a daily vegetable, mashed potatoes and gravy, stewed tomatoes, coleslaw, and homemade bread

Latitude 38

📍 Where: 26342 Oxford Road, Oxford When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-226-5303 Click: [latitude38.biz](#) The Scoop: Let the fresh bay breeze run through your hair at the deck dining at Latitude 38. Get your upscale fare from steaks, crab cakes, and fresh fish. The restaurant also offers half entrees for light eaters.

Lowes Wharf Bayside Grill & Tiki Bar

📍🌞🌟 Where: 21651 Lowes Wharf Road, Sherwood When: lunch, dinner Cost: \$\$ Call: 410-745-6684 Click: [loweswharf.com](#) The Scoop: The epitome of

a hidden gem, Lowes Wharf is one of those places that's off the beaten path, but so worth the drive. Beautiful views, a sandy beach, fun activities, and a full bar and restaurant—you might just want to stay the night in the accompanying inn.

Marker Five

📍🌞🌟 Where: 6178 Tilghman Island Road, Tilghman When: lunch, dinner Cost: \$\$ Call: 410-886-1122 Click: [markerfive.com](#) The Scoop: Local seafood and house smoked meats are on the table at Marker Five in Tilghman/ This casual, waterfront restaurant makes everything from scratch and has over 30 beers on tap.

Pope's Tavern

📍 Where: 504 S. Morris Street, Oxford When: dinner Cost: \$\$ Call: 410-226-5220 Click: [oxfordinn.net](#) The Scoop: At Pope's Tavern, indulge in the American bistro experience with seafood flair. Sit back and relax, and choose from a wide variety of spirits, wine, and beer for the ultimate dining experience. Can't Miss Dish: Soft Shell Crab Dinner

The Purser's Pub at the Inn at Perry Cabin

📍🌞🌟 Where: 308 Watkins Lane, St. Michaels When: lunch, dinner, late-night Cost: \$\$ Call: 410-745-2200 Click: [innatperrycabin.com](#) The Scoop: Enjoy a warm summer evening in the garden courtyard as you sip on a cocktail and indulge in some tasty Eastern Shore fare.

The Robert Morris Inn

📍🌞🌟 Where: 314 N. Morris Street, Oxford

When: breakfast, lunch, dinner, weekend brunch Cost: \$\$ Call: 410-226-5111 Click: [robertmorrisonn.com](#) The Scoop: Located in one of the Eastern Shore's most historic towns, the Inn itself has an impressive history, dating back to 1710. Come visit this storied establishment and choose from fine dining, a casual tavern, lazy weekend brunch, or afternoon tea, all developed by award-winning chef Mark Salter.

St. Michaels Crab & Steak House

📍🌞🌟 Where: 305 Mulberry Street, St. Michaels When: lunch, dinner Cost: \$\$ Call: 410-745-3737 Click: [stmichaelscrabhouse.com](#) The Scoop: Traditionally, St. Michaels Crab & Steak House has been an unloading dock for millions of oysters and crabs to be distributed from Boston to the Carolinas. Now turned restaurant, St. Michaels Crab & Steak House offers classic cuisine from land and sea with an entertaining view of the boats coming and going from the harbor. Can't Miss Dish: Crab Cake Sandwich

Stars at the Inn at Perry Cabin

📍🌞🌟 Where: 308 Watkins Lane, St. Michaels When: breakfast, lunch, dinner, afternoon tea Cost: \$\$\$ Call: 410-745-2200 Click: [perrycabin.com](#) The Scoop: Stars makes their daily specials based off of that morning's catch. All of their dishes are cooked with a light touch that unlocks the food's natural intensity.

Theo's Steaks, Sides & Spirits

Where: 407 S Talbot St, St. Michaels; 305 High Street, Cambridge

When: dinner Cost: \$\$ Call: 410-745-2106 (St. Michaels); 410-264-1295 (Cambridge) Click: theossteakhouse.com Start off Strong: Why not start your night with the best? Champagne and Fries! Can't Miss Dish: Chateaubriand for two: sliced filet, chateau potatoes, green beans, and bearnaise

DORCHESTER COUNTY

Bistro Poplar

▲ Where: 535 Poplar Street, Cambridge When: dinner Cost: \$\$ Call: 410-228-4884 Click: bistropoplar.com The Scoop: Join Bistro Poplar for classic French fare in a traditional bistro atmosphere. Bistro Poplar incorporates French cuisine with a Mediterranean and Asian twist for a unique dining experience. Pair a delicious entrée with a hand-picked cocktail for the ultimate meal.

Canvasback Restaurant & Coolahan's Irish Pub

▲ ☀ Where: 422 Race Street, Cambridge When: lunch, dinner, late-night Cost: \$\$ Call: 410-221-7888 The Scoop: Bring your four-legged friend to the pet-friendly patio, or sit in the dining room to enjoy fresh and local seafood, fish, and meats. The menu features various types of cuisine from seafood to Irish fare in both an upscale dining room and a casual, intimate pub.

Carmela's Cucina

▲ ☀ Where: 400 Academy Street, Cambridge When: lunch, dinner Cost: \$\$ Call: 410-221-8082 The Scoop: Taste a little bit of Italy in the heart of the

Chesapeake Bay. Carmela's offers authentic Italian cuisine, often paired perfectly with a glass of wine or beer. Don't Miss Out: Make sure to keep checking their Facebook page for daily specials. Get there before they sell out!

Palm Beach Willies

▲ ☀ ☀ Where: 638 Taylors Island Road, Taylors Island When: lunch, dinner Cost: \$ Call: 410-221-5111 Click: palmbeachwillies.com The Scoop: Bring your car or boat to the locally run restaurant, bar and grill in Taylors Island. Look over Slaughter Creek with an ice-cold beer is a perfect way to spend your evening.

Portside Seafood Restaurant

▲ ☀ ☀ Where: 201 Trenton Street, Cambridge When: lunch, dinner Cost: \$\$ Call: 410-228-9007 Click: portsidemaryland.com The Scoop: An expansive upper deck overlooks Cambridge Creek, while diners indulge on a seafood-heavy menu. This warm, homey restaurant includes a wait staff that has been with the restaurant since the beginning. Weekly Specials: Mexican Mondays, Burger Tuesdays, Shrimp Day Thursdays, Nacho Day Friday

Snappers

Waterfront Café

▲ ☀ ☀ Where: 112 Commerce Street, Cambridge When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 410-228-0112 Click: snapperswaterfrontcafe.com The Scoop: If you didn't make your Caribbean vacation this year, just visit Snappers. This tiki bar was made to bring together both

locals and tourists on the Eastern Shore. Can't Miss Dish: Jordan's Crabby Nachos, nachos smothered in crab dip

Suicide Bridge Restaurant

▲ ☀ ☀ Where: 6304 Suicide Bridge Road, Hurlock When: lunch, dinner Cost: \$\$ Call: 410-943-4689 Click: suicide-bridge-restaurant.com The Scoop: Look over Cabin Creek while you enjoy crab balls to stuffed flounder or hand cut steaks and Prime Rib. Grab a special drink from their cocktail menu to watch the wildlife of the Creek while you enjoy your meal. Can't Miss Dish: The Marylander: Crab imperial, tomato and ham with imperial sauce on an English Muffin

ADDITIONAL DESTINATION RESTAURANTS

WEST OF THE BAY BRIDGE

Bella Italia

Where: 609 Taylor Avenue, Annapolis When: lunch, dinner Cost: \$ Click: bellaitaliamd.com The Scoop: Simple Italian food made exactly the right way, using the best and freshest ingredients, served in a space where all are welcome. Come by, pull up a seat and see what happens when good food, good wine, and good people come together.

Broadneck Grill and Cantina

Where: 1364 Cape Saint Claire Road, Cape St. Claire and 74 Central Avenue West, Edgewater When: lunch, dinner Cost: \$\$ Call: 410-757-0002 (Cape St. Calire), 410-956-3366 (Edgewater) Click: broadneckgrill.com

Happy Hour: Monday through Friday 4 - 7 p.m. Sunrise: Come in on Saturday and Sunday morning for an authentic Huevos Rancheros and a nice tequila sunrise to start your day

Café Mezzanotte

Where: 760 Ritchie Highway, Severna Park When: lunch, dinner Cost: \$\$ Click: cafemez-zanotte.com Can't Miss Dish: Fettuccine Mediterraneo Weekly Wine Night: Join Café Mezzanotte on Tuesdays for half price bottles of wine. Choose from 65 different bottles.

Harvest Thyme

Where: 1251 West Central Avenue, Davidsonville When: lunch, dinner, Sunday brunch Cost: \$\$ Call: 443-203-6846 Click: harvestthymetavern.com Save Room For: Harvest Smash Can't Miss Cocktail: Campfire, a Harvest Thyme twist on an Old Fashioned Happy Hour: 4 p.m. - 7 p.m. Monday through Friday, All day Sunday

Mi Lindo Cancún Grill

Where: 2134 Forest Drive, Annapolis When: breakfast, lunch, dinner Cost: \$\$ Call: 410-571-0500 Click: lindocancungrill.com The Scoop: This family-owned restaurant offers a large menu of traditional, authentic Mexican dishes inspired by Mayan culture. Top off your dinner with a tasty dessert, like Churros and Ice Cream. Happy Hour: 2 p.m. - 7 p.m. Monday through Thursday

Mamma Roma

Where: 8743 Piney Orchard Parkway, Odenton When: lunch, dinner Cost: \$ Call: 410-695-0247 Click: mammaromas.com The Scoop: Classic Italian

food is tucked into the corner of the Village Center in Odenton at Mamma Roma. Here, you will find a friendly atmosphere and a zest for Italian fare.

Nothing Bundt Cakes

Where: 1901 Annapolis Towne Centre Blvd, Annapolis When: Bakery Cost: \$ Click: nothingbundtcakes.com Flavors: Besides the regular carrot, vanilla and chocolate, you can get awesome new flavors like Pecan Praline, Marble, and lemon.

Pasticcio Fresh Kitchen

Where: 150 Suite F Jennifer Road, Annapolis When: lunch, dinner Cost: \$ Click: pasticcio-annapolis.com Online Deals: Check online for coupons like \$3 off a large cheese pizza, \$5 off a purchase of \$50 or more and more coupon options.

Rocco's Pizzeria

Where: 954 Bay Ridge Road, Annapolis When: Lunch, dinner Cost: \$ Click: roccospizzashop.com The Scoop: Rocco's dough and sauces are prepared fresh in the kitchen daily, using only the highest quality ingredients. Upon visiting, you will notice authentic deck ovens, which is another essential ingredient in making a true New York style pizza.

Rutabaga Juicery and Eats

Where: 4 Ridgley Avenue, Annapolis and 1131A Md Rt 3 North Lane, Gambrills When: Breakfast, Lunch Cost: \$ Call: 410-267-261 (Annapolis), 410-970-2437 (Gambrills) Click: rutabagajuicery.com Reset: The Rutabaga Reset is the perfect, natural way to hit the reset

button for your body! This cold-pressed juice creates a way to load up on large amounts of vitamins and nutrients while providing extra hydration to help the body through its natural cleansing process. Can't Miss Drink: Acai Recharge

Señor's Chile

Where: 105 Mayo Road, Edgewater When: breakfast, lunch, dinner Cost: \$\$ Call: 410-216-2687 Click: senorschile.com Margarita Madness: Choose from seven different margaritas on their menu from the classic to a mezcal marg, spicy marg and everything in between Can't Miss Dish: Senior's Fajitas - chorizo, carnitas, peppers, onions, and more!

The Big Bean

Where: 558 B & A Blvd, Severna Park When: Breakfast Cost: \$ Click: thebigbean.com The Scoop: Besides coffee, enjoy some homemade baked goodies breakfast cookies, yogurt muffins, crumb cake, apparel and so much more.

EAST OF THE BAY BRIDGE

Figg's Ordinary

Where: 207 S Cross Street When: Breakfast, Lunch and dinner Cost: \$ Click: figgsordinary.com Weekly Specials: Weekly specials are always different and can be found on their website. For breakfast, find blueberry lemon scones, apple hand pies and even vegan mac and cheese.

Cutest Dogs Unleashed!

Greater Annapolis
Veterinary Hospital



Photo Contest

Thank you to everyone that entered their dog in our contest, What's Up? Media is happy to be donating \$1,000 to Anne Arundel County SPCA.

Readers were asked to submit photos of their cutest dogs during the month of April. Voting took place in May and the results are in! A panel of judges from What's Up? Media selected one dog as the "Judges' Pick" titleholder and reader votes determined the "People's Choice" winner, both featured on these two pages. All entrants are on display in the photo gallery on whatsupmag.com/cutestdogsunleashed and received a personalized, digital faux What's Up? Media "Cutest Dog" cover with the dog's image and name.

To benefit the



**Judges'
Pick:
Mia**





People's Choice: Finley

Finley is a 6 month old mini-golden doodle who lives in the heart of Eastport. She is eager to sit, stay, paw, high-five, roll over, walk, and spin, but absolutely hates being told to lay down. Finley loves ice cubes, socks, digging holes in the sand, and visiting with her neighbors Captain Hook, Hazel-Pearl, and Barney. Her guilty pleasure is ice cream from Salty Paws for dinner and a tomahawk bone special from O'Leary's for dessert. More than anything, she loves meeting new humans. She gets so excited and pees on the floor every time. If you see Finley downtown, stop and say hi!

Submitted by Caitie Laughlin



Mia is a 7 year old rescue from the SPCA. She was my grandmother's dog that she rescued and when she passed away I took her to stay with me. She was a "wild child" when I first got her but she has learned to behave but still will always have her spunk. She lives with her SPCA rescue cat brothers and she is a great friend when foster animals come to stay with us. She loves hiking, playing with her brothers and of course food of any kind. She also likes to join in and sing when she hears the Happy Birthday song!

Submitted by Christina Spinetta



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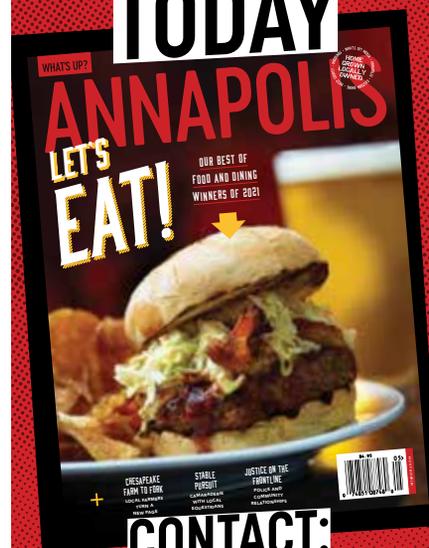


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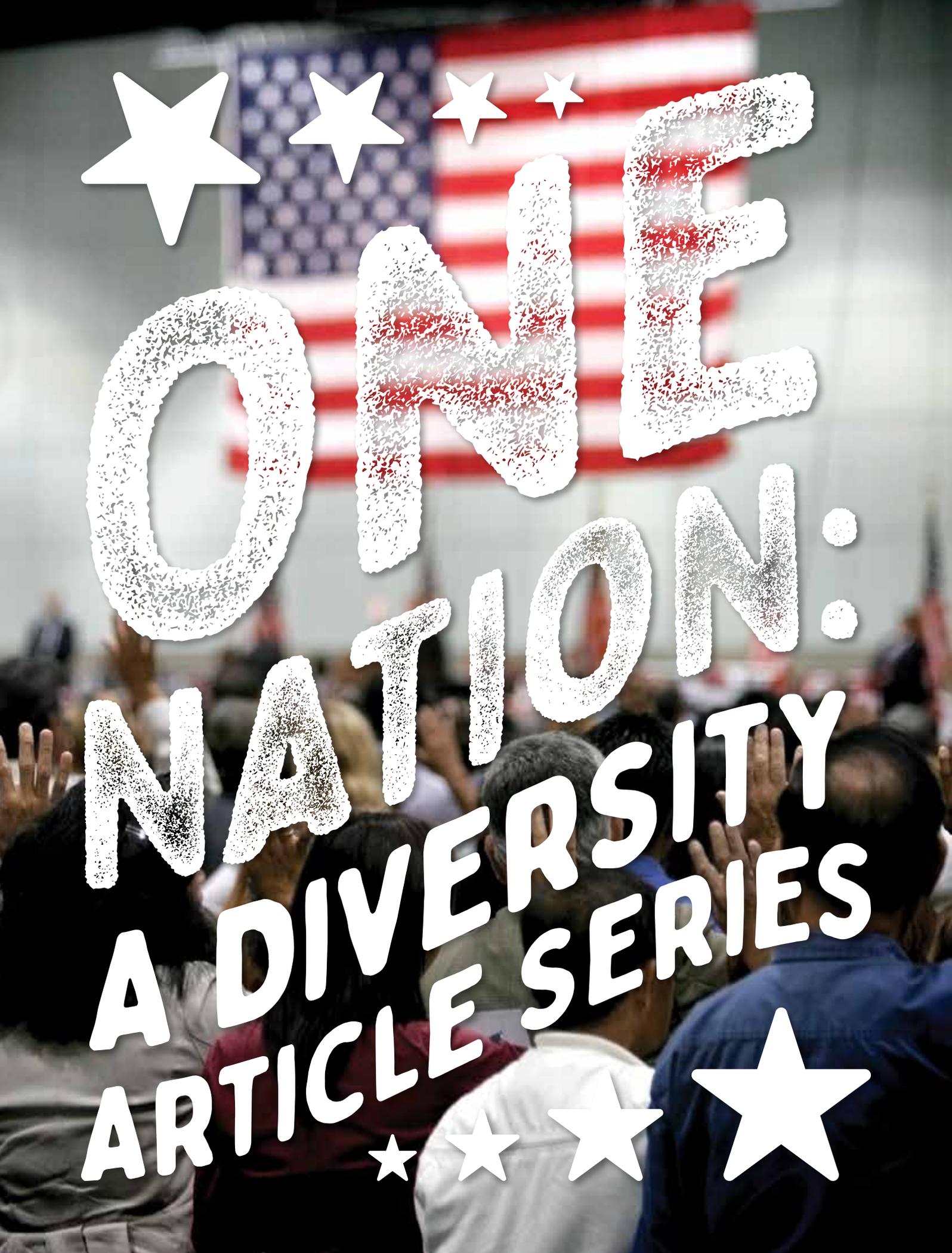
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The Journey to Citizenship

As we anticipate Independence Day 2021, the prospect of celebrating it traditionally is somewhat hopeful as the pandemic slows down. With the nation still politically divided, however, many among us still seek naturalized U.S. citizenship, which remains a cornerstone of our democracy.

By Frederick Schultz

As with most topics covered by media outlets in the shadow of COVID19 for more than a year now, the Fourth-of-July citizenship ceremonies across the nation this summer will be seen through an altogether different lens. And clearly, the story of local ceremonies, including that in the State's capital, Annapolis, in summer 2019 now seem like ancient history.

On July 4 that year, 22 soon-to-be citizens assembled at the city's historic William Paca House before a capacity crowd. Representing 15 different countries and all continents except Antarctica, the candidates listened to Daniel Renaud from the U.S. Citizenship and Immigration Service (an agency of the Department of Homeland Security) and recited the "Oath of Allegiance:"

I hereby declare, on oath, that I absolutely and entirely renounce and abjure all allegiance and fidelity to any foreign prince, potentate, state, or sovereignty of whom or which I have heretofore been a subject or citizen, that I will support and defend the Constitution and laws of the United States of America against all enemies foreign and domestic; that I will bear true faith and allegiance to the same; that I will bear arms on behalf of the United States when required by the law; and that I take this obligation freely and without any mental reservation or purpose of evasion, so help me God.

Veteran reporter E. B. Furgurson III described the city scene in his article for the *Capital Gazette*: "bunting and flags...clusters of strapping military men...the coming hordes...scores of folding chairs...a standing-room-only crowd."

The report also quoted speaker Renaud, who compared the ceremony to a birthday party, of sorts: "In this case, you give and get...Today you get the honor of citizenship, the responsibility of citizenship, you get new rights, new freedoms, new opportunities, and we invite you to take advantage of all those—run for office, vote, participate in your community."

Renaud closed his remarks by advising the new citizens: "Don't lose who you are. It is who you are that brought you to this place."

Instead of Hope in 2020, Desperation

According to Kirsten Clark, executive director of Annapolis' Center of Hope, the past year has been one of desperation for a number of those seeking U.S. citizenship in this region. Many who were in the process of naturalization and who happened to be in the service industry faced layoffs and closures, with a large number ineligible for benefits. "Some of them qualify for certain benefits, some do not," Clark tells us for this story.

"Mixed established families, in which one couple files tax returns jointly but only one is a citizen and the other is not," Clark says, are not eligible for federal stimulus payments. "Ultimately," she points out, "the amount of resources our clients have is lower than the average American family."

Last year, Director Clark said, the center saw "a lot of people reaching out to us for help...a 53 percent increase in cases," with unemployment and housing issues "very high." And this situation, even with vaccines becoming more readily available, has yet to improve.

The Federal Outlook

For official national insight into the naturalization process, we went to Waleska Casiano-Matos, an Annapolis-based immigration lawyer for the U.S. Citizenship and Immigration Services (USCIS). A native of the U.S. territory of Puerto Rico, and thus a citizen, she noted that, even though July is the most well-known month when naturalization ceremonies take place, “the USCIS office celebrates naturalization ceremonies all year long.”

Surprisingly, Casiano-Matos revealed exclusively for this story that the Hispanic and Latino communities are the smallest groups represented in naturalization ceremonies in Maryland. Why? “The younger generations are more willing to apply for naturalization than the older ones. The reason is simple: Education.”

She notes that a large number of older Hispanics and Latinos in this country lack any formal education, and “many of them are illiterate.” The elders can become legal permanent residents (LPR), using an interpreter in the interview. To become citizens, however, they have to speak, read, and write English. “Given those circumstances,” Casiano-Matos admits, “they prefer to be LPR all their lives instead of applying for citizenship.”

Those populations have grown in the state of Maryland. According to her, “the undocumented portion of that population usually work in construction, restaurants, landscaping, and home-cleaning services.”

The USCIS official stresses that the naturalization process is complex, and exceptions are few. The Hispanic/Latino populations lack the formal education and the English skills to overcome the obstacles, and that’s why fewer Hispanics even take the test. “Also,” she says, “if you come from any country south of the border, chances are that you didn’t come to the country with a visa, and that significantly lowers the chances of ever becoming a citizen.”

When asked how the naturalization and citizenship process could be improved, Casiano-Matos quickly replies: “We need immigration law reform. For the naturalization process, more exceptions are needed to include those LPRs who cannot learn English simply because they cannot learn a second language, owing to the fact that they never really learned their first language. That’s a phenomenon you see mostly in the Latin American countries.”

Many who come from other countries, she stresses, “already have a visa and applied to come to the U.S. and were allowed in. Most are professionals or people who have been in school. There are exceptions, of course, but that’s the difference.”

Available Resources

The USCIS has books and many online resources to study for the exam, Casiano-Matos points out. And she also cites nonprofit organizations such as the aforementioned Center of Help, which has free classes to prepare aspirants to take the civics exam. “Our office helps applicants with their process,” Casiano-Matos says, “and we prepare them for the interview and accompany them to the interview itself.”

One obstacle to those of Hispanic and Latino descent, she cites, is that “people are afraid to apply for citizenship; they fear being denied and deported. And now, with the new ‘public charge’ rule, more and more people fear the application process.” That rule, incidentally, went into effect last year, defining a “public charge” as “an individual receiving one or more public benefits for a period of 12 months during a 36-month period.” As it applies to immigrants, it is imposed to refuse visas and permission to enter the country.

The message Casiano-Matos would like to emphasize for this story is: “If you are a citizen of this country, make sure you use all the rights the Constitution gives you. Especially use your voice and your vote. And if you are a citizen, help others to become citizens, too.”

Sons of Italy... and Now America

Brothers Bruno and Rino Di Santillo are owners of the Momma Roma restaurant off Piney Orchard Parkway in Odenton. Growing up in Italy, they told us, “we always wanted to experience the American Dream.” In fact, the United States to them was “a country where we thought that all dreams would come true.”

That idealistic view, however, did not fully prepare the brothers for what lay ahead. “Little did we know that while we had the passion, it would take such hard work, perseverance, and commitment,” Bruno told us. “We soon realized that this was the way to succeed in America. We were willing to give it our best, and part of this process was to become an American citizen.”

As the Di Santillos assimilated to life in the United States, they said, “we learned to appreciate where we came from and where we were going...Our business has presented many challenges along the way. It has been difficult at times as we adjusted to American culture.”

Was it worth the effort? “We are following our dream and determined to make each day successful. We have learned so much. We love serving those in our community and realize that we would not be where we



are today without their support. We are privileged to be in the position we are today. Our passion has been kept alive through the diligence of hard work and the wonderful community that supports Mamma Roma.”

Oksana: A Model Citizen

Anyone who’s patronized local farmers’ markets likely know Oksana. Or at least they know the quality of her goods, featuring fresh organically grown produce and canned pickled and fermented vegetables from her own recipes.

On one occasion last year, a team from Voice of America filmed part of a documentary on Oksana, capturing her in action and interviewing some of her customers. It’s now available online, in Russian. What many patrons don’t know is that her full name is Oksana Bocharova, a naturalized U.S. citizen since 2010 and a native of the Belgorod region of eastern Russia, 40 kilometers north of the Ukraine border on the Seversky Donets River.

Attributing her love of farming to her father Yuriy, she set out to be a farmer herself at age seven, earned a Master’s degree in agronomy in 1992. She then worked on a 5,000-acre collective farm, leasing 200 acres to produce vegetables, sugar beets, and hay as well as raising pigs for markets nearby and in Moscow.

Oksana graduated from AgroBusiness in 1997 and two years later came to the United States through the University of Wisconsin’s Dairy Farm Training Program. From there, she moved to Maryland to work on a certified organic farm in Anne Arundel County and ultimately bought and cultivated her own farm on the Eastern Shore, concentrating on growing produce for markets and Community Supported Agriculture (CSA) subscribers.

For this story, Oksana answered questions by phone as she was driving to her farm near Chestertown. Knowing that her pursuit of U.S. citizenship was a mostly solitary effort on her part, we wondered how the naturalization process works with split families, citizen and non-citizen. “The process could take years if filing jointly and for the person who doesn’t have citizenship, to gain it,” she noted.

What was the driving force behind Oksana’s pursuit? “As soon as we decided that we would like to stay in this country, it was important to live here legally, to express your vote. My relatives in Russia are happy that I live in this country.”

We next asked what the naturalization process involved for her. After stressing that applying for citizenship is different in every case, she said that after a year on a trainee visa to study agricultural business in this country, she came back for a second year on the same visa. But that didn’t allow for her



“We learned to appreciate where we came from and where we were going...Our business has presented many challenges along the way. It has been difficult at times as we adjusted to American culture.”



Rino and Bruno Di Santillo

children to accompany her here. “So the children stayed home with my parents for two years, while my ex-husband and I participated in an international dairy business trainee program, since we were post-graduated from agricultural colleges.”

As Oksana determined that “things in Russia were not getting better,” she decided to stay in the United States. Because the couple “wanted to be legal,” she said, “we talked to an attorney to see how we could pursue it.” And that pursuit was not easy. “Our path was through our employer to get a work visa,” she recalled, and that process took “a year or two,” at which time “as soon as we got it, we were able to bring our children here.”

The next step was to apply for a green card, Oksana remembers. “It sounds really simple,” she said, “but



“As soon as we decided that we would like to stay in this country, it was important to live here legally, to express your vote. My relatives in Russia are happy that I live in this country.”



*Oksana Bocharova,
Photo by Celia Pearson*

I got the visa first, then I had to do it for all my family members, which meant a lot of money in attorney fees.” The next step was to apply for citizenship, and she remembers that “the entire process cost us about \$20,000. That was our journey.” The most difficult part of the process, she warns, is that nothing is guaranteed. “It was really risky,” Oksana remembered. “I learned that you should not do it yourself. Hire a professional attorney with a good reputation. Do your part, too...Follow the instructions, and just wait. It was not easy for me.”

Postscript

In June 2020, the Congressional Quarterly Roll Call posted a report that “two immigrants whose U.S. citizenship ceremony was delayed by the coronavirus pandemic have sued the federal government, hoping to expedite the naturalization process they need to complete to vote in this fall’s [November] presidential election.”

The class-action lawsuit was filed on behalf of two permanent residents whose naturalization applications were approved by the Philadelphia field office of U.S. Citizenship and Immigration Services. But their oath ceremonies, along with thousands of others, were postponed after the USCIS shut down its offices in mid-March to help mitigate the spread of the coronavirus.

Attorneys in their lawsuit wrote that it would take several months, at best, before the Philadelphia field office could administer the oath of U.S. allegiance. “Meanwhile, Plaintiffs and putative class members would continue to be denied the rights and privileges conferred by U.S. citizenship,” they said.

The plaintiffs have asked that their naturalization process be expedited so they can be sworn in as Americans by late September, ensuring they can register in time to vote in the fall.

“There has been so much negative fallout from the pandemic, including delaying the rights of citizenship to hundreds of lawful permanent residents in the Philadelphia area, every one of whom has already had their application approved, but now have been unable to complete the oath—the last step of the citizenship process,” said Matt Adams, legal director for Northwest Immigrant Rights Project, which filed the lawsuit along with the National Immigration Litigation Alliance and others.

The Department of Homeland Security, which oversees the USCIS, did not immediately respond to a request Friday for comment on the lawsuit.

The naturalization oath ceremony is the final legally required step before someone transitions from permanent resident to American citizen. The USCIS resumed conducting naturalization ceremonies on June 4, and the agency said it has naturalized nearly 2,000 individuals to date.

But that falls short of the 60,000 people the agency naturalized every month before the pandemic, according to government data.

For weeks, the USCIS has dismissed the idea of holding virtual naturalization ceremonies despite pleas from advocacy groups and congressional lawmakers.

“Naturalization ceremonies are required to be public, and under the Title 8 of the Code of Federal Regulations, the applicant must ‘appear in person’ to take the Oath of Allegiance,” USCIS spokesman Joe Sowers said.

However, some field offices, including the one in Santa Ana, California, will soon conduct drive-thru ceremonies for thousands of people there.

The National Partnership of New Americans, a coalition of state, federal, and local organizations that help naturalized citizens register to vote, estimated that 860,000 people were scheduled to become U.S. citizens this year. But that was prior to pandemic-related shutdowns.



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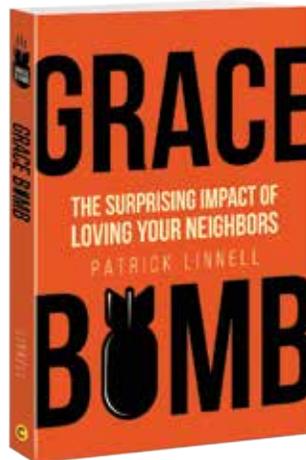


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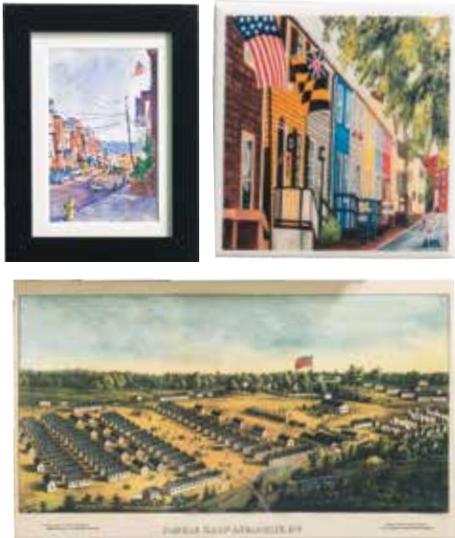
11. FRESH

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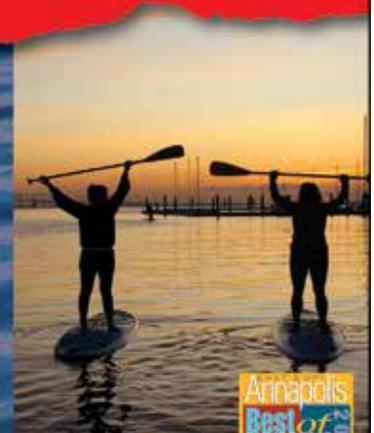
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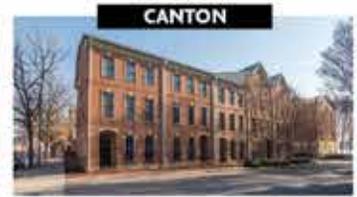
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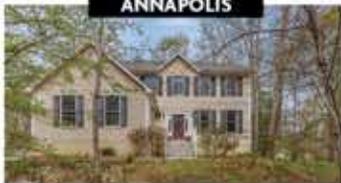
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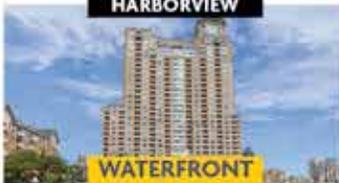
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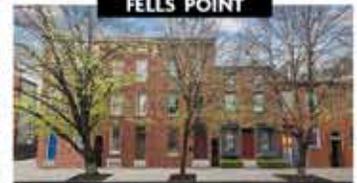
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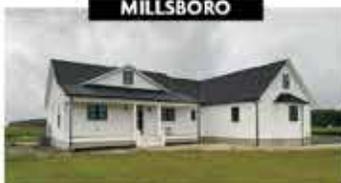
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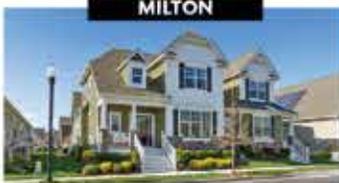
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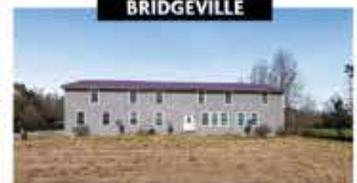
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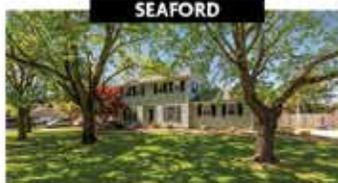
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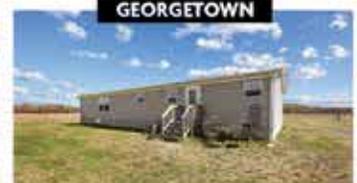
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Landmark Living

**HISTORICAL
STATUS RESIDES
AT THIS CHESA-
PEAKE ADDRESS**

*By Lisa J. Gotto
Photography courtesy of
Mr. Waterfront Team*

Every once in a great while we have the rare opportunity to feature a residence that is as grand in scale as it is steeped in history. This 40-acre signature estate is just a portion of a larger historical parcel originally referred to as Homewood's Lot. Its Anne Arundel County ancestral land records date back so far, it is said to be among the longest continuously occupied lands in the County.



A 17TH CENTURY PEDIGREE

Located off Whitehall Creek, Homewood's Lot was once part of the town of Providence, settled by the Puritans around 1650—one of the first European settlements in the County. Between the years 1999 and 2002, a series of surveys were conducted on these lands as part of Anne Arundel County's *Lost Towns Project*, revealing a rich and remarkable history.

Two structures found as a result of this excavation date back to the 1650s and 1660s. Another two were determined to be 18th century structures.

It was in the year 1650 when this land was first mentioned in County records as being provided to a man named James Homewood. Records also show that James' brother John lived there until his death around 1681. The land then passed down to James' wife Sarah, and his nephew, Thomas. This bequeathing of land continued down the blood line to Thomas's son, Captain Thomas Homewood, sometime between 1713 and 1731, which he later consolidated into eight tracts that were formally named Homewood's Lot.

According to local church records, the land would be occupied by the Captain's progeny and his wife, and her new husband after the Captain's death in 1739. After this couple's divorce, the oldest son of the Captain mortgaged the land to a Henry Woodward. Woodward's death would lead to having one of the most prominent portrait painters of the era, John Hesselius, residing on Homewood's Lot when his widow, Mary, was remarried to Hesselius. He resided there until his death in 1778.

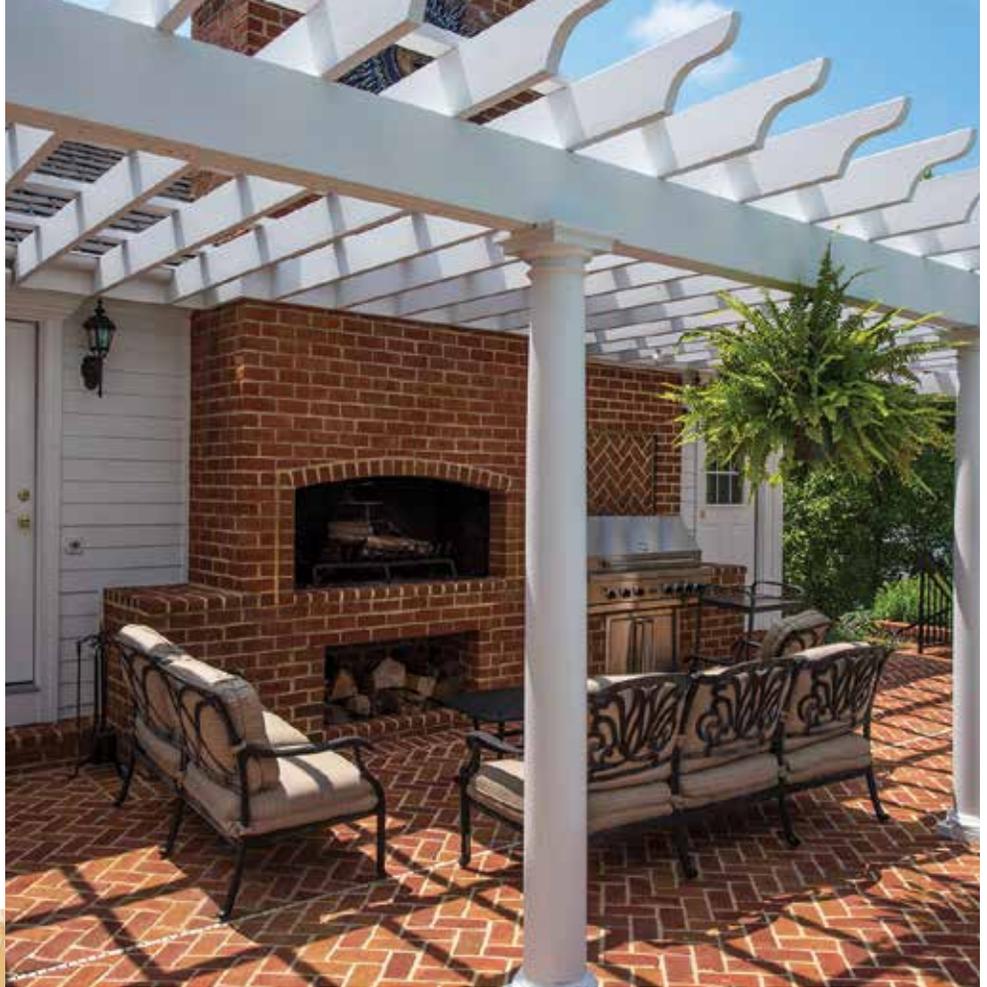
WHAT REMAINS

The aforementioned study was not the first such survey of this nature on these lands. In 1975, a survey was conducted for the Maryland Inventory of Historic Properties, according to a report published in a 2004 volume of *Maryland Archeology*.

Among the highlights of this study, on what is known as the Belfield Farm site, is a visible reminder and an historical marker of note, the remains of a carriage house. It is this structure, that the estate's new owners have taken stewardship of and can look to as a symbol of a bygone era. This structure has been designated an historic site by the State of Maryland Historical Trust, (MHT).



According to MHT records, traces of a number of building foundations can be found on the site including that of a 18th century Georgian mansion, which makes the primary structure that presently resides there all the more fitting to the land on which it sits.



PALATIAL PRESENT-DAY LIVING

Within the last year, the 10,000-plus-square-foot main house and its surrounding structures and environs became an illustrious residence once again, to a new family, ensuring the parcel's legacy of occupation will continue. Listed during a time of high market interest, listing agent Reid Buckley of Annapolis' Mr. Waterfront Team said interest in the estate was robust.

"The home had an offer immediately upon listing. There is such a demand, particularly from out-of-town buyers for privacy, and this offered a real resort, family-compound setting," Buckley says. "The buyer's agent, Kevin Cooke of Coldwell Banker, Annapolis, had worked with this particular family for almost a year to find just the right property."

Built in 2006, the main house exemplifies the quality of life anticipated with a residence of this size. The term "grandeur" definitely comes into play and can be witnessed upon approaching it via the property's extended tree-lined driveway.

Inspired Southern-style living awaits as one enters along a circular driveway. Four, glorious Georgian-style redwood columns painted white to match the entire exterior are complemented by gracious red brick stairs and walkways laid in a parquet pattern. This red brick is used extensively and exquisitely along all the home's pathways and patio spaces.

A MANOR-STYLE MAIN LEVEL

Once inside, guests are greeted to the visual feast of an elegant and expansive two-story foyer with a floating staircase, warm, hardwood floors, and immediate views to the water. You will also get your first glimpse of the incredible molding and trim work evident throughout the home.

“The sellers had had a team of craftsmen working for nearly two years to install the trim when this home was first built,” Buckley says. “The crown molding alone has nine separate elements to it.”

The foyer opens into a marvelous, multi-functional great room. Designed to be an exceptional gathering space, it offers the bonus of abundant natural light through its connection with an expansive solarium with its three walls of glass providing sightlines to the pool area and Whitehall Creek.

An Old-World-style, multi-tonal kitchen offers every amenity a chef would want and every comfort a family would love with its antique heart pine floors, tongue and groove ceiling, a six-burner Viking gas stove, and a quaint working fireplace with red brick inset situated within the room’s informal dining area. A formal dining room with large, glass-front built-ins on either side of its central marble fireplace is also located just off the kitchen, in anticipation of the next truly special occasion.

The family room affords added opportunity to marvel at this home’s unique and detailed ceiling treatments. The use of warmer, darker woods and a coffered ceiling here infuses the space with a familial sensibility perfect for evenings of movie watching and extended conversation by the fire. Speaking of which, what a fireside it is with this room’s custom mantel of dark cherry and dramatic black granite. A prelude of things to come, perhaps, as this mantel is also rivaled by the one in the home’s formal living room, or parlor.

This room is an homage to traditional architectural charm with its incredible fireside built-ins, chair rail, and an amazing custom-built fireplace of marble made in Spain.

While the detail of this residence is reminiscent of an opulent era with its fine design and luxurious use of materials, it is not at all impractical.





“Although the home has formal architectural elements such as marble-surround fireplaces and extensive trim, the functionality was designed for the way we live today,” says Buckley, who remarked that the aforementioned parlor could easily be used by the home’s new owners as a main-level home office or gracious study should the need arise.

Blending the style of yesteryear and convenience of today, the home’s main level master suite is as serene a sanctuary as it is a smart way to make the entire dwelling a forever home. The king bed faces a gracious set of French doors with extended

floor-to-ceiling window panels on either side providing tranquil views to the creek. A wall of custom built-ins adjacent to these doors offers stores of drawers, a hideaway for a flat screen TV, and a lovely little gas fireplace to ward off any winter Bay chill. And on the way to the huge master bath suite, stop at the extended onyx-topped wet bar for a relaxing night cap.

Upstairs, there are four additional bedrooms, three baths, a separate lounge area perfect for additional office and tele-conferencing space, and two, large, second-level porches affording privacy and beautiful views. There’s also space for a game room, home gym, or theater room.

EXTENDED STAY, YOU SAY?

No problem! In the gracious style befitting the land’s Colonial era roots, this property boasts an additional 2,000 square-foot guest house with three bedrooms, a full, eat-in kitchen, two baths, and a charming living room with fireplace. Not to mention the property’s separate pool house with changing quarters and indoor and outdoor kitchens and lounge areas.

Indeed, exploring the outdoors is one the greatest gifts afforded by this Chesapeake-centric property. It’s providential location on Whitehall



Creek includes a private dock and six-feet of Mean Low Water putting the boating enthusiast just mere minutes from the Bay.

As special as all the amenities, finishes, and outdoor perks are, it is the exceptional opportunity to not just live in this home, but to dwell within this property's unique landscape and landmark status. A profound sense of all that has come before us is a rich and rare experience to be cherished.

"The continuity of history is pretty extraordinary," Buckley says. "Dwellings come and go, but the *land*, and the views, and the love of the water transcends any particular time."

Artifacts Found at Homewood

What we know about prior peoples and times is best learned through artifacts found deep within the earth. Homewood Lot's artifacts, indeed, paint a picture of what life was like on a Colonial-era settlement—and sometimes, interestingly enough, what wasn't found, is just as telling as what was.

Layers of strata at Homewood's Lot not only revealed distinctions between 17th and 18th century ways of life, they provided a framework for who these settlers were, and offered possibilities as to how these settlers made a living. For example, many remnants of clay tobacco pipes were found during these excavations signaling that their production was not just for personal use.

The discovery of Rhenish stoneware provided a firm indication of the initial date of settlement, as that was a type of stoneware popularly produced in the Rhineland region of Germany and exported to England and America during Colonial period from 1607 to 1776.

The location of where items like nails, copper alloy, pewter buttons, and scissors appeared enabled the surveyors to determine what types of structures were once built on the Lot. These particular items supported the contention that one of the buildings on the property was used as a wash house, as well as, a kitchen.

While time and circumstances, like fires, may have led to the demise of these structures, their unearthed treasure have much to say about the historical significance of these lands.



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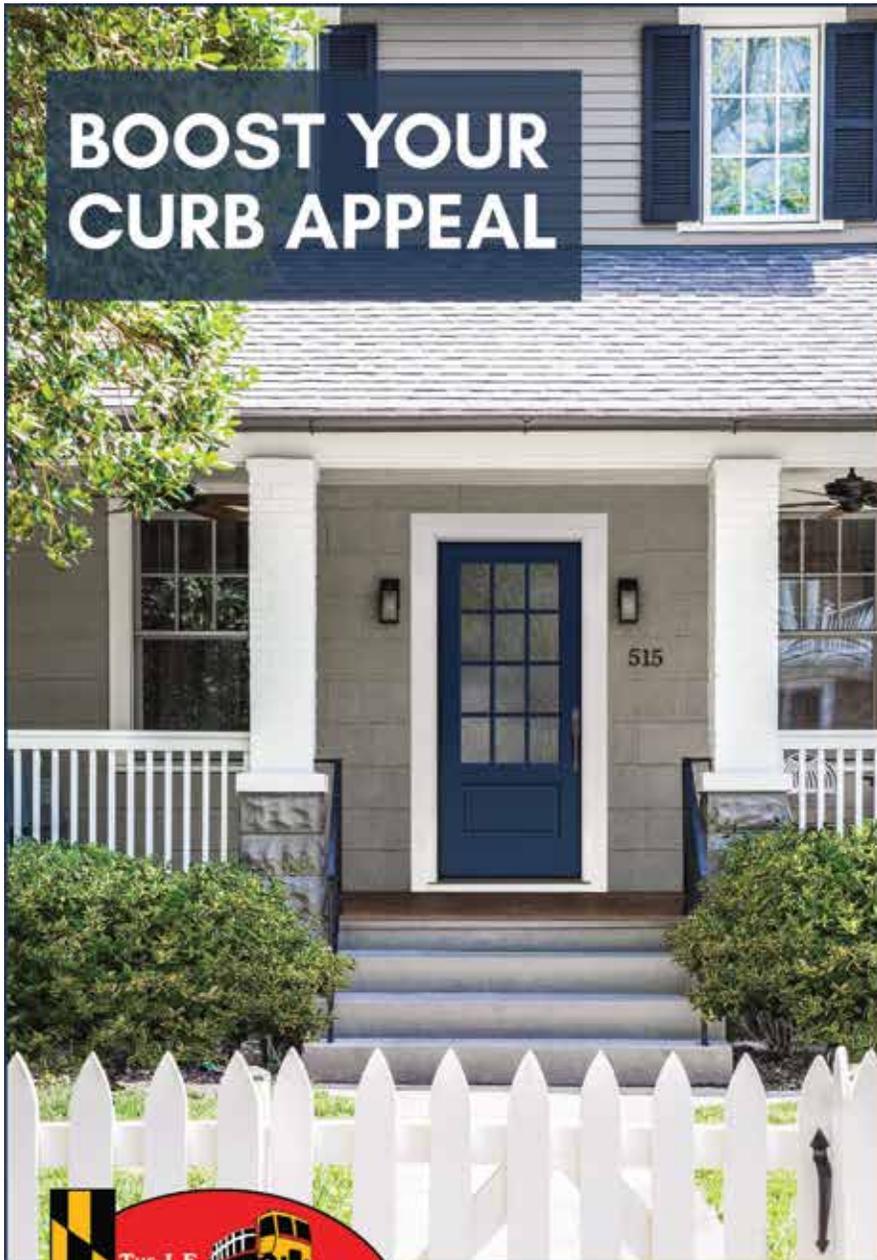


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6 Statement-Making Elements of Kitchen Design

By Lisa J. Gotto

Our home's kitchen, simply put, is everything these days. Savvy homeowners are going the extra mile to ensure these spaces meet their specific needs and expectations, and be designed to exacting standards of efficiency and beauty. Let's explore six essential strategies at the heart of statement-making, purposeful kitchen design.



1

Mixing Tones

Inviting. This is certainly what we wish all our kitchens to be. Conducive to culinary creativity as well as gathering and supporting the way we live day-to-day, the kitchen that can do all these things and look great doing it, sets the standard. One great way to accomplish the visual aspect of this standard is using a tonal mix. Adding new tones can be tricky, however, so experts advise following the "Two-C" rule: complement and contrast. So, for every new tone introduced, it should either complement or contrast what is already going on in the space. It's also a good idea not to exceed three distinct tones within one space. From the look of things in this room, the paleness of all the tones complement each other, while the mixing of the grey, the washed aqua, and a subtle sage green provide an almost subliminal contrast. When in doubt, find a pro who can help you find a balance of how to use each tone and where to use it.



2

Creative Space Making

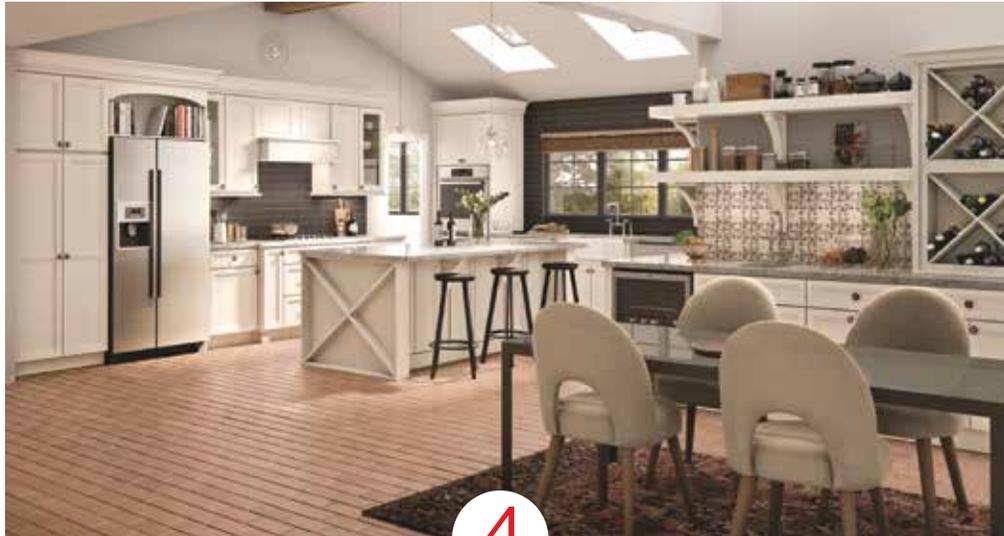
No matter how much room we provide in our kitchen floorplans these days, there are always times when we wish we just had a little more space, or wish the space could "do more." This may be one of the reasons that kitchen islands have gotten larger and are seen as the multi-functional miracle worker of the kitchen. While you may sacrifice space initially for its footprint, what you can pack into an island—storage, sink, dishwasher, shelving, and seating—has helped earn it a valuable place in the kitchen, nonetheless. Another stylish way that storage is here to stay in the kitchen is clever and sassy banquette seating with built-in storage. With functional upholstery options, a variety of materials, and tabletop options, there are so many smart ways this element can work in the kitchen. Getting creative and not depending on cabinet storage so much can actually lead to opportunities to show off your sense of style. More and more, we see dishes coming out of the cabinets and placed where they can be easily accessed and displayed. While this in-wall option may not work for every family or kitchen, it certainly stands as a stunning reminder of your good sense and great taste!



3

Frugal Use of Restaurant Design

While you wouldn't necessarily want the harder, more austere aspects of a restaurant kitchen in your home, prudent uses of industrial elements cannot only be functional, they can convey a sense of sophistication in your style choice when appropriately modified. For example, applying an industrial application to the ever-popular kitchen island concept provides flexibility, abundant storage, and in this case, true panache. Adding a sumptuous marble countertop, dare we say, is like adding butter to bread. Other restaurant-style applications such as open and floating shelving, warming stations, professional-grade ranges, and elongated food prep counters are appearing in many current-day kitchen plans—not only making statements, but making life easier for the home chef.



4

Embracing Longer-Lasting Trends

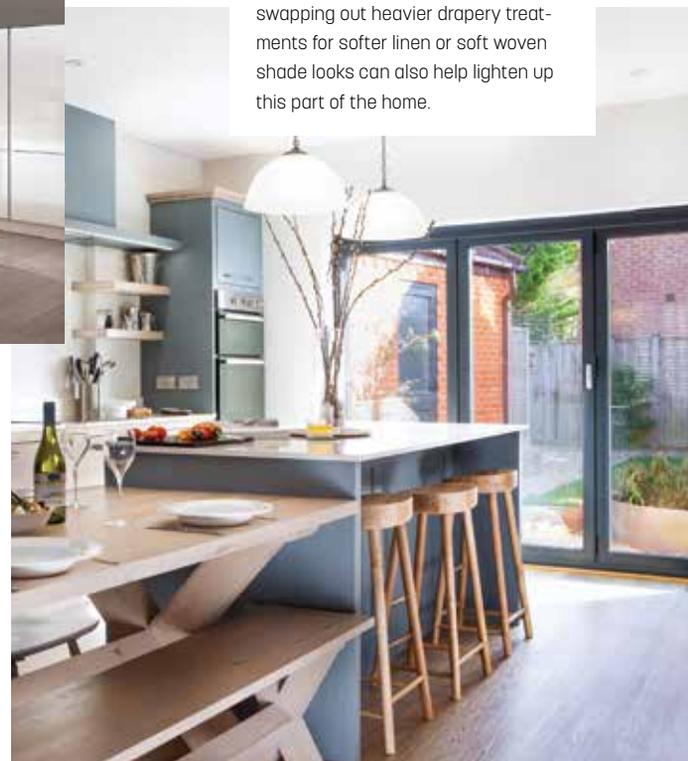
There's nothing wrong with baking a little longevity into your kitchen design plans. Blending long-term needs with trends that are expected to endure is a worthy and achievable design goal. Warmer, "comfort colors" such as warm beige, shades of aqua, and orange are said to be on the palette, as is the most perennial kitchen color, white. A newer trend that intends to stick around for a while is the implementation of organic style in the kitchen. Elements of biophilic (love of nature) design, such as indoor herb gardens is, no pun intended, growing, as is the use of organic, wood-look flooring, and energy-efficient light fixtures. Designers and homeowners alike appreciate the optimism in these "greener" features. Touchless faucets were a great idea prior to the pandemic and will endure; they just make for an easier, quicker, and safer clean-up experience. Increased storage space is another practical trend. Organized storage not only helps you track your inventory of edibles, but it also provides extra room for the new appliances you most likely bought for our extended eat-at-home period. Now that we know how much easier these appliances have made life in the kitchen, we will want to store them properly for years to come.



6

Intuitive Appliance Integration

A trend that started out in highly-customized kitchen design, is now becoming a must-have for any aesthetically-inclined homeowner. The bigger, bulkier looks of today's refrigerators and the mechanical facades of dishwashers are being upgraded as designers are fitting them flush with adjacent cabinetry to streamline the look and provide for uninterrupted sightlines. In fact, nothing cumbersome or utilitarian need show its shiny facade in today's kitchens as integrated flip-up cabinets serve as cover for larger, everyday appliances, such as toaster ovens and smoothie makers. Just a quick touch and these precision cabinets easily rise for out-of-sight-out-of-mind convenience. When it comes right down to it, the exceptionally well-designed kitchen is no longer the aspiration, it's a realization of the importance of this space and it's uniquely inter-woven connection with our quality of life.



5

Promoting Our Special Relationship with the Outdoors

As the year 2020 evolved, we learned not only how important our interior spaces are to us, but how essential our connection to the outdoors is to our emotional and physical wellbeing. This special relationship has prompted many homeowners to take a critical look at the room they spend the most time in, the kitchen, and assess if it is properly equipped to address this essential need. The natural light, the rays of sun, and the access to the fresh flow of air that properly functioning windows and sliding or bifold doors provide, have become just as important as heating and cooling our homes. While upgrading windows and doors can be costly, there is long-term value in this investment and designers are creating exceptional takes and re-works on windows to make them larger and enhance the focal points to the outdoors. Less expensive fixes, like swapping out heavier drapery treatments for softer linen or soft woven shade looks can also help lighten up this part of the home.



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HOME GARDEN

To Mulch or Not to Mulch

By Janice F. Booth

This *too-MULCH-u*ous topic comes up among gardeners seasonally: Is mulching really a good idea? It's a lot of work and some expense. Why should we mulch? When? What kind of material? Where? How much? "Mulching or not" seems an issue with many reasonable points of view, depending on your tastes, your budget, and your sense of environmental responsibility.

Professional landscapers and serious gardeners are strong advocates of mulching for very good reasons. However, there are pros and cons to all the methods and materials available for the job. This may be the year you want to investigate an alternative to traditional mulching, one that is effective, attractive, and inexpensive. So, here we go.

Why We Mulch Our Gardens

There are five excellent reasons to mulch, which means covering the soil with organic or synthetic material around plants, bushes, and trees.

Mulch can... 1. Suppress weeds, easing the burden of maintaining a happy, attractive flower bed or vegetable patch. 2. Retain moisture in the soil when it's dry and protect the soil from erosion when heavy rains pelt the earth. 3. Insulate the soil from the extremes of summer heat and cold winter weather. 4. Potentially improve the soil's quality by adding nutrients and encouraging earthworms and oxygenation. 5. Contribute to a tidy, well-groomed appearance in the garden areas.

When Should We Mulch

For all the reasons just reviewed, mulch is best applied in the late springtime and late fall. It's probably unwise to mulch too early, when the mulch could settle on top of emerging plants and seedlings. Heavy mulch could deform and even smother the new plants and new growth. Also, the compacted mulch may insulate the still-cold earth, keeping the warm, spring sunlight from penetrating to the dormant roots below. Waiting until May or even early June gives the garden lots of time to offer up its promising growth to be admired and pro-

TECTED by the careful placement of protective mulch. After a long summer and in preparation for the cold winter months, fresh mulch can be reapplied. A word of caution, however: In the autumn, wait to lay down the fresh mulch until the leaves have been blown, raked, and collected. If fresh mulch is applied too early, it may be raked up and blown away with the leaves, twigs, and detritus. (Note: If you compost your leaves, you may have the makings of an excellent, organic mulch for the coming spring. *See below.*)

What Material Should be Used as Mulch

There are a few basic qualities that characterize good mulching material. It should be light-weight, free of bacteria or fungus, and clean (no weeds or seeds). That said, there are two basic types of mulch, *organic* and *inorganic*.

The common **inorganic** varieties are rocks, stones, rubber, plastic sheets, and geotextile or landscape fabric.

Organic mulch includes, straw, compost, bark, wood chips, leaves, and pine needles—natural materials.

You might decide to use more than one variety of mulch in the garden. Or, you may decide to skip the mulch and go directly to ground cover, low-growing plants such as English ivy or Periwinkle, that provide the same benefits as mulch. (More on this later.)



PROFESSIONAL LANDSCAPERS AND SERIOUS GARDENERS ARE STRONG ADVOCATES OF MULCHING FOR VERY GOOD REASONS. HOWEVER, THERE ARE PROS AND CONS TO ALL THE METHODS AND MATERIALS AVAILABLE FOR THE JOB. THIS MAY BE THE YEAR YOU WANT TO INVESTIGATE AN ALTERNATIVE TO TRADITIONAL MULCHING, ONE THAT IS EFFECTIVE, ATTRACTIVE, AND INEXPENSIVE.



All of the organic mulches provide similar benefits, those five we discussed. A few additional points about organic mulch: *Compost* is delightfully “pollinator friendly,” encouraging bees and other insects to come closer—always good for the plants and flowers. A word of caution, however, as compost should be loose and only partially decomposed when applied. Otherwise, it can remove oxygen and leach nitrogen into the soil. Not good! “Sour mulch” as it’s aptly called can ruin your plants.

All the *wood products*—bark, chips, leaves, and needles, afford an excellent source of nutrients for the soil. As they decompose photosynthesis occurs, cleaning the air of toxins, absorbing carbon monoxide, and releasing oxygen (Ground cover provides this same advantage.) Bark is often dyed, allowing for colorful flowerbeds. Be careful to check that the dye used in the bark is non-toxic. Leaves are readily available and easy to compost. They must be ground or broken up, however. If left unmodified, the leaves matt and may smother young plants and form a hiding place for insects and mice.

Straw (not hay) is a byproduct of grain and provides an inexpensive, clean ground protection. However, it’s not appropriate for urban and formal gardens. It is inexpensive and often used for vegetable gardens.

Cardboard and *newspaper* are useful secondary mulching materials. If the paper products are undyed and free of wax or gloss-finishes, they will serve well as an underlayment for another mulch, such as chips or bark. The wood fiber in these products breaks down slowly and smothers weeds.

Inorganic mulch products include rocks, gravel, stone, rubber mulch, plastic, landscape fabric—all of which are easy to maintain and long-lasting.

Stone, gravel, and *rock* are tidy and relatively permanent options. They are best used for paths, around trees, and, generally, in places where the weight of the stones will not harm plants or shrubs. Rocks and gravel

are relatively permanent. It is a chore to place them, and an even bigger job removing them from a bed or walkway. In addition, rocks absorb heat. They may overheat the soil beneath and kill plants and even young trees. Plan carefully if you choose these forms of mulch.

Rubber mulch is durable and excellent for play areas, requiring little maintenance. It is unaffected by heat and humidity, and stays free of fungus and bugs. Since it’s rubber, it is heavy—which is the good news (won’t be blown away) and the bad news (potentially compacts the soil beneath). Rubber mulch does not enrich the soil and may leach heavy metals, such as zinc aluminum, and chromium, into the earth. It’s expensive, gives off a slight odor, and, in my experience, floats out of the flower beds in a serious downpour. (I watched my tidy mulched flowerbed washed clean of its expensive, fresh rubber mulch!)

Plastic and landscape fabric efficiently discourage weeds and help retain moisture. They’re excellent in early spring and fall as blankets, keeping the plants’ roots warm. They’re best laid in fresh, new flowerbeds and vegetable patches. It’s tough to install plastic or fabric in an established bed.

Finally, a word or two in support of a mulch alternative—ground cover. In our region *Vinca minor*, *Myrtle*, *Periwinkle*, and *English ivy* thrive. They provide an attractive, easily maintained protection for the ground. (Keep an eye on the ivy in case it tries climbing up a tree or wall.) Ground cover that is living carries on photosynthesis, cleaning the air of toxins, absorbing carbon dioxide, and releasing fresh oxygen. There are many color variations, and *Periwinkle* and *Myrtle* produce sweet, tiny, purple flowers. The only drawbacks are that they take a year or two to fill-in. (Which can be a boon if you’re adding them to a bed that has young plants that need to mature a bit before sharing space with ground cover.) Some of the groundcover may die, and you’ll have to remove that section and replant.

So, lots of choices and a few cautions as you consider what you’ll do next fall—mulch...or maybe not.

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Primary Structure Built: 1998
Sold For: \$1,725,000
Original List Price: \$1,750,000
Bedrooms: 5
Baths: 4 full, 2 Half
Living Space: 5,104 Sq. Ft.
Lot Size: 0.55 Acres



HOME REAL ESTATE

Classic, Yet Casual

By Lisa J. Gotto

Wrap-around front porch charm and calming water views greet all who enter this light and bright stunner of a home that affords both classic appeal with on-trend updates and meticulous detail.

Step inside and you'll immediately notice the enhanced features in the home's wood trim and crown molding detail. Gleaming blended hardwoods lead to the enlarged French doors of the formal sitting room on the right. A grand white fireplace with marble insert and surround is a statement-making focal point and floor-to-ceiling windows from the front of the house fill the room with light.

Located across the hall is the home's formal and dramatic dining room. Huge windows and white drapes here balance the use of rich, dark wall treatments—an elaborate crystal chandelier makes the statement in this gorgeous room. A set of French doors lead to an outdoor seating area.



A gracious butler's pantry leads from the dining room to the luxurious and spacious, eat-in kitchen. Glamorous Carrera marble countertops set the stage in this fully-equipped chef's kitchen with all-white custom cabinetry and farmhouse sink detail. The eat-in area is framed by large, three-quarter-length windows and a convenient and spacious home space frames another side of the kitchen.

This area flows into a large family room with a central gas fireplace, and numerous windows keep the room as light and bright as the kitchen. The main level also offers an, "I love to work from home," private office with custom contemporary detailing, built-ins, and waterside views.

A spacious master retreat is located on the second floor and features a cozy seating area, generous natural light from its many large windows, and an exceptional spa-like master bath with huge soaking tub, stunning marble floors and vanities, and a stand-alone glass shower.

Another exceptionally bright and sunny family gathering space is located on this level, as is a second-level deck for South River viewing pleasure, and three additional bedrooms.

Located in the highly-desirable community of Fishing Creek, the new homeowners will have access to a marina, community pool, clubhouse, and the convenience of being just minutes away from downtown Annapolis.

Listing Agent: Pam Tierney; Long & Foster Fine Homes Annapolis; 145 Main Street, Annapolis; m. 443-822-9079; o. 410-263-3400; ptierney@lhf.com; longandfoster.com

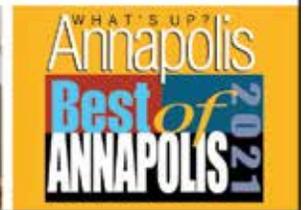
Buyer's Agent: Kristi Neidhardt; Northrop Realty, Long & Foster; 900 Bestgate Road, Annapolis; m. 410-599-1370; o. 410-295-6579; kristineidhardt@northroprealty.com; waterfrontannapolishomes.com



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Spa Creek Splendor

By Lisa J. Gotto

Photography by Michele Sheiko

This home exemplifies what living in Annapolis is all about; it simply has it all. This absolutely gorgeous expanded Cape Cod takes its pride of place overlooking not just the splendor of Spa Creek, but everything the scenic landscape of downtown Annapolis has to offer.

With nearly 3,000 square-feet of living space this home is strategically designed to take advantage of every water vantage point. A gracious Southern-style front porch will welcome this home's new owners into a living space that delights with its shimmering water views. And what views they are when you can see nearly every landmark that Annapolis is famous for!

The light-filled entry leads you to the home's prime area for entertaining with its open-plan living, dining, and kitchen space. This entire area, which is outfitted with rich hardwood floors, looks out to the water and flows out to a series of decks and a screened-in porch, creating a generous space for get-togethers.

The living room features a large, Federal-style gas fireplace with marble insert. The dining area, which comfortably seats



Primary Structure Built: 2002
Sold For: \$3,000,000
Original List Price: \$3,700,000
Bedrooms: 4
Baths: 3
Living Space: 2,846 Sq. Ft.
Lot Size: 0.28 acres

six, also provides a wonderful space to set up your buffet for entertaining, and extends to the kitchen's peninsula breakfast seating area. The fully-equipped, all-white kitchen has sparkling granite countertops, stainless steel appliances, a wet bar with wine fridge, and lovely accent cabinets with lead-paned glass fronts and shelving. Main-level living in this home also offers a convenient bedroom suite with bath.

Upstairs, a master bedroom retreat with its own spacious deck offers amazing creek views and another opportunity to relax with a good book and a cup of coffee. You can also retreat to your dual-vanity bath with its large, jetted tub and stand-alone glass shower, or to the room's separate living space which can be used as a home office or reading room. There are two additional bedrooms on this level with a shared bath.

Extra finished space on the home's lower level provides

an opportunity for additional recreation or family room possibilities.

Designed with water recreation in mind, this property makes getting to and on the water a breeze with its tram to conveniently carry people and picnic coolers from the home's backyard down to the waterfront. The property offers two deep-water slips, a boat lift, and 83 feet of protected waterfrontage recently enhanced with improved bulkheading. A new set of stairs and a boat shed for storage will help keep the property tidy, providing plenty of time for water-based excursions and recreation.

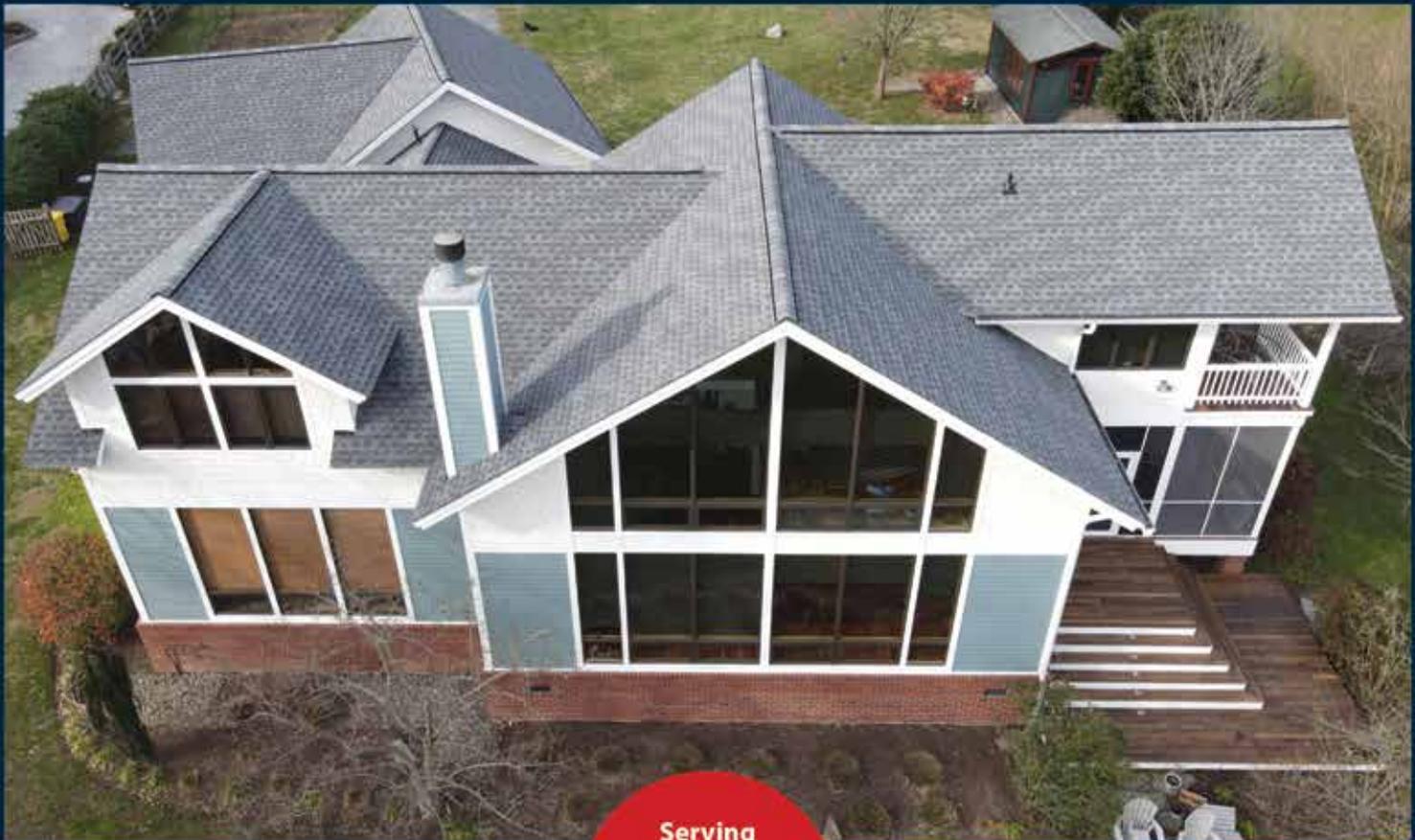
Listing Agent: Anne Harrington; Coldwell Banker Residential Brokerage; 3 Church Circle, Annapolis; m. 410-340-9961; o. 410-263-8686; anne.harrington@cbmove.com; coldwellbankerhomes.com

Buyer's Agent: Alex Tower Sears; Coldwell Banker Residential Brokerage; 3 Church Circle, Annapolis; m. 443-254-5661; o. 410-263-8686; asears@cbmove.com; coldwellbankerhomes.com



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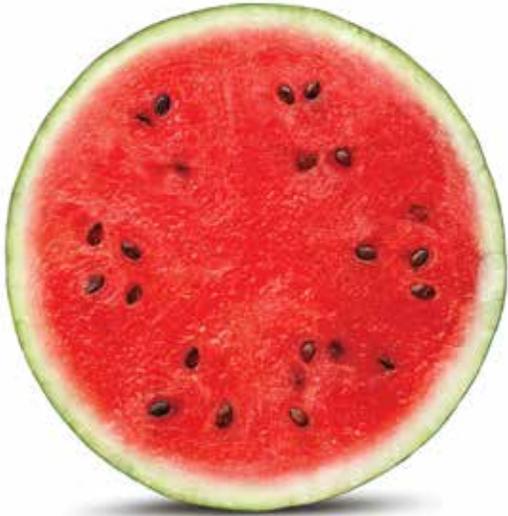
128 FRESH TAKE | 129 LISTEN TO YOUR HEART
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Fresh Take

WATERMELON

By Dylan Roche



What backyard barbecue or beach picnic is complete without the irresistible addition of watermelon? But as it turns out, it's not just because of tradition that serving up this favorite fruit in the summertime is such a good idea. As its name suggests, watermelon is a great source of good ol' H₂O, which can keep you hydrated and cool when the temperatures usually have you sweating. Additionally, it's a rich source of the antioxidant lycopene, which research suggests might help protect you from the sun.

Watermelon is at its seasonal peak during the summer because it thrives in hot climates. It is native to Northern Africa, where it was a major part of Egyptian and Libyan culture dating back millennia—the Ancient Egyptians are actually said to have put watermelon in royal tombs so that the dead would have a source of water in the afterlife.

From Northern Africa, it made its way into the Mediterranean region before spreading throughout Europe. It was later brought to North America, and today it is commonly grown in the warmer regions of the United States, including Florida, Georgia, California, and Texas.

For individuals who struggle to drink enough water, snacking on watermelon is a great idea because it's more than 90 percent water. This means it's fairly low in calories, at only 50 calories per half-cup serving—though it should be noted that most of these calories come from sugar with very little fiber content.



Don't assume, however, that this means watermelon isn't good for losing weight. According to a 2019 study published in the journal *Nutrients*, subjects who snacked on watermelon enjoyed more satiety and lost more weight compared with those who snacked on low-fat cookies.

Count on watermelon as a great source of vitamin C and vitamin A, as well as the mineral copper. But the most significant compound in watermelon is lycopene. This antioxidant has been shown to reduce reddening of the skin after sun exposure and even provide mild protection against ultraviolet light—but this protection is very minimal, so eating watermelon should never be a replacement for wearing sunscreen.

When you're picking out a watermelon, seek out one that feels heavy for its size—if it's lighter than it looks, that means it might have lost water content and could end up being mealy. Its outer rind should be firm with no dents, and the spot where it rests on the ground should be a yellowish cream color rather than pure white.

If you prefer watermelon without seeds, opt to buy a seedless watermelon. Don't worry, these kinds of watermelon aren't genetically modified; instead, they're bred with specific chromosomes so they end up being sterile. But if you end up buying a watermelon with seeds, there's no harm in swallowing the seeds when you eat it.

Before it is cut, watermelon will keep for up to a week at room temperature. Once you've cut it, transfer it to the fridge and consume it within five days. Most people enjoy eating watermelon plain or tossed into a fruit salad, but there's a wide variety of sweet and savory dishes you can prepare with watermelon as long as you think creatively.

Here are two options that are bound to impress your friends at your next barbecue:

Watermelon Salsa

INGREDIENTS:

- 2 cups watermelon, diced into small pieces
- 1 large cucumber, diced
- 1/2 red onion, diced
- 1 tablespoon olive oil
- 1 teaspoon lime juice
- 1 teaspoon honey
- 2 tablespoons fresh mint, finely chopped
- 1 teaspoon red chili flakes
- 1 teaspoon salt
- 1 teaspoon pepper

DIRECTIONS:

In a medium-sized bowl, combine the watermelon, cucumber, and onion. In a separate bowl, whisk together the olive oil, lime juice, honey, chili, salt, and pepper. Pour the dressing over the watermelon and vegetables, then add mint and stir to combine. Allow to chill in the refrigerator for approximately 1 hour for the flavors to combine. Serve with tortilla chips.



Savory Seared Watermelon

INGREDIENTS:

- 1 large watermelon
- 1/2 cup canola oil
- 1/4 cup maple syrup
- 2 tablespoons garlic powder
- 1 tablespoon soy sauce
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 cup crumbled feta cheese

DIRECTIONS:

Cut watermelon into rectangles approximately 4 x 4 inches and 2 inches thick. Pat the watermelon rectangles dry with a paper towel and set them aside in the fridge for approximately two hours to dry out. In a small bowl, whisk together canola oil, maple syrup, garlic powder, soy sauce, salt, and pepper. Remove the watermelon from the fridge and brush generously with oil mixture. Set a frying pan over low heat and warm an extra 2 tablespoons of oil. Cook the watermelon over low heat for approximately 5 to 7 minutes on each side. Increase the heat to high and continue cooking for 2 minutes on each side. Remove the watermelon from the frying pan and garnish with feta. Serve warm.

Listen to Your Heart

YOUR LIFE MAY DEPEND ON IT

When 63-year-old Jim Abbott experienced two brief but noteworthy episodes of chest pain in a single day last December, he knew it was nothing to ignore—even amid a pandemic and with Christmas just hours away. He'd had similar episodes in the weeks before, but now they were coming more often, and it was concerning.

After a call to 911, he was transported to Luminis Health Anne Arundel Medical Center (LHAAMC) by ambulance. And it was a trip that likely saved his life. Testing would later reveal major blockages in blood vessels feeding his heart.

When Abbott arrived at the hospital, doctors were determined he wasn't having a heart attack, but it was clear something was going on with his health. On their advice, Abbott followed up with his own physician, who in turn, referred him to a cardiologist. Within days of his emergency room visit, he was scheduled for additional tests, which revealed that two of his heart's blood vessels were 99 percent blocked and that a third was 80 percent blocked. And that meant he would need triple bypass surgery.

As a smoker and someone who ate "anything and everything," despite having diabetes, Abbott had major risk factors for heart disease. But he admits that hearing he needed surgery was a surprise. He never considered himself unhealthy and had no personal or family history of heart problems. Not one to sit and stew, however, he was determined to tackle the challenge head-on.

"You've got to face reality," he says. "It's got to be done."

CARE THAT HEALS

LHAAMC had just started performing cardiac surgery days before, so Abbott had choices to make about where to have his operation. With his typical take-charge attitude, he chose to have heart surgery at LHAAMC.

"I knew how much work they put into getting the OK to do the surgery," he says in recognition of the hospital's five years of planning, preparation, and training. He also knew he'd be in good hands with the team the hospital had recruited. "From what I heard, they got the best of the best," he adds.

So, on January 7, 2021, at 6 a.m., Abbott entered the operating room under the care of Daniel C. Lee, MD, chief of cardiac surgery at LHAAMC. The operation was long and involved harvesting healthy veins and arteries from his leg and chest to sew into his heart in a way that allowed blood to go around, or bypass, each of his three blockages.

Jim didn't wake up until 6 p.m. that evening. He remembers thinking when he opened his eyes, "There are more tubes and wires attached to me than I ever could have imagined." And because of COVID-19 safety protocols, no one could visit him in the hospital. But he found great comfort and support with his care team. "I had four of the greatest nurses on earth and they took care of me," Abbott says. "They took care of me and they knew what they were doing, each and every one of them."

Within days, Abbott was up and walking laps around the cardiac intensive care unit. He learned about diet and lifestyle changes that would be important for his health. And his team explained how to safely take his medications—some 19 in all—over the course of the day. He also spent plenty of time joking and laughing with his care team. "We were always having fun," he says. "I had to make the best of it."

By January 13, Abbott was discharged from the hospital and returned home, grateful to Dr. Lee and all who had cared for him.

TO A LONG, HEALTHY FUTURE

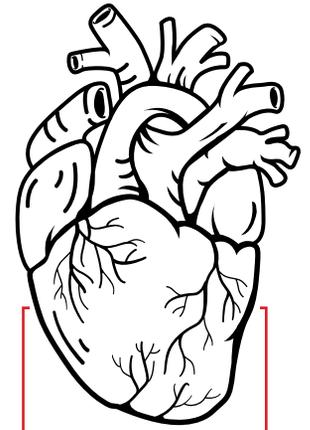
As he continues his recovery, Abbott is making better dietary choices and participating in LHAAMC's cardiac rehabilitation program. There, he takes part in supervised exercise three times a week to build strength, endurance, and confidence. He even quit smoking cold turkey (although perhaps with just a little help from his wife.)

"When I came home, I knew I had a half a carton of cigarettes in my car, but they were gone," he says chuckling. "I know my wife went in there and ditched them."

He's looking forward to returning to work and golfing by mid-spring. But beyond that, he's just looking forward to his future in general—a future he knows he might have otherwise lost had he not sought help when he did. Of those who succumb to heart attacks, roughly half die within 60 minutes of their initial symptoms and before they make it to the hospital. His story is a reminder of the importance of acting fast at the first heart attack signs.

"If I would have let things go, I would have had a heart attack and likely would have died," he says. "It kind of wakes you up."

Now, there's lots of life to live, and he plans to do just that. "I've got another 63 years to go," he jokes.



HEART ATTACK WARNING SIGNS

If you have signs of a heart attack, call 911 right away. Acting fast may mean the difference between life and death.

SIGNS MAY INCLUDE:

Nausea, lightheadedness, or breaking out in a cold sweat. Pain or discomfort in one or both arms, your back, neck, jaw, or stomach. Shortness of breath. Uncomfortable pressure, pain, fullness, or squeezing in the center of the chest

While chest pain is the most common heart attack symptom for men and women, women may be more likely to have shortness of breath, nausea or vomiting, and back or jaw pain.

"Listen to Your Heart" provided by Luminis Health Anne Arundel Medical Center.



HEALTH & BEAUTY FITNESS

Fitness Tips

HOW TO TAKE ON OUTDOOR WORKOUTS IN THE HEAT

By Dylan Roche

For a few splendid weeks following winter's last frost, the mild temperatures and nice weather made exercising outdoors seem oh-so-irresistible. But now the temperatures are starting to go up. What gives? Does this mean you have to go back to indoor workouts? Not at all! It's still possible to have safe, healthy outdoor workouts all summer long—at least, most days—as long as you practice a little bit of caution.

Your Body's Cooling Mechanisms—And Their Limits

The human body has an amazing ability to cool itself off. The problem is that when it's working so hard to keep itself cool, that can affect its ability to perform other functions. And if the heat gets too high for your body to combat, then you're in trouble.

You've probably heard before that sweating is your body's way of keeping itself cool. As soon as your brain detects that your body temp is getting too high, it sends a signal to your sweat glands to start sending sweat out your pores, where the air evaporates it. This evaporation is what cools you off.

But you do have limits. If it's a humid day, the wetness of the air prevents sweat from evaporating off your skin, so you don't end up cooling down as efficiently as you normally would. Then your body temperature ends up going even higher. Additionally, when you're losing so much fluid through sweating—as well as vital nutrients like sodium and potassium—you run the risk of dehydration and fluid imbalance.

Other natural cooling mechanisms can create problems as well. Increased blood circulation to the skin, which helps keep you cool, means there's less blood available for your muscles. This makes your heart start to beat faster, and you risk suffering heat exhaustion and heat stroke.

So How Do I Stay Safe?

Any sort of plan for healthy exercise should always start with consulting your doctor. While most healthy people will be able to exercise in the heat, your doctor is the one who can provide insight into what's smartest for you.

Here are a few of the best heat-related practices you should incorporate into your workout routine this summer →

- Start by checking the weather before every workout, including the heat index and the humidity levels. Most experts encourage caution when it's 80–90 degrees and extreme caution when it's 90–100 degrees. Anything in the triple digits puts you in danger—those are the days when you should move your exercise indoors.

- Keep to the shade and seek out green spaces like your local park. Concrete, especially blacktop, absorbs a lot of heat, so temperatures will be higher when you're surrounded by buildings.

- Work out in the early morning or in the evening when temperatures are lower. Be sure to use reflective gear if you're going out when it's dark.

- Wear loose-fitting, lightweight clothing in light colors. While moisture-wicking fabrics commonly found with athletic apparel might feel great, the American Council on Exercise recommends plain cotton because it will soak up the sweat and keep your body cool as the air around you dries the damp material.

- Stay hydrated by drinking a pint of water beforehand and stay hydrated throughout your workout by drinking eight ounces every 20 minutes. Your body will absorb plain water faster than it will sugary sports drinks like Gatorade.

- Don't forget that heat tolerance is relative and very personal. What's not too hot for a friend might be too hot for you, especially if you're at different fitness levels. Allowing yourself to acclimate to new temperatures by starting a fitness routine in the spring or early summer will ensure you're better suited to high temperatures than you would be if you tried to start exercising on an extremely hot day in July or August.

Recognizing Signs of Heat Stroke

If the idea of suffering heat exhaustion or heat stroke sounds scary—well, it is. Heat stroke can be a life-threatening emergency, and anyone who's doing intense physical activity should be aware of the signs.

Heat-related illness will usually start with **heat cramps**; when you feel moderate to intense pain or spasms because of muscle contractions brought on by the heat. If your body temperature continues to rise and reaches 104 degrees Fahrenheit, you can suffer **heat exhaustion**, marked by nausea, vomiting, headaches, and weakness.

When your body temperature exceeds 104 degrees, then you can suffer **heat stroke**. Your body temperature is now so high that, in addition to fatigue and nausea, you will have rapid breathing and heart rate, and you could feel confused, irritable, or dizzy. You might have vision problems or slurred speech.

If you or somebody you're with is potentially experiencing heatstroke, you need medical attention immediately to prevent damage to brain, heart, or other vital organs. While you wait for emergency assistance, move to a cool place inside or in the shade and try to cool down with fans, damp washcloths, or a drink of cold water.

Oh, And One More Thing: Sweating Doesn't Burn Calories

Some people think exercising in the heat is better for their fitness efforts because they'll just sweat away excess weight—and while that's technically true, it's going to be mostly water weight, not fat.

Yes, it does take some cardiovascular effort to cool your body down when it's hot outside, so there might be a slightly increased caloric expenditure above exercising at a comfortable temperature. But not enough to make a significant difference.

If you weigh yourself after an outdoor workout and see that you lost a few pounds, it's not because you burned off fat (remember, it takes a deficit of 3,500 calories to lose 1 pound of bodyfat). Instead, that's just the weight of all the water that has left your body via perspiration. Be sure to replenish those fluids by drinking two glasses of water for every pound you lost.

Let summer be a time for enjoying the outdoors, but don't force yourself if it's making you miserable or if you're stressed about heat safety—exercise should be an enjoyable activity! If you find the idea of going outside turns you off from exercise, then it's best to stick to indoor workouts with your treadmill, elliptical, stationary bike, or weight room.



HEALTH & BEAUTY HEALTH

A Quick Look at FDA Regulation

By Dylan Roche

You hear phrases like “FDA-approved” or “according to the FDA” all the time, but what does that exactly mean? The FDA—the Food & Drug Administration—sounds like it has a lot of say in what hits the market. But what falls under the umbrella of its authority? And what exactly is this agency looking for when it regulates so many products?

If the FDA approves something, does that definitely mean it's safe? More importantly, if the FDA doesn't approve something, does that mean it's dangerous?

First, it's important to understand the purpose of the FDA. This agency operates under the United States Department of Health and Human Services and exists to protect public health by regulating (as its name suggests) food and drugs, as well as other products like cosmetics and tobacco. It's the agency that ensures drugs are safe and effective, and that you have all the information you need as a consumer to make responsible choices.

The FDA was established in 1906 via the Pure Food and Drugs Act with the intention of preventing abuse or negligence on the part of manufacturers. Since then, the agency has grown to be the reigning body in charge of:

Approval of drugs before they hit the U.S. market

Inspection of production facilities that make food, medicine, and tobacco

Regulation of the marketing and distribution of tobacco products

Recalls on products with safety concerns





HOW DOES THE FDA GO ABOUT APPROVING MEDICINE?

Drug manufacturers have to put any new medicine through a series of clinical trials involving human test subjects. If the drug passes three phases of testing, the manufacturer then submits a new drug application to the FDA, which will then review the trial data to ensure the drug is effective (it does what it claims it will do) and safe (its benefits outweigh any risks or side effects). The FDA will also review labels that will be put on the drug’s packaging and the facilities where it is being made. All these factors go into the FDA’s decision as to whether it will approve or deny the application of a new medicine on the market.

IS THIS APPROVAL PROCESS JUST FOR DRUGS AND MEDICINE?

The FDA also looks at medical devices—everything from stethoscopes to heart catheters—and vaccines, plus food ingredients like preservatives, artificial colors, and texturizers, and food additives like wrappers or adhesives that could come in contact with the food.

IF SOMETHING ISN’T FDA APPROVED, DOES THAT MEAN IT’S DANGEROUS?

Not necessarily. For one thing, the FDA doesn’t approve products like supplements—these don’t technically fall under the category of medicine. This could include vitamins and minerals, or it could include pills and powders like those intended to help you lose weight or build muscle. It might also be put on herbal products, such as chamomile or dandelion root.

In all of these cases, the FDA has not evaluated whether these products are safe or effective. A powder can claim it will help your body burn fat, but there’s no regulation behind such a claim. That’s why you’ll see a disclaimer on the label that says the product isn’t FDA-approved and isn’t intended for the cure or prevention of any disease.

WHY DO SOME PEOPLE DISTRUST PRODUCTS WITH FDA APPROVAL?

Some people are still wary even when the FDA gives something the thumbs up. Case in point: aspartame, the non-nutritive sweetener used in Equal and many diet sodas. The FDA approved this ingredient back in the 1980s after it was tested in more than 100 studies on both humans and lab animals.

Despite the FDA’s approval, some people still don’t trust aspartame—and they’re not without reason. Subsequent studies have suggested that lab rats consuming high doses of aspartame develop cancer. But this research

has been inconclusive, and the FDA maintains its stance that there isn’t enough scientific information to support a change in its conclusions about the safety of aspartame. Even the National Cancer Institute conducted its own research in 2006 and did not find aspartame consumption had any relationships with cancer risk.

In short, individual consumers might opt to avoid certain products because of select scientific studies, but the FDA bases its decision on the evidence it deems most convincing. That sense of public trust still holds influence in other ways. For example, in 2015, Pepsi dropped aspartame from the recipe for Diet Pepsi and started using sucralose, the non-nutritive sweetener used to make Splenda.

HOW DID THE COVID-19 VACCINES GET FDA APPROVAL SO QUICKLY?

Vaccines are different from drugs in that they are created to prevent a condition, not cure it. However, they must also go through a rigorous testing process to ensure they are effective and safe. In the case of the COVID-19 vaccines, these were approved under what’s known as an Emergency Use Authorization (EUA), usually applied during a public health crisis when there’s an urgent need for approval. Per the FDA’s website, the agency uses EUA to expedite the “development and availability of vaccines that have met the agency’s rigorous and science-based standards for quality, safety, and effectiveness.”

I’VE HEARD THE FDA TAKES MONEY FROM PHARMACEUTICAL COMPANIES? ISN’T THAT A PROBLEM?

Critics of the FDA, including the Public Citizens Health Research Group and the National Center for Health Research, have expressed concern that there’s too much money from pharmaceutical companies involved in the FDA.

This started with the Prescription Drug User Fee Act, a piece of 1992 legislation that made it the law for pharmaceutical companies to pay the FDA to review their applications for approval. The idea is that this ensures the FDA has the resources to review all the products coming before it—the problem is that much of the money the FDA gets is now coming straight from pharmaceutical companies rather than from the government. While the FDA states it has systems in place to avoid conflicts of interest, public trust in the agency continues to waver.

The Prescription Drug User Fee Act expires every five years and was last renewed in 2017—it will be up for renewal again in September 2022.

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Individuals of all blood types are urged to schedule an appointment now to give blood to ensure a readily available supply for patients in need.

Appointments can be made by downloading the Red Cross Blood Donor App, visiting [RedCrossBlood.org](https://www.RedCrossBlood.org), calling 1-800-RED CROSS (1-800-733-2767) or enabling the Blood Donor Skill on any Alexa Echo device.



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Secret Garden Tour returns!

The 2021 tour features private gardens in the Historic District

Murray Hill, the area between West Street and Spa Creek, holds a beautiful collection of homes built in various periods and architectural styles. The 130-year-old community with its tree-lined streets is the perfect setting for an afternoon of garden exploration.

All the gardens featured in 2021 epitomize the goals of the home gardener: to have a beautiful space filled with flowers, trees, shrubs, grasses, and other garden elements, a space that is a pleasure to live in and inspirational to work in.

All proceeds from this tour will benefit the 1774 Hammond-Harwood House, an Anglo-Palladian home on Maryland Avenue, and its museum collection of paintings, furniture, and colonial art.

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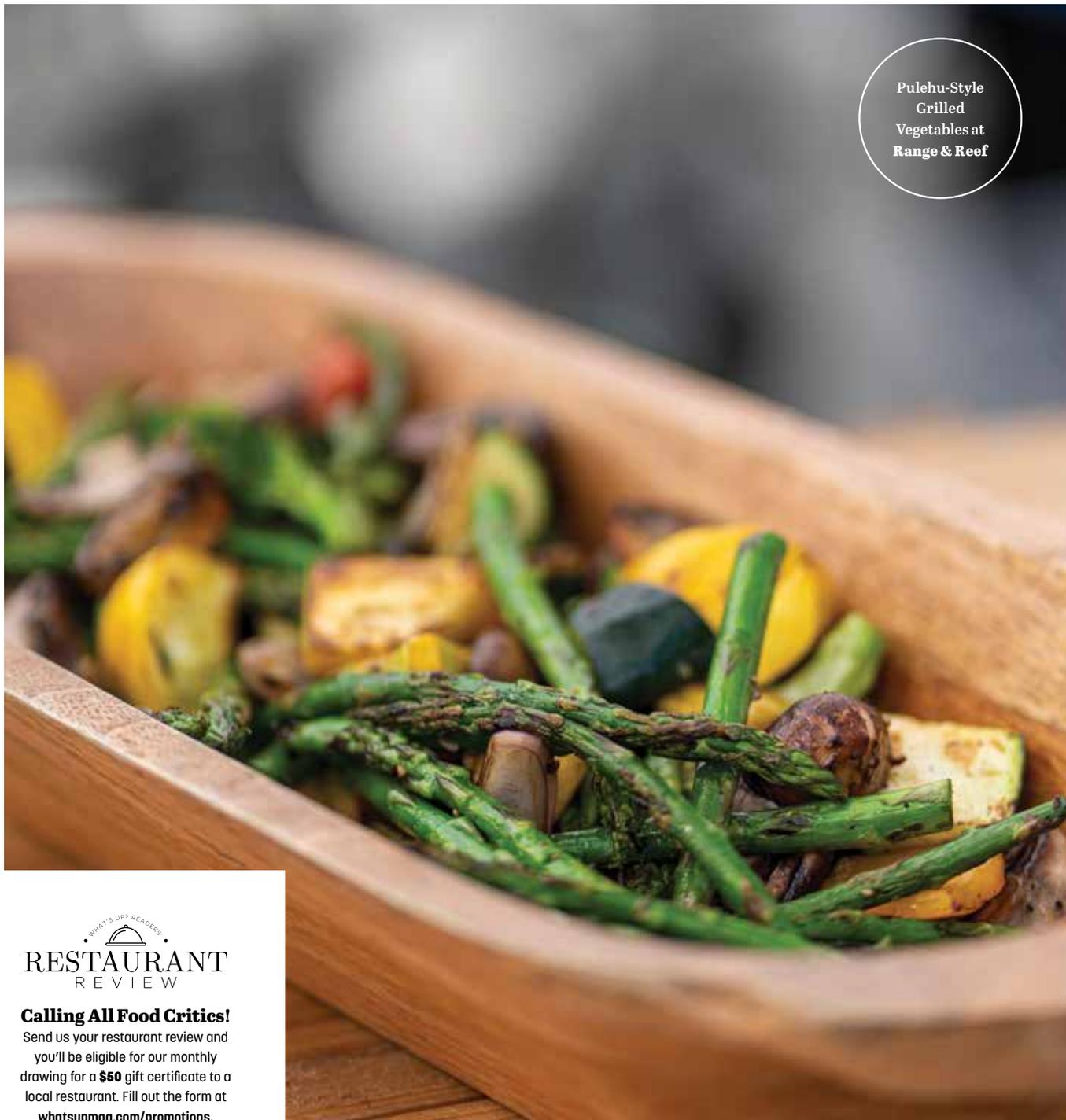


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Grilled to Perfection

By Tom Worgo | Photography by Stephen Buchanan

A crowd often slowly gathers around Jim Holderbaum as he begins to cook on one of his Grill Works, which he considers the best woodfire grills in the world. The partygoers typically pepper him with questions about the scintillating steaks, eye-catching seafood, or succulent vegetables he prepares.

“There’s nothing like having big grills with lots of flames shooting up,” says Holderbaum, the owner of Range & Reef, his catering business. “It gets people’s attention. A lot of times, it just becomes a performance, a show. I’ve had people just hang out for an hour asking a million questions.”

Matching the right foods with the right wood sets apart Holderbaum’s cooking process. Depending on the meat or seafood, he may use peach, oak, cherry, or apple woods to enhance the taste of the food. “The fruit woods have their own sap, resins, and tannins,” Holderbaum explains. “That’s what gives the foods a unique flavor.”

Events, which he puts on for groups of up to 150 people throughout the Mid-Atlantic region, include summer parties, weddings, anniversaries, and corporate picnics.

The 61-year-old Bowie resident started Range & Reef in 2014 after spending 23 years as an international development advisor, including a stint with the U.S. State Department that focused on agricultural and environmental issues.

He wanted a new challenge and had used woodfire grills in his backyard for two decades before starting the business. During that time, his travels to dozens of countries around the world educated him on food cultures.



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We recently talked to Holderbaum about his customer’s favorite foods, how he prepares the product, grilling tips, and what sets his catering business apart.

Your business is not typical catering. Can you explain that?

Many catering services operate out of a kitchen or a restaurant and most of the food is prepared before it’s brought to the venue. What I do is completely different. I cook, grill, and serve onsite. We are serving food as it is being taken off the grill or out of steam pots. If we are doing a buffet, we are just putting it out at one time. And doing natural wood fires is something very few other caterers get involved with because it’s a lot of work and it takes a lot of time to do it right. I have been playing around with natural wood fires for 30 years. I make the food and prepare it. The cooking of the food is part of the experience. The smell of the food and hearing the sizzle if it. That’s what separates what I do.

What most fascinates people when they are watching it?

I think people are most intrigued by the grilling of food over natural wood fires. While I am grilling,

we are constantly putting wood into the fires. Especially if it’s a private event and we are setting up a grill bar. We are just passing it across the bar to guests and they just keep walking up to it. The whole time we just keep adding peach wood or apple wood. What we are grilling with, people are just amazed by that. I think they just view it as an art form.

What are some favorite foods you grill?

I think people really like the grilled shrimp. I think they like it because the seasoning is not real heavy, plus they are grilled over peach wood, which most people never have had. And the fact that I don’t over-grill shrimp is a huge factor. It only takes four or five minutes to make shrimp pink. Even when people are grilling shrimp in a pan, they are cooking them way too long. The other thing is the rotisserie center-cut sirloins. We will take a whole sirloin. They are just coated with fresh ground pepper and kosher salt. We rotisserie grill it for three or four hours and then we slice it really thin and people like that. By the time they are done on the rotisserie, the whole outside of the rotisserie is glistening.

Do you share recipes with people?

If someone comes up to me at my grill and asks, "Can you share that recipe?" I say, "Absolutely." To me, it's an honor. Sharing recipes is as old as cooking. It's important to share what you know with other people. I don't feel threatened by sharing recipes. I have been doing this for 30 years and I think I know what I am doing in front of a grill. The biggest challenge for people trying to copy what I do is getting hold of peach wood or cherry wood.

How important is the preparation of the meat before grilling?

To me, it's everything. I have never grilled a piece of meat that wasn't thawed out. The only thing I have ever grilled that wasn't was the gulf shrimp. It comes in a frozen block. The Alaskan King Crab comes frozen, too. But everything else is fresh. The secret is maintaining the temperature of that stuff until you are ready to grill it.

What kind of seasonings and sauces do you use?

For most of the beef that we grill, the only thing I will put on it is salt and pepper. When you are grilling it on a natural oak wood fire, it does plenty for those meats. For seafood—say if we are grilling swordfish or scallops—we may put a lemon zest, little lemon juice, and salt and pepper on them. We also use olive oil to baste some of the seafood. The grilled shrimp is a little more involved. We may use shallots and cilantro, basil, and salt and pepper. It's fairly simple. I don't do a lot of marinating. When we cook skewers of tenderloin, we use a combination of fresh chopped rosemary, thyme, and a little bit of shallot. We put a little bit of olive oil on it to get the herbs to stick to it. We will do that maybe an hour before we are grilling.

What grilling techniques can you give to someone who wants to get better results?

I think the best thing is to understand the heat of the fire. That's regardless of whether it's

a charcoal or a gas grill. The temperature of the heat source at the surface of the grill is important. You've got to understand what that temperature should be depending on what you are cooking. If you are searing scallops, you want the temperature at the grill to be really high. If you hold your hand over the grill for five or six seconds, that's a relatively cool fire. It's not super hot. If you put your hand over a grill for three or four seconds, that's a very hot fire. If you want to cook a steak, that's the temperature you want it at.

What are the common mistakes people make when grilling?

Even if it's a hamburger, a big problem is people flipping it over and over again. The best thing to do is let a piece of meat grill all the way on one side and then turn it over and grill on the side. But the idea is not to keep flipping it.

What hopes do you have for the summer and beyond as we come out of the pandemic?

I got a lot of calls for parties in May and June. Weddings will be later in the summer and fall... September and October. I think it's going to be a great year for me. So many people are pent up. They didn't go out to eat or do anything for a year and now they are anxious to do something and be around their friends again. They really want to entertain. I think I will be slammed with sales. I think I will get a lot of calls for parties. And I think I will be doing a lot of companies that will have their annual picnics.

Can your business do as well as it has in the past?

Mine can. The advantage is that I don't have this huge overhead to operate. I have friends who are chefs in restaurants. They are trying to pay their leases and hold onto employees even though they can't let them work. I don't have that issue. I am not renting a space. I have a pool of part-time people and most of them have other jobs. I can ramp up as business ramps back up relatively easily.



Pulehu-Style Grilled Vegetables

A simple marinade for grilled vegetables using Hawaiian Aloha shoyu soy sauce.

Ingredients

For the marinade
1/4 cup minced garlic
1/4 cup olive oil
1/4 cup Aloha shoyu (can substitute with regular soy sauce)

For vegetables, you can use a variety in any combination.

Here are my favorites:

- 1 Broccoli crown
- 1 medium Zucchini
- 1 medium Yellow Squash
- 1 lb. Cremini Mushrooms
- 1 medium Red Onion
- 3 Bell Peppers (green, red, yellow, or orange)
- 1 lb. Asparagus spears (trimmed)
- Salt and pepper to taste

Directions

Cut the vegetables into 1-to-2-inch pieces and place in a large bowl. (A grill pan works great for grilling vegetables and the vegetables can be cut coarsely and into irregular shapes instead of slices.) Combine the marinade ingredients in a small bowl and pour the marinade over the vegetables. Gently toss the vegetables to coat and add salt and fresh ground pepper to taste. Pre-heat grill to medium-high and heat the grill pan before adding vegetables. Add enough vegetables to the grill pan to just cover the bottom of the pan. Grill the vegetables in batches for about eight minutes or until tender and toss occasionally to give them a light char.





DINING TASTE

The Aces of O’Learys

By Tom Worgo | Photography by Stephen Buchanan

O’Learys Seafood Restaurant Owner Wil Peterson never stops trying to improve the customer experience. When he bought the place in 2015, he quickly made a number of changes, including to both the menu and to the decor.

In the past two years or so, he’s continued to make significant improvements—and just maybe his best to elevate the restaurant. Peterson brought in well-respected Executive Chef Michael Berard from the Country Creek Country Club in Florida in April of 2019. Then in November of last year, he hired Bar Manager Roy Calderon away from another respected Annapolis restaurant.

Their impact has been dramatic. Berard has revamped the menu to enhance O’Learys staple of seafood offerings, and Calderon has done similar things with the drinks. Peterson likes to be hands-on. With these two, it’s almost like he can be hands-off.

“Michael is the first chef I have worked with—even when I was the general manger here—that has the full autonomy to do what he feels like,” Peterson says. “He is really that good. I would say that he is the best chef in town.”

Peterson has similar praise for Calderon, who works very hard at making eye-catching cocktails by spending extra time in the kitchen preparing ingredients even before he serves drinks. “He is like a chef,” Peterson says. “He is in the kitchen three to four hours prior to his shift. I have been unbelievably impressed with him.”

We recently sat down with Peterson and Berard to talk about the chef’s top dishes and Calderon’s top-notch bartending skills.

Why did you decide to hire a new bar manager?

When I first came back (as owner), (the cocktails) were a little lackluster. The beverage program got stagnant. So, I started doing cocktails. I have been a bartender, beverage manager, and beverage director. Even though businesses are slower because of COVID, I have never worked so hard for what we are trying to do. And Roy just seemed like a natural fit. He made me think, “How much do I really know about cocktails?”

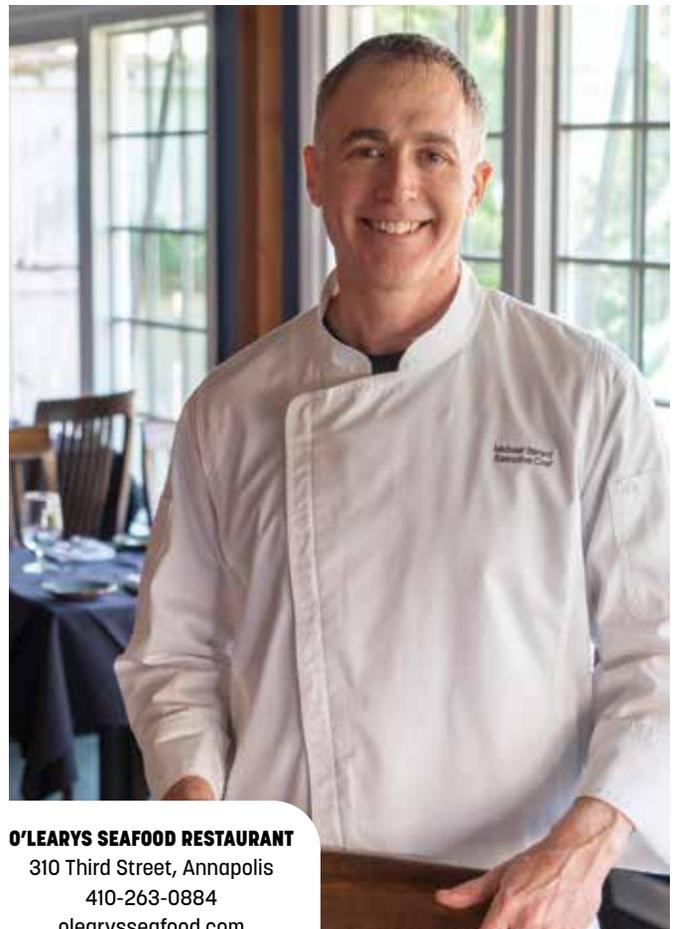
Tell me more about what makes him such a standout?

His creativity and ability to keep things fresh. That’s why I brought Roy in. I wanted to bring someone on that could strictly focus on

cocktails that start in the kitchen. He can create what he wants and with the different seasons. There are different ingredients he uses. That what sets him and places apart. Roy really showcases what he can do. We are known for our food and wine list, but we want to distinguish ourselves with the cocktails. Roy helps us do that.

What impresses you about Michael?

He has a flair that is really unique. As most chefs are, they are attuned to the different seasons and what produce, and what things are fun. He operates at a different level. He is really special. We order from so many different purveyors, but he focuses on even the smallest ingredients. It’s the special-order stuff that he gets. He is whimsical with items. That’s why I think he has so much fun. He just brings that level of creativity that a lot of chefs in this town don’t have.



O’LEARYS SEAFOOD RESTAURANT
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Wild Halibut

Serves two

Ingredients

2 lbs. halibut filets
 1.5 cans coconut milk
 28oz can tomatoes
 2 medium onions
 1 jalapeno, seeded
 3/4-inch ginger knob
 2 cups water
 1/4 cup rice vinegar
 4-5 cilantro stems, chopped
 3/4 teaspoon fenugreek seed
 1 1/2 teaspoon mustard seed
 1 1/2 teaspoon curry powder
 3/4 teaspoon turmeric
 ghee for sautéing
 crushed papadum flatbread

Directions

Start by sautéing the onions, ginger, cilantro stems, mustard and fenugreek seeds, and jalapenos in ghee. Sweat until soft, about 5 to 8 minutes. Add coconut milk, tomatoes, water, rice vinegar, turmeric, and curry powder, bring to a simmer for 20 minutes. Season with salt and puree in a high-powered blender. For the halibut, season both sides with kosher salt. Press the non-skin side into the crushed papadum. Add to non-stick skillet over medium high heat, papadum side down. Flip fish after 2 or 3 minutes or until the papadum is golden brown. Finish in a 400-degree oven for 3 to 5 minutes depending on thickness or until done. Cook basmati rice in a one-to-one ratio of rice to water in a rice cooker. Add a half-inch knob of ginger and a pinch of salt and cook according to your rice cooker's instructions. Spoon sauce onto plate, followed by rice, then halibut, and top with slaw (see recipe).

Slaw

Ingredients

1/2 of 1 kohlrabi, julienned
 1/2 carrot, julienned
 1 tsp chives, fine diced
 Juice of 1/2 lime
 1 tsp olive oil
 Salt to taste

Directions

Combine and toss all ingredients in a bowl just before plating.

What dishes does he cook that customers love?

He does a halibut dish he puts on with just unbelievable flair. The halibut is a luxury item. The innovation that he uses is just great. It's papadum-crusting wild halibut. He serves it in a curry coconut tomato broth with basmati rice gingered greens. It's elegant. When you see it on a plate, it blows my mind on how pretty it is. His scallops are also a delicacy. He serves them over a cauliflower mouse. It's a lot smoother than a cauliflower puree or mashed potatoes. There's a lot of work that goes into the cauliflower texture. He adds fennel, which is really awesome. It's got a pomegranate-beet gel. It's something else when you see it on a plate.

Michael, tell me about your background.

I worked in the area a lot. I started at 14 washing dishes at the Old Blue Channel Inn in Arnold. I eventually left as the chef. I was a sous chef at Harry Browne's. Then I moved to D.C., where I was chef de cuisine at

Asia Nora and later executive sous chef at Proof Restaurant.

Is the reason you took the job at O'Learys because you got homesick?

I really wanted to come back to the area. I was born in Pittsburgh, but I was not raised there. I have lived in Maryland basically my whole life—within a 30-mile radius of Annapolis. I have lived in Arnold and Annapolis. I went to Broadneck High School and Anne Arundel Community College. I left for Florida for about four years, but it wasn't a place I wanted to settle in permanently.

What changes did you make to the menu?

It's kind of my menu now. There are only a couple things that have been on there from the get-go. Our rockfish has been on there since 1998. I have pretty much done everything else, changing things here and there. It's like a continental type of approach. I have some Asian- and French-influenced things. Some Mediter-

ranean and crabcake fare. I just don't like to stick to one style.

What's a dish you really like to cook?

We have an Ora King salmon. It's one of the few farm-raised king salmons. We get it from New Zealand. It's like a sweet and spicy rice noodle stir fry. I make it with like a house Szechuan chili paste. I use fragrant spices like star anise, cinnamon, and black pepper with Thai chili and scallions. It starts with that and I will add red onions, garlic, spinach, rice noodle, and sweet soy sauce. It's delicious.

Who have you influenced by?

Haidar Karoum. He was my mentor and an award-winning chef. He had so many accolades from the chef community in D.C. I started working with him back in 2002 at Asia Nora. That's when I first started to hone my fine-dining skills. He graduated from the Culinary Institute of America in New York. I would say it's the top culinary school in America. Since I didn't go to school, I absorbed from him like a sponge.

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This year's Excellence in Nursing campaign kicked off last month with 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 opened 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 benefiting 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.

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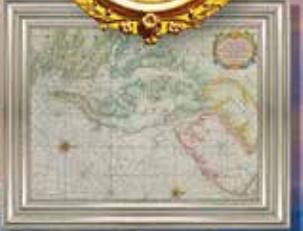


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Where's Wilma?

FIND WILMA AND WIN!

Though she's known for flying the friendly skies of the Chesapeake region, our faithful mascot Wilma is also a seasoned sailor and knows how to tie a clinch knot or two. This month, she's criss-crossing the Bay in search of destination dining, great shopping, and summer services. Where will she take port next?

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

Congratulations to Lynne Cooper of Severna Park, 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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I FOUND WILMA ON PG. _____ Advertiser _____
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Entries must be received by June 30, 2021. Winner will receive a gift certificate to a local establishment and their name will appear in an upcoming issue of What's Up? Annapolis.

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