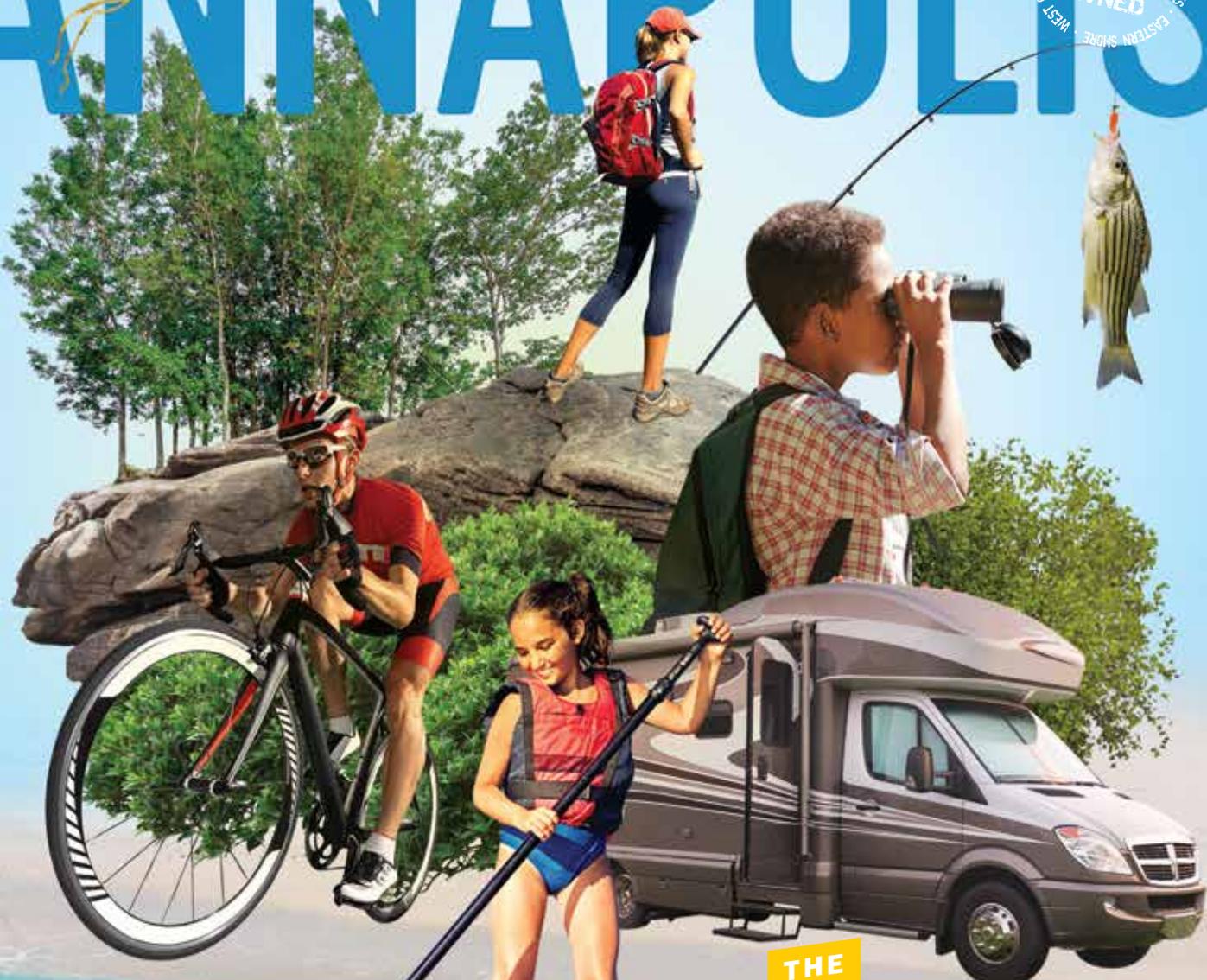


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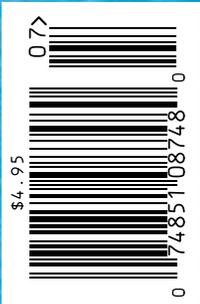


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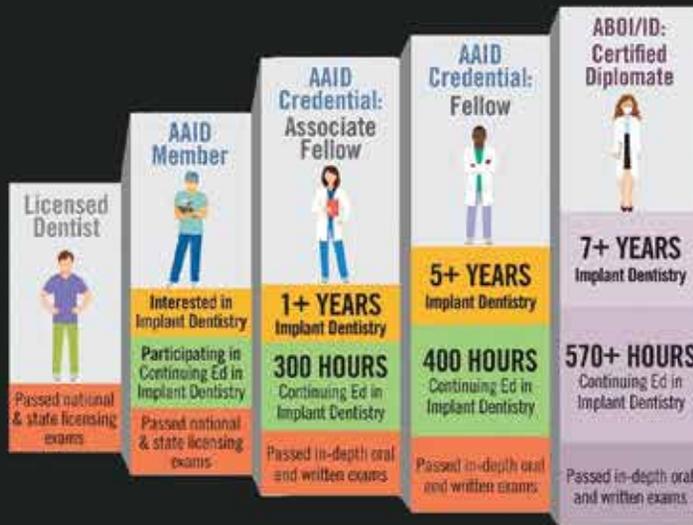


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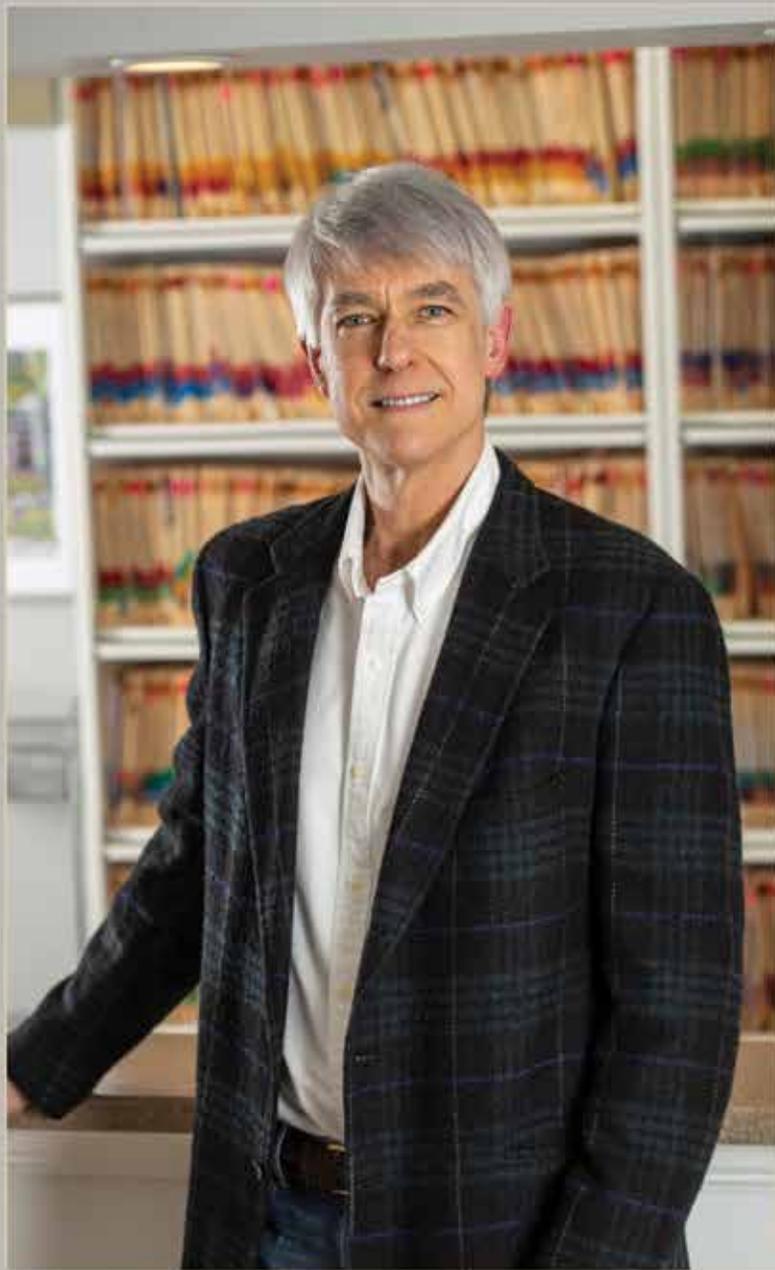


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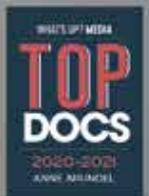
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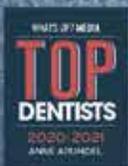
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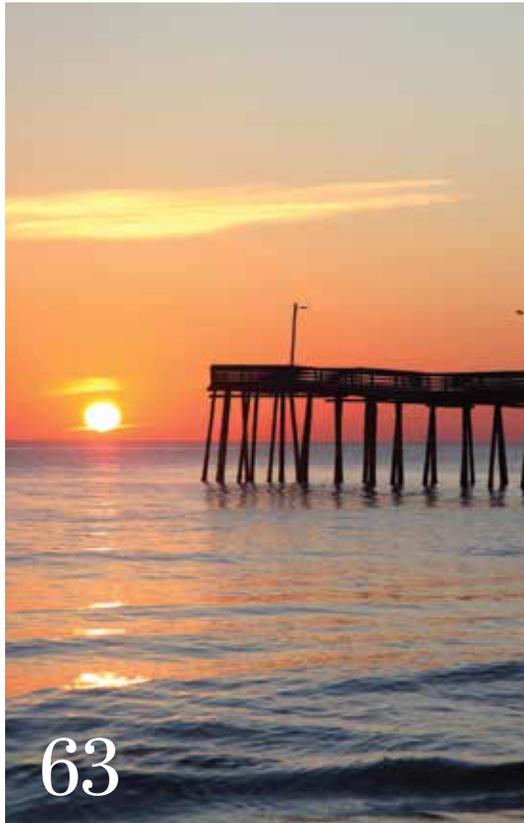
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On the Cover: Our Chesapeake Guide to Great Living will help you navigate summer—the season of adventures, pastimes, and pleasant living. Design by August Schwartz. Contact *What's Up?* Annapolis online at whatsupmag.com ♻️ Please recycle this magazine.

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Tuesday, September 14, 2021

pacagirlfriends.com



The Paca Girlfriends Founding Committee with major donor Cheryl Diane Beatson (front row center) and Maryland First Lady Yumi Hogan (back row).

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"Paca Girlfriends is a network that learns from each other, creates new opportunities and supports the next generation of leaders."

—Judi Herrmann, Paca Girlfriends Founder & Chair

Inspiring Women



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Our signature cocktail "The Pacatini" paired with creative bites.



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Over the past 100 years, American women have been making their voices heard. Right here at home, **Historic Annapolis** has been listening to women – and acting on their vision – since 1952.



Now in its 13th year, the Paca Girlfriends Party has evolved into a showcase for women entrepreneurs – both established and start-ups – who not only get to promote their businesses to other women but inspire others to take their careers to new heights. A true testament to the power of women, the event is now not only a highlight of the season, but also one that has raised more than \$1.25 million to support Historic Annapolis.



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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. Bali, MD, Christian C. Shults, MD, Brian T. Bethea, MD, Ricardo O. Quarrie, MD, Hiroto Kitahara, MD

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23 EVENT PICKS | **36** SOCIAL | **40** SALUTE | **44** SPOTLIGHT | **50** ATHLETE

Fourth of July Annapolis Welcome Back!

There is no excuse not to have plans this July Fourth weekend. Annapolis is celebrating the holiday all over the city. Starting July 2nd, there will be family-friendly events at Chambers Park, Maryland Hall, Historic Annapolis properties, Dinner Under the Stars (Unit Block of West Street), and Tall Ships arrival at the docks. On July 3rd, the traditional Parade to City Dock will take place, beginning on West Street to Amos Garrett, continuing down Main Street and finishing at City Dock. Then on Sunday, July 4th, the First Sunday Arts Festival resumes, and the highly-anticipated fireworks display begins at 9 p.m. Visit annapolis.gov for the full schedule of events.





Let's Go! Music Festival

Gather for Let's Go! Music Festival at the Anne Arundel County Fairgrounds on July 16th and 17th. There will be music by headliners Sugar Ray, Gin Blossoms, and Smash Mouth. The festival will also include performances from locals Dan Haas, Dublin 5, Misspent Youth, and more. Order tickets online for one day or for all weekend through their Event Brite listing.



↑ HISTORY LESSON AT HISTORIC ANNAPOLIS

Start off July 4th with a history lesson from William Paca House and Garden. At 10:30 a.m., 11:30 a.m., and 2 p.m., meet Frederick Douglass, who will talk about his famous speech, "For What to a Slave is the Fourth of July." Renowned Frederick Douglass enactor Nathan Richardson will recite an excerpt from the Douglass speech and will talk about the reasons for the speech, which equally held America accountable for the institution of slavery as well as affirmed the Declaration of Independence and the Constitution as a promise of life and liberty for all people.

20TH ANNUAL TEE UP FOR A CHILD

Anne Arundel County CASA is hosting their 20th Annual Tee Up For a Child on July 26th at Crofton Country Club. The event will begin at 8 a.m. and all proceeds will support Anne Arundel County CASA. CASA (Court Appointed Special Advocates) believes every child who has been abused or neglected deserves to have a dedicated advocate speaking up for their best interest in court, at school, and in the community. Visit aacasa.org/teeup-forachild to register for this fundraising event.



↑ CRAB FEAST AT THE BEACH

The Justin Fishell Memorial Fund is having their 9th Annual Crab Feast at Kurtz's Beach in Pasadena on July 23rd. The event, which will last from 6:30 to 10:30 p.m., will be rain or shine under an outdoor pavilion. Tickets will include all you can eat crabs, Maryland crab soup, pulled pork, sides, and an open bar with draft beer, wine, and mixed drinks. There will be plenty of fun activities including a DJ, raffles, a money wheel, silent auction, photo booth, and much more. Find more information at tickettailor.com.

SCDAA's Walk with the Stars

Walk to raise money for the Sickle Cell Disease Association of America from anywhere! This virtual walk will be celebrated on July 10th from 9 to 11 a.m. Prizes will be awarded to the top individuals and teams. You and your team can walk, run, or dance to raise funds. Just move! To register, visit bit.ly/SCDAWalk2021.

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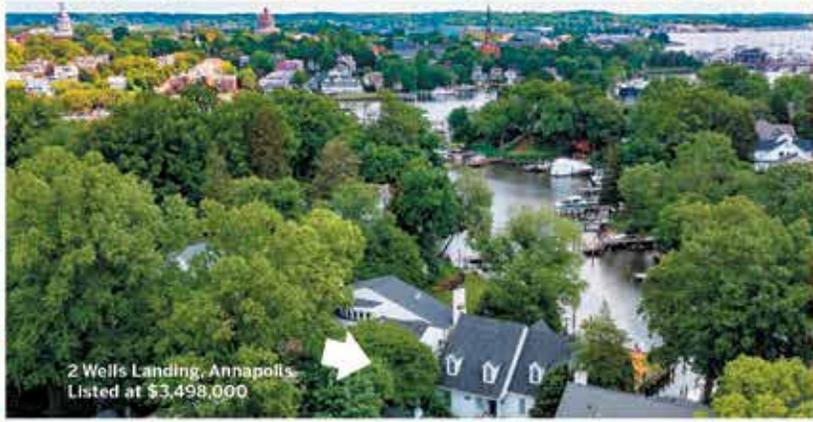
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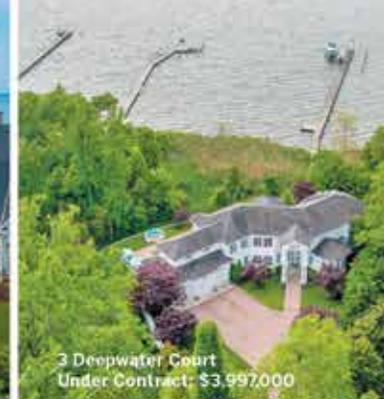
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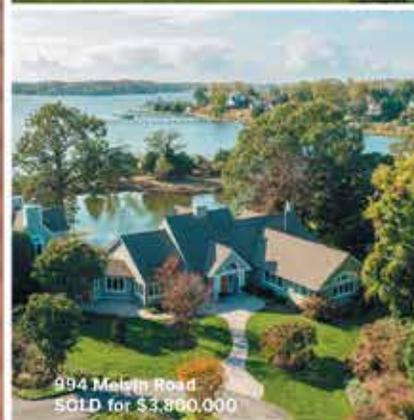
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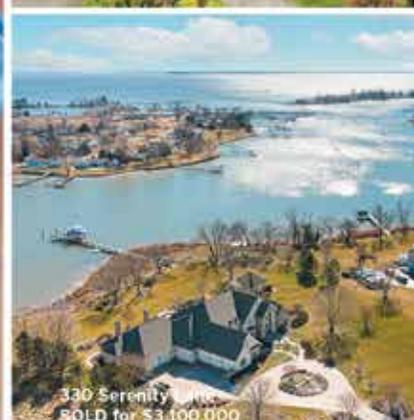
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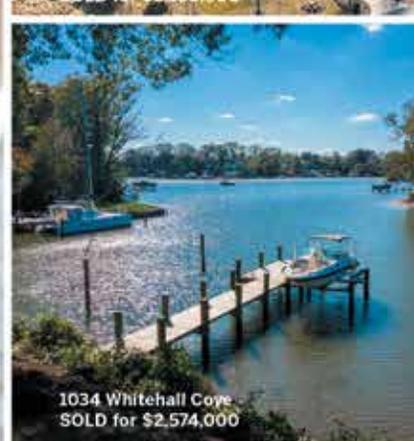
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KENT COUNTY 4H FAIR

Kent County Fair will be back this year on July 15th in Downtown Chestertown. The fair will feature food, community exhibits, animals, tractors, games, and other entertainment. The fair will focus on agricultural education and providing educational opportunities for the county's youth. See everything the fair has to offer and the full event schedule at kentcountyfair.org.

Picnic Pod Concert on the Lawn

Hear Riversdale Chamber Music Society on July 9th from 6 to 7 p.m. at Riversdale House Museum in Riverdale Park. Register by July 8th on Prince George's County Parks' website. This event is free to all ages and will feature the clarinet. Come listen to some great clarinet quartet transcriptions and visit the "Learn to Play" area to see instruments featuring everything from the contra-bass clarinet to the piccolo clarinet up close.

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Fabulous Forgeries is back at Troika Gallery in Easton. From July 2nd through August 31st, visit Troika Gallery to see this judged exhibit, featuring select Troika Artists copying the Great Master Painters of the Past. Dr. Dan Weiss, President and CEO of the Metropolitan Museum of Art in New York City, will judge the exhibit, giving awards for Most Believable, Most Creative, Judge's Choice, and People's Choice. Get your votes in now!

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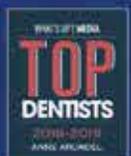
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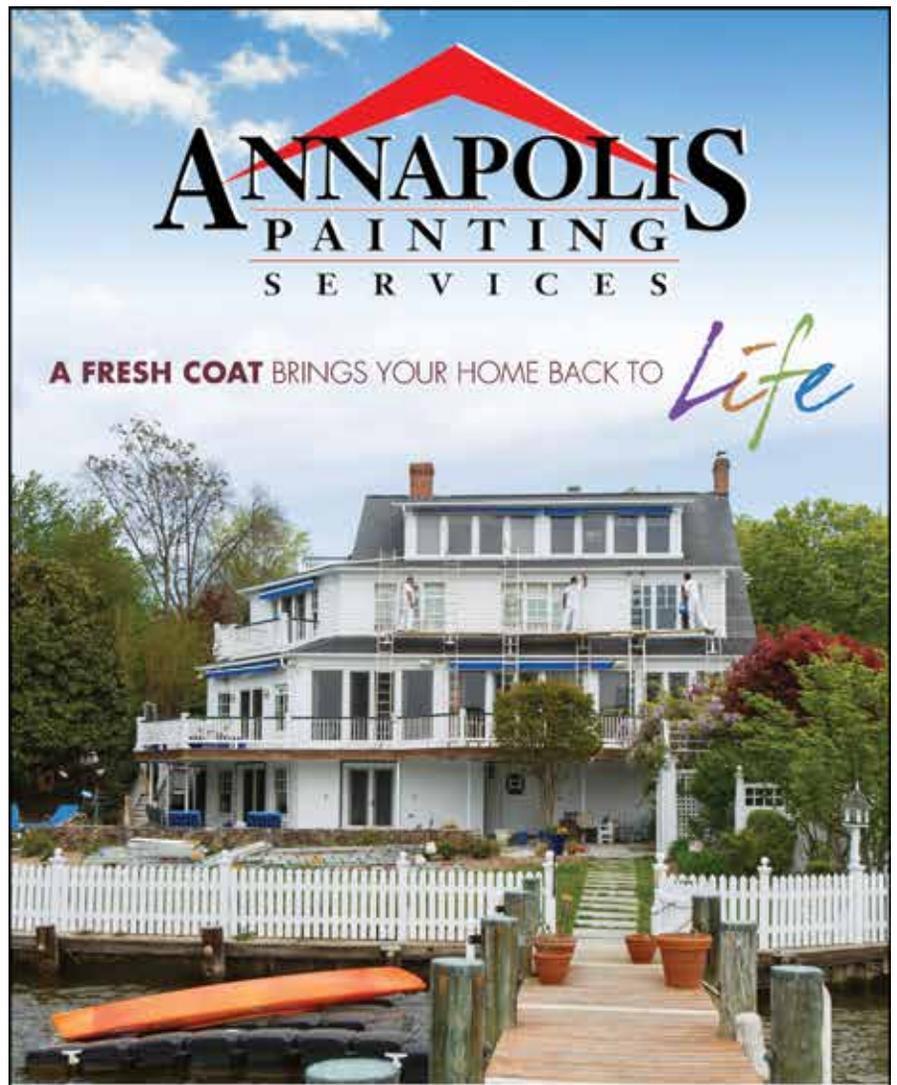


↑ 2021 Independence Day Parade in Severna Park

It is definitely time to celebrate Independence Day! Celebrate the birth of our nation in Severna Park on July 5th. Severna Park will be Celebrating Our COMMUNITY as the community was unified in generosity and support of each other and for the struggling small businesses and nonprofits. Along with the parade, which starts at 10 a.m., there will also be a decorated bike contest for children at the Chamber from 9:15 to 10 a.m. and then the bike riders can join the parade at Riggs Avenue. The parade will begin on Benfield Road, proceed to Evergreen, left on Riggs, right on Baltimore Annapolis, and concludes on Cypress Creek Road.

SUMMER SISTER SUPPORT GALA

You have been cordially invited to the First Annual Summer Sister Support Gala at the DoubleTree Hotel in Annapolis on July 18th from 6 to 9 p.m. All proceeds from this event will be donated to the Calvary Women's Services, an organization that provides assistance to homeless women. This night will be full of entertainment, education, and fine dining. For more information, or to order tickets, visit their site on Eventbrite.



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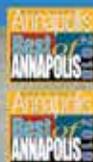
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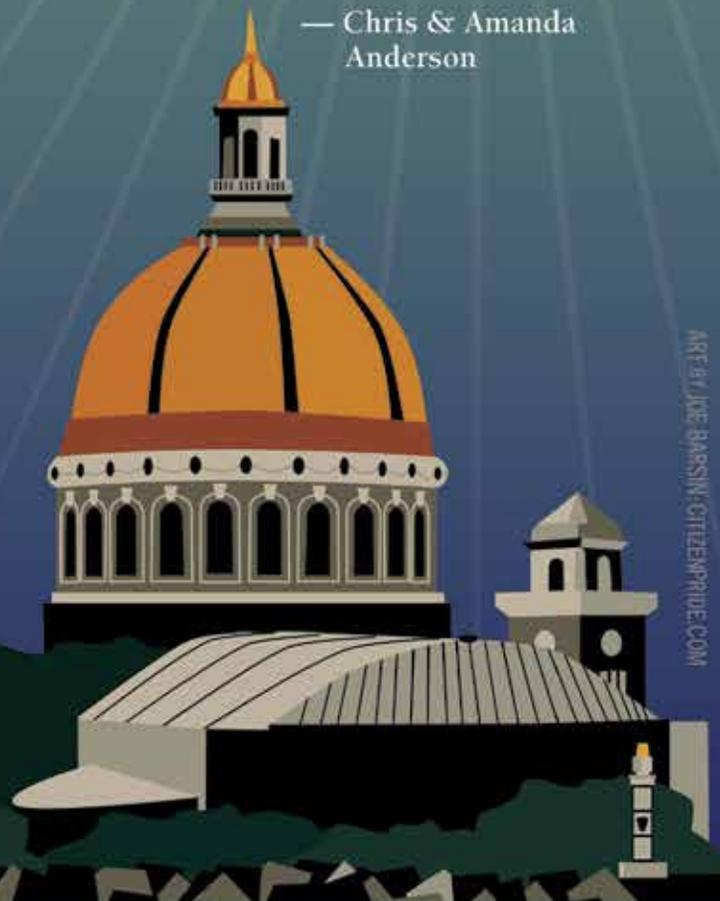
“We worked with Scott Schuetter & team in 2016 to buy our first home in Annapolis, while living in San Diego, and could not have been more pleased with the entire process. When we got the itch a while ago to start looking for something new, there was no question we’d be turning to Scott again. He did so well the first time with finding our house that it was difficult to find something “worth” moving for. He was very patient with us and happy to meet us at the last minute when new things popped up. Anyone can show you a house, but what makes Scott invaluable is his ability to leverage his deep understanding of the market and area to find EXACTLY what we were looking for within our budget. We knew we could rely on his advice and his knowledge of the different neighborhoods to not only find the house of our dreams, but the neighborhood and lifestyle that was right for us.

community are what landed us our dream house. We also trusted Scott to list and sell our current house. He had our current house listed and under contract within 4-days. We had multiple offers above ask and were completely satisfied (overjoyed!) at how the whole process went.

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— Chris & Amanda Anderson

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TOWNE SOCIAL

Walk for the Woods

Scenic Rivers Land Trust, in partnership with Anne Arundel County Department of Recreation and Parks, celebrated the 16th Walk for the Woods at the Bacon Ridge Natural Area in Crownsville on April 24. This was the first in-person event the Annapolis-based nonprofit has hosted since the start of the COVID-19 pandemic. The annual day of guided hikes promotes families exploring the outdoors and public access to the Bacon Ridge Natural Area, the county-owned property full of forests, wetlands, and history permanently protected by a conservation easement co-held by Scenic Rivers and Maryland Environmental Trust.

Photography courtesy Scenic Rivers Land Trust **1.** The Waters Family getting ready to head out on the guided reptile and amphibian search. **2.** Hikers Dawn Taft and Jennifer Jenkins preparing to hit the trails. **3.** Singer Scottie Preston performs a song written for the occasion at the "Say My Name" remembrance ceremony. **4.** Scenic Rivers Board Member Edmee Geis with husband Greg Griffin. **5.** Hikers preparing to head out for an early morning bird hike with hike leader Oliver Griffin. **6.** Scenic Rivers Board President Joan Renner (left) and Scenic Rivers Executive Director Sarah Knebel (right).





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TOWNE SALUTE

Stacey Johnson

Wellness House

By Tom Worgo

Stacey Johnson gets peppered with the same question over and over: “When is your next class?” by those asking about the sound meditation classes she teaches for the Wellness House of Annapolis on the second Wednesday of every month. Her class participants include cancer patients who get emotional support from the Wellness House, along with their caregivers, and friends and family members.



MY WHOLE AIM IS TO CREATE A BEAUTIFUL LANDSCAPE OF SOUND THAT PEOPLE CAN DIVE INTO. IT JUST TAKES THEM AWAY FROM REALITY, EVEN IF IT IS FOR A SHORT PERIOD OF TIME.”

Sound meditation is aimed at attaining focused awareness by using exotic instruments, including chimes, crystal and Himalayan singing bowls, and, in her case, a 36-inch wind gong. The 45-year-old also sings during the classes, which accommodate up to 15 participants.

Many of the attendees are dealing with depression, grief, anxiety, and insomnia. “It just puts a smile on their faces,” Johnson says of her music. “It can bring back good memories they have forgotten about. It also helps with sleep. It’s great to just hear people say they had a good night. All those beautiful things just keep me going.”

There was a reaction from one class participant that’s etched in Johnson’s mind. It made her realize the deep impact she was having.

“A lady told me she had been struggling with finding an answer to a problem,” Johnson says. “And she had been struggling with it for years. During the meditation, the answer was revealed. She came out of the class crying. They were tears of joy because she finally realized what her next steps were going to be. It’s a joy to know the impact that this has on people.”

The staff at Wellness House appreciate her dedication and adaptability. Johnson

has been holding classes for five years and the pandemic didn’t stop her.

“We have a lot of practitioners that are continuing to offer their support,” Wellness House Operations Manager Nikki Malatesta says. “But there were others that are, like, ‘Yea, we are not going to do Zoom because it’s not our preferred method.’ Stacey has been very flexible in that regard.”

Before starting her practice, Johnson, an Odenton resident, worked for 18 years as a financial analyst. Johnson first began practicing yoga in 1999 as a way to relieve her migraine symptoms and stress. She became certified after completing 500 hours of training and then opened her own practice in 2013.

When she started volunteering at the Wellness House, her classes were only yoga. Later, she added sound meditation and that’s what she teaches now.

“My whole aim is to create a beautiful landscape of sound that people can dive into,” she says. “It just takes them away from reality, even if it is for a short period of time.”

Johnson says that one of the beauties of sound meditation is that the participants really don’t have to do anything, other than relax and get com-

fortable. It's a passive process with no movement involved. "You just shut your eyes and listen," she says

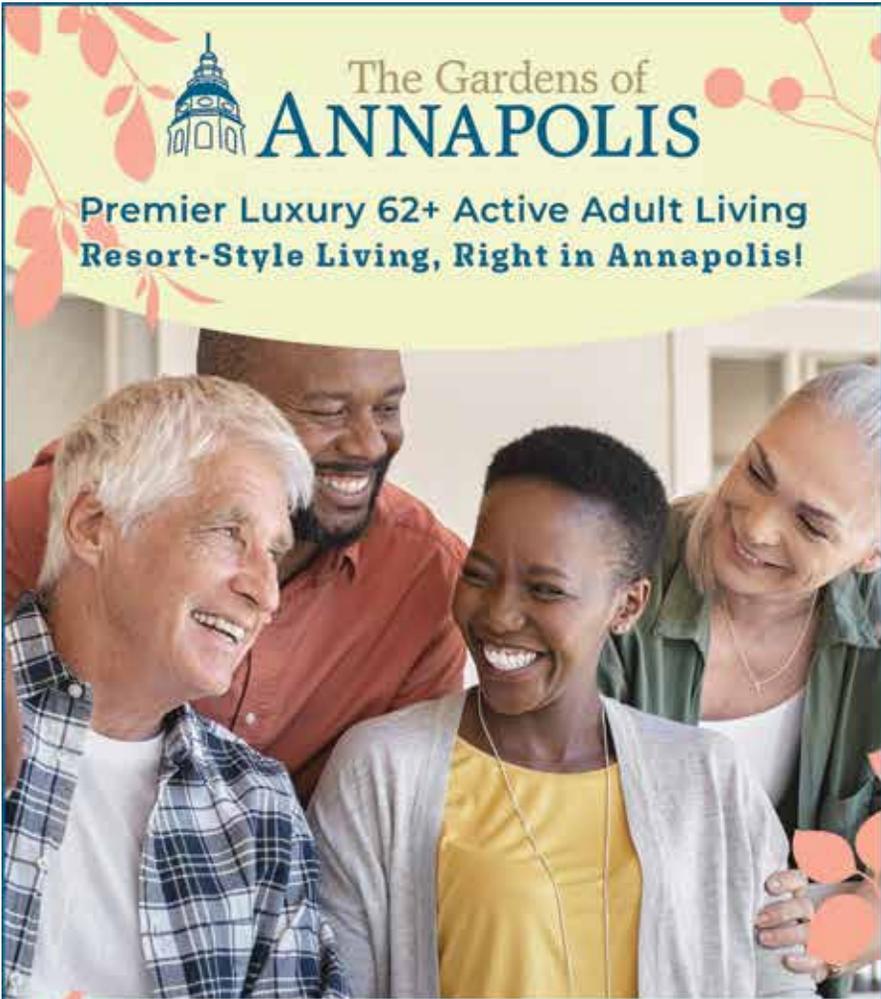
It was a personal experience that led her to volunteer. In 2005, her mother was diagnosed with a rare form of sarcoma cancer, which proved fatal.

"Cancer has impacted my family in different ways," says Johnson, noting her father had prostate cancer and her maternal grandfather suffered from colon cancer. "It's not just my family. It is rampant in the country."

It was these losses that inspired her to volunteer. "I thought it was a noble idea to serve the people of the community who are dealing with cancer in some way, shape, or form," she says. "And not just the individual, but also their families, their caregivers—anybody who is impacted. When I visited the house for the first time, I thought, 'This is a good fit.' It just felt good."

Wellness House Executive Director Mary Jermann says Johnson's contributions are invaluable. "She brings her talent in a way that heals people," Jermann says. "That's her generosity and spirit. She just continues to give."

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



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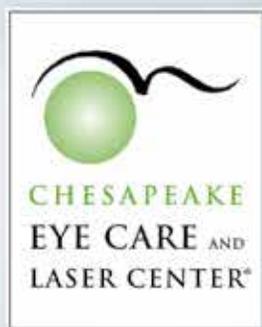
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Cake Shop Newest Bakery in Town

Nothing Bundt Cakes opened to much fanfare this past winter, cutting the ribbon to its Annapolis Town Center location with local dignitaries in attendance, including Maryland First Lady Yumi Hogan. The bakery touts the handcrafted recipes of founders Dena Tripp and Debbie Shwetz, using “the finest ingredients, real eggs, butter, and cream cheese.” To learn more about the special cakes and available flavors, visit nothingbundtcakes.com.

HYATT & WEBER EXPANDS TO EASTERN SHORE & WELCOMES NEW PARTNER

Hyatt & Weber, P.A., a law firm headquartered in Annapolis, is expanding its footprint to Maryland’s Eastern Shore with the addition of seasoned land use and real estate partner Mark F. Gabler. Gabler will head the firm’s Easton office at 10 West Dover Street. Gabler brings 25 years of extensive litigation and appellate experience in various legal disciplines. “We are delighted to welcome Mark to Hyatt & Weber,” said firm founder and managing partner Alan J. Hyatt. “His talent and deep experience not only complement our established reputation as a leader in real estate-related law, but will also provide us with significant opportunities for growth on the Eastern Shore.”



SHERIFF ANNOUNCES NEW INITIATIVE & SMARTPHONE APP

Anne Arundel County Sheriff Jim Fredericks recently announced a new warrant initiative to make warrant

service safer, improve transparency through public access to information, and ultimately reduce the number of outstanding warrants in Anne Arundel County. The new program is called Safe Surrender, and combines online availability of warrant information, with a safe way to serve those warrants. Sheriff Fredericks said, “This program has been in the works for close to a year and it could not come at a better time. With recent shootings and deaths involving the service of criminal warrants, increasing information to the public and creating a safer warrant service environment can potentially save the lives of citizens and law enforcement officers.” This program is one piece of the Sheriff’s vision to reduce outstanding warrants in the coun-

ty. Another piece is the release of a new smartphone application. This app will serve as a modern way for the sheriff’s office to connect with Anne Arundel County residents and visitors, providing information quickly and efficiently to anyone with a smartphone. The Anne Arundel County Sheriff’s Office smartphone app was developed by TheSheriffApp.com, a division of OCV, LLC. The app offers quick access to items of public interest and is easy to use. The app is available for download for free in the Apple App Store and Google Play by searching “Anne Arundel Sheriff”. And the online warrant database is available through the Safe Surrender link at aacounty.org/sheriff.



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Dr. Jim Lynch, a primary care sports medicine physician, has joined Regenerative Orthopedics and Sports Medicine of Annapolis after serving 31 years in Army medicine. He is board certified in Family Medicine and Sports Medicine and is Registered in Musculoskeletal Ultrasound (RMSK). Dr. Lynch spent his career in Special Operations providing personalized care to sustain the optimal health and performance of elite athletes. He is an expert in innovative non-surgical treatments for musculoskeletal conditions and is a pioneer in the use of stellate ganglion block (SGB) to treat post-traumatic stress (PTSD) symptoms. A U.S. Olympic & Paralympic Committee (USOPC) physician, Dr. Lynch has supported Team USA in training and international competitions since 2011, including multiple World Swimming Championships and the 2016 Olympic Games in Rio. Dr. Lynch has been selected again to serve as USA Swimming Team Physician for the 2021 Olympic Games in Tokyo.

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TOWNE ATHLETE

Erin Gulden

Southern High School
Lacrosse, Basketball, Soccer

By Tom Worgo

Southern High senior Erin Gulden loves to share the picture of her grandfather Marlin Gulden and his five brothers. They all served in the military during the Korean War and World War II. But that's only part of her family's commitment to serving in the military.

Her great grandfather, Oscar, was in the Army during World War I, and Gulden's other grandfather, Michael Ferrick (Navy), two uncles, Michael Ferrick, Jr. (Army) and Mike Gulden (Coast Guard Reserve), and her brother Daniel (Navy), did stints in the service.

"I am very proud of my family that they all took their duty so seriously," Gulden explains. "I feel it's part of my duty to carry on the family tradition."

Gulden plans to join the Army after she graduates from East Carolina University. She'll attend the school on an Army ROTC scholarship and a lacrosse scholarship. Gulden, a West River resident, will major in criminal justice, and is eyeing a career in law enforcement.

She carried a 3.9 grade-point average and took seven advanced-placement classes while also starting in both basketball and soccer.

"I'm interested in cyber security, homeland security, or serving as an Army Police Officer," she says. "I really like homeland security and would even like to be an investigations officer. I think the benefits of serving are amazing. That will help me grow up and teach me a lot of skills that I probably won't learn anywhere else. It will also me help with my career path."

But until then, she will focus on her academics and lacrosse at East Carolina. West Point, UConn, and Delaware also recruited Gulden, a midfielder.

"I love the coach (Amanda Moore) and the team,"



"SHE CAN HAVE A REALLY POSITIVE IMPACT ON OUR PROGRAM. I THINK HER BEST ASSET IS HER DETERMINATION, WHETHER THAT'S GETTING TO THE CAGE OR WINNING A GROUND BALL. YOU SEE THAT FIRE FROM HER ON THE FIELD."

Gulden says of East Carolina. "She is so dynamic with the game. She is someone I can really connect with her and learn a lot."

Moore is a Bel Air native, so she loves to bring in recruits from the metropolitan area. And she's expects a lot from the 5-foot-6 Gulden.

"Since we have a young program, she is someone that could be very high in our record books," says Moore, a fifth-year coach. "She can have a really positive impact on our program. I think her best asset is her determination, whether that's getting to the cage or winning a ground ball. You see that fire from her on the field."

Moore first saw Gulden playing for one of the state top club teams, Chesapeake Club Lacrosse. The 17-year-old played five seasons for Chesapeake, which competes in the summer and fall and travels to tournaments as far away as Florida.

"I don't know where I would be if I didn't play for that club," Gulden says. "Julie Norton

was my coach throughout my time with Chesapeake. She's one of the best coaches I've ever had. A lot of my development came from playing under her. My speed really went up and my stick skills really came together."

Gulden dominated games for Southern girls lacrosse team in her three years as a varsity starter. The point guard on the basketball team showed plenty of leadership, had a tremendous work ethic, and grit and was a standout on defense. Gulden particularly stood out early in her career, totaling 25 goals and 10 assists during her first two seasons.

"For a small player, she would always get pushed around and knocked down," Southern Girls Lacrosse Coach Arvak Marshall says. "But, she is one tough player. She would pop right back up.

But her eye-catching quickness stood out the most to Marshall. "Her quickness is amazing," he says. "I am talking about her first step and change of direction. She could beat her defender two or three times."

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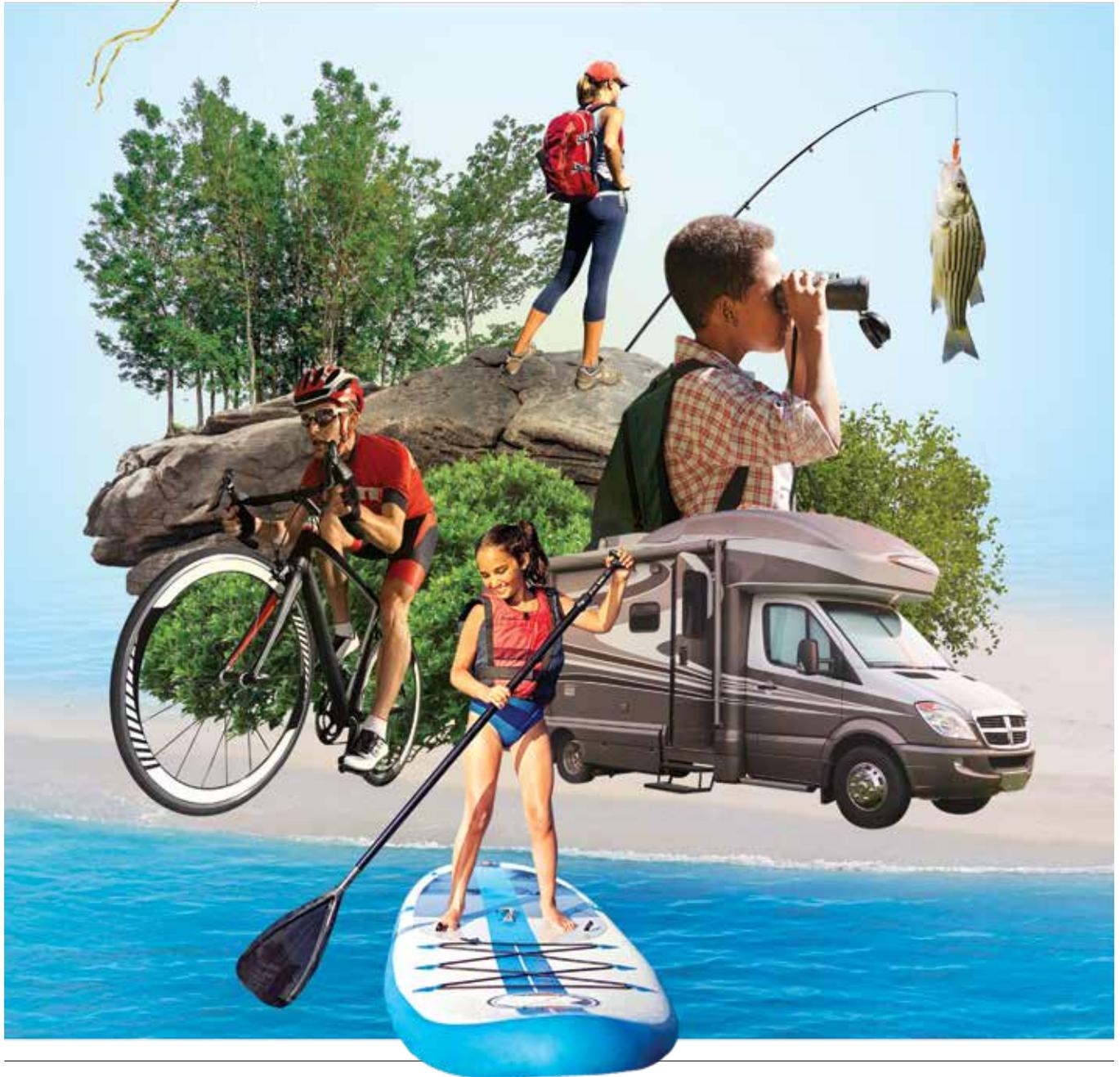
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GATEWAY TO A NATIONAL & NATURAL TREASURE



National Park Service has big plans for Annapolis and the Chesapeake Bay

By Jeff Holland

Illustrations courtesy City Dock Action Committee





Imagine having the Grand Canyon in your back yard. Maryland's Senator Chris Van Hollen thinks we do, or at least a national natural treasure that's just as impressive. It's called the Chesapeake Bay.

The Grand Canyon, like Yellowstone, Acadia, and other national parks occupy specific geographic sites that you can draw a boundary around. You can't do that with the Chesapeake. Sen. Van Hollen proposes that we give the Bay the status and protection of a national park while incorporating existing state parks, heritage sites, and public water access points into what might be called the Chesapeake National Recreational Area, with Annapolis destined to become one of several key gateways.

"Designating a Chesapeake National Recreation Area would give this natural treasure the national recognition it deserves while also driving more federal resources to better protect the Bay and its heritage" Senator Van Hollen said in a written statement. "This also represents an economic opportunity for our state, including our capital, Annapolis, which has played a central role in the Bay's history and culture."

And Annapolis is stepping up to shine in its new role as a gateway, beginning with a \$50 million revamp of the City Dock. "It's such an exciting opportunity," says Annapolis Mayor Gavin Buckley. "When you think of the Chesapeake Bay, the first city you think of is Annapolis. I love the idea of the Bay being our 'Grand Canyon.' Sometimes I have to pinch myself, because I'm the mayor of this city and it's like a holiday resort. We have a great network of parks and this is just going to be another reason why Annapolis is the best place to live in the country."

The new City Dock park will have the same amount of green space as one and a half football fields. There will be three flexible plazas that can have around 60 parking spaces or be cleared of cars for events like the boat shows.

While some parking will disappear, there will be a total of about 200 spaces left, including the 50-car lot at 110 Compromise Street. To more than make up for the difference, the old Noah Hillman Parking Garage will be demolished and rebuilt to the tune of about \$30 million. That project is slated to be completed before the City Dock renovation begins.

The renovation of the City Dock will be perhaps the most significant change in downtown Annapolis since the Naval Academy started to expand its campus in the early 1900s. The City's basic design, with circles around the hubs of the State House and St. Anne's Church and narrow streets radiating from those hubs, was laid out by Royal governor Francis Nicholson in 1694. Annapolis has been confusing visitors ever since.

It's curious that after the itinerant governor's stint in Annapolis, Nicholson was assigned to Virginia, where he moved the colonial capital from Jamestown to Williamsburg. There he had a second chance to design a city, and this time, you'll notice that those streets are mostly wide and the blocks are mostly square and instead of two circles, there are none. Not one.

Dedicating the most desirable couple of waterfront acres to parking automobiles for tourists was not part of Nich-

Designating a Chesapeake National Recreation Area would give this natural treasure the national recognition it deserves while also driving more federal resources to better protect the Bay and its heritage."



—SENATOR VAN HOLLEN



olson's plan for Annapolis. How that came to be is lost in history. Gavin Buckley thinks it's time for a change.

"I campaigned on a park, not a parking lot at City Dock," Mayor Buckley says, "I could never understand why we gave the prettiest part of the city to cars. It (the renovation of City Dock) will be the last major civil project in the city and we're not going to charge the taxpayer to pay for it."

The estimated \$50 million budget to renovate the area and the additional \$30 million for the Hillman Garage will be covered by the Resilience Finance Authority established in 2020 by bond bill sponsored by Senator Sarah Elfreth (District 30) and championed by Mayor Gavin Buckley and Anne Arundel County Executive Stuart Pittman.

The legislation authorizes counties and municipalities to establish and fund resilience finance authorities that can issue and sell state and local tax-exempt bonds for infrastructure projects like this one. Mayor Buckley is hopeful that additional funds will be forthcoming if President Biden's infrastructure initiative goes through Congress. This is, he says, a shovel-ready project and one worthy of support.

"Protecting our communities, small businesses, and history has never been so important," Sen. Elfreth told a reporter from the Annapolis Capital newspaper when the legislation was enacted. "This bill ensures Maryland remains a national leader in preparing ourselves for the impending crisis presented by climate change and sea-level rise."

"It's not just about sea level rise," Mayor Buckley says. "The day-to-day nuisance flooding has had a bad economic impact. When is the next hurricane going to push water up the bay? This initiative will stop that. It would have stopped Isabel; it will treat stormwater and provide something the city will be proud of."

Nuisance flooding is when the tide rises high enough to disrupt daily activity. This is flooding due to wind, the phase of the moon, or the time of year, and not associated with any storm, so it's sometimes called "sunny-day flooding" or a "king tide." In 2017, a study showed that Annapolis businesses suffered between \$86,000 and \$172,000 that year in lost business due to nuisance flooding at City Dock.

The National Oceanic and Atmospheric Administration (NOAA) issued a technical report in 2014 that showed Annapolis as experiencing the greatest increase in average annual nuisance flooding of any U.S. city. While there were only 3.8 days of nuisance flooding between 1957-63, there were 39.3 days of floods between 2007 and 2013, a whopping 925 percent increase. It's only getting worse. The Union of Concerned Scientists predicted that Annapolis will experience as many as 200 annual flood days by 2030 and 350 annual flood days by 2040.

In 2003, Hurricane Isabel (actually downgraded to a tropical depression by the time it hit here, but you wouldn't know it if you'd been in it) produced a tidal surge 8.4 feet above mean low tide. Photos show curious bystanders in ankle-deep water at the foot of Main

Street and two people kayaking past the restaurants on Dock Street.

Part of the City Dock will be raised above the level of Isabel, while Susan Campbell Park will remain at its current level and will be prone to flooding. The park, by the way, is *not* "Susan B. Campbell Park" as in "Susan B. Anthony." It's named after the daughter of former Annapolis alderman and mayor *pro tem* Robert Campbell, a legendary character in his own right.

Next to the park there's a small grey wood-framed building that looks out of place in red-brick Annapolis. This is the Burtis House, the sole-surviving waterman's home located on City Dock. In 2017, Annapolis architect Michael Dowling drafted a study released by



Historic Annapolis and funded by a grant from the NPS Chesapeake Gateways program to examine ways to preserve, protect, and adaptively reuse the house and pier located at the end of Prince George Street.

From about the Civil War up to World War II, the neighborhood around City Dock was known as “Hell Point.” The houses along what was once Holland Street and Johnson Place were mainly two-story frame dwellings like the Burtis House, and like that one, owned by working-class families, most of whom owed their livelihood to one of the industries along the waterfront: the coal and lumber yards, sawmills, oyster-packing houses, warehouses, steamboat wharfs, and boat houses.

In 1941, the Naval Academy expanded, annexing the properties north of Prince George Street and condemning the existing structures there, both residential and commercial. The athletic field house with its distinctive oversized Quonset-hut-shaped copper roof was completed in 1957.

The Burtis House is all that remains of this era in the maritime heritage of Annapolis, except for the house at the other end of the block on the corner of Craig Street that was built in the 1890s. At that time, Cap’n William H. Burtis worked the water and rented boats from the pier to fishermen hoping to snag a record rockfish and dapper dans wishing to pitch some watery woo to their tootsie-wootsies in the good old summertime.

Wendy O’Sullivan, Superintendent of the National Park Service’s Chesapeake Bay Office, is one of many visionaries in Annapolis who believes this historic structure should be preserved. Her office is working to update and renew the existing 20-year-old Chesapeake Gateways program, which is a watershed-wide, place-based partnership network. They’re in the process of creating a new strategic plan, a new grants program, new branding, a focus on inclusive storytelling and equitable access, and a new Chesapeake Gateways Community initiative starting with helping Annapolis become a Gateway to the Chesapeake.

As part of this initiative, the Gateways staff have been working with the city on creating a cooperative agreement to help fund the re-envisioning the City Dock. “This is one of the things we’re excited to be a part of,” O’Sullivan says. “The piece that we’re engaged in right now is the Burtis House and Wharf, the last surviving waterman’s home on City Dock. We’re moving forward with protecting and preserving it.”

The preservation of the structure will be carried out in stages. “We’re excited to have the funding for the first phase from a Maryland Heritage Areas Authority grant, a state bond and matching dollars from Gateways. We’ll be working with Preservation Maryland and the City to pick it up out of the king tide flood waters.” It will be wrapped with messaging until the rest of the City Dock rises up to the same level, theoretically in the fall of 2024.

“Phase two is starting a thought process of adding on to the Burtis House,” O’Sullivan explains. “What are the opportunities to make the whole area at the end of Prince George Street more useful? Right now, it’s a bit stark. If the Navy is open to start thinking with us about what’s possible there, it would be great. All of Phase two will need a capital campaign to raise the public dollars to achieve the vision for what will be a newly activated space there.” The Chesapeake Conservancy will play a key role in helping to raise the funds for this project as well as others.

Once completed, the Burtis House might serve as one of the official Gateways welcome centers for the Chesapeake National Recreation Area; as an extension of the Annapolis Maritime Museum, which could host visits of historic tall ships and traditional vessels at the docks; or perhaps as new headquarters for the Annapolis Harbormaster.

The Gateways program has already partnered with Historic Annapolis to produce the new interpretive panels around City Dock installed this past year. Robert Clark, president and CEO of Historic Annapolis, explained that the foundation entered into a five-year cooperative agreement with the National Park Service’s Chesapeake Bay Office last year.

“The interpretive panels at Susan Campbell Park celebrate our maritime heritage,” Clark explains. “We’re working with the Gateways staff on several components—reaching out to the community to re-imagine the City dock and preserve the Burtis House, and to work on a master interpretive plan to expand visitor opportunities around City Dock.” The goals of the interpretive plan would be to enhance public access, interpret of the city’s unique cultural and natural resources, and inspire the next generation of conservation stewards.

Clark is excited about the transformation the city’s about to undergo. “In 2022, Historic Annapolis turns 70, and we’re planning giant events,” he says, including parades and new historic exhibits. “The City Dock re-imagining project has a ribbon cutting in September of 2024, and July 4, 2026 (the 150th anniversary of the signing of the Declaration of Independence) is only 63 months away. The expectation is that this will be a huge draw from a four-hour drive away—that’s five states with 17 million people, so what we have here is an extraordinary combination of things (to celebrate) in our 400-year history.”

The National Park Service is “taking a leadership role,” Clark says. “I think it’s going to create an economic thunderbolt. We’re going to start holding town meetings to keep people informed, to keep them excited and optimistic. People who used to go to Aruba are going to come to Annapolis. Our message for local business people is, ‘get busy and get prepared.’”

I think it's going to create an economic thunderbolt. We're going to start holding town meetings to keep people informed, to keep them excited and optimistic. People who used to go to Aruba are going to come to Annapolis. Our message for local business people is, 'get busy and get prepared.'

—ROBERT CLARK,
PRESIDENT AND CEO OF
HISTORIC ANNAPOLIS

Superintendent O’Sullivan agrees that the partnership with Historic Annapolis fits right in with the National Park Service’s priorities of equitable access and inclusive story-telling. “People are going to be thrilled with what HA has brought together,” she says. “The intent of that is to be a starting place for visitors, to get visitors to discover other museums and opportunities as we come out of COVID restrictions. We’re hoping to start later this year on reaching out to other potential Gateways Communities” around the Chesapeake watershed, she explains, but for now, “we’re focused on Annapolis and learning from what we achieve here.”

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Photo courtesy of Showtime at the Drive In

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In Chesapeake Bay country, we are blessed with the opportunity to watch the sun rise and set over the water. Western Shore early-risers can view gorgeous sunrises that launch over the Eastern Shore waterfront and top out over the Bay Bridge. And 12 or so hours later, the Eastern Shore experiences the sun dipping below the western panorama.



Catch a Crab

Whether you're a longtime chicken-necker, trapper, or an old salt that trotlines during the summer and fall, you understand the challenge and art of catching a bushel of bluecrabs. For those who'd like to get in on the action and learn the ropes—er, lines—of this recreational sport that many Marylanders hold so near and dear to their hearts, as well as a few secrets and tricks, read through our nostalgic guide "Catching the Beautiful Swimmer" at whatsupmag.com. (Simply search by article title.)

Crack a Crab

Seasoned crab pickers develop their own style of cracking open Maryland's beloved crustacean to get to its sweet meat. But if your newb to the area and need a few pointers, watch our YouTube tutorial "How to Properly Pick a Crab," which in 11 years has showed more than 150,000 crab feasters step-by-step instructions to enjoy picking successfully. (And believe it or not, the video was shot in one take!)



VISIT A BREWERY

Here are several local breweries where you can quaff the freshest barley pops. Note that these days, breweries seem to be popping up frequently, so by all means let us know if you've discovered another!

Forward Brewing – Annapolis; forwardeastport.com; Taproom open daily, except Mondays

Jailbreak Brewing Company – Laurel; jailbreakbrewing.com; Taproom opened Thursday through Sunday

Guinness Open Gate Brewery – Halethorpe; guinnessbrewerybaltimore.com; Taproom opened Thursday through Sunday

Heavy Seas – Halethorpe; hsbeer.com; Taproom opened Wednesday through Sunday

Bull and Goat Brewery – Centreville; bullandgoatbrewery.com; Taproom opened Wednesday through Saturday

Cult Classic Brewing – Stevensville; cultclassicrobrewing.com; Taproom opened Tuesday through Sunday

Crooked Crab Brewing – Odenton; crookedcrabbrewing.com; Taproom opened daily

Chesepiooc Real Ale Brewery – Crofton; brewcrab.com; Taproom opened Thursday through Sunday

Pherm Brewing Company – Gambrills; phermbrewing.com; Taproom opened Wednesday through Sunday

Eastern Shore Brewing – Saint Michaels; easternshorebrewing.com; Taproom opened daily

RAR Brewing – Cambridge; rarbrewing.com; Taproom opened daily

Burley Oak Brewing Company – Berlin; burleyoak.com; Taproom opened daily



Photos courtesy of Honey's Harvest Farm

Visit the Farm

Did you ever go to the local farmers' market and think, "Hmm, I wonder what life is like on this or that farm?" Insider's tip; you can actually visit many of the local produce, livestock, and craft purveyors at their farms. Many have seasonal and holiday events, festivals, tours, chef demonstrations, petting farms, ag classes, and their own market space. Some of our local faves include: Honey's Harvest Farm in Lothian (honeysharvest.com), Hollywood Farm in Annapolis (hollywoodfarm.com), Redman Farms in Chestertown (redmanfarms.net), and Councell Farms in Cordova (councellfarms.com), among others. There are dozens of farming families in our region. Reach out to one next time you're at the farmers' market and see what they have to offer!



Photo by Jess Newell



Blaze a Trail

Wildflower Trail: Stroll around Kinder Park Farm in Millersville on the 2.5-mile Wildflower Trail any time of year. This loop is an appropriate difficulty for all skill levels and features the beautiful Maryland Wildflowers.

Broad Creek Trail: Enjoy the wildlife as you embark the 4.7-mile loop in Annapolis. The loop takes you right alongside Broad Creek, tucked back behind Annapolis High School. This is a great summer trail because you will be able to take advantage of staying cool in the shade the trees provide.

WB&A Trail: Walk, run, or ride your bike on the WB&A Trail through Odenton to the Patuxent River and connecting to South Shore Trail and trails within Prince George's County. The trail has two disconnected segments, the first running 5.7 miles between downtown Odenton on Strawberry

Lake Way and to the south end of Anne Arundel County, and the second begins on the other side of the Patuxent River and stretches 7.4 miles to Route 450 in Glenn Dale.

Baltimore and Annapolis Trail: This 13-mile trail leads you from the heart of Annapolis towards Baltimore, stretching from Jonas Green Park to Dorsey Road in northern Glen Burnie. On the trail, you will be able to see historic neighborhoods of Annapolis as well as a nature view of our beautiful city. Keep an eye out for the historical markers on the trail, labeled from A to Z. Follow along with those markers by picking up a flyer at the Ranger Station before you begin.

For more excellent state and regional parks that offer hiking and biking, please see the "Hikes, Bikes & Parks Guide" on page 73



THE PERFECT PADDLE

Everyone wants to get on the water, but we are not always sure about where exactly to go. Why not pick out a water trail to explore this weekend?

ANACOSTIA WATER TRAIL: This water trail was mapped in 2014 along the Anacostia River through Bladensburg and into Washington, D.C. This nine-mile stretch has many entrance points. For a full map, visit AnacostiaWatertrail.org.

BLACKWATER WILDLIFE REFUGE: In Cambridge, Blackwater Wildlife Refuge offers three different canoe trails within the Blackwater River. Blackwater Adventures is also located in the middle of the Refuge to make renting easy and convenient.

CORSICA RIVER WATER TRAILS: The Corsica River is located near Centreville. The 8-mile waterway allows paddling adventures and explorations throughout Queen Anne's

County and under the Route 304 bridge. Running parallel to the water trail is a land trail that winds through Millstream Park.

QUIET WATERS PARK: Quiet Waters in Annapolis has water access into South River for canoes, kayaks, and small boats. The park doesn't have a set water trail, but is in the same vicinity as the paddlesport rental station for convenience.



Day Trips

Of course, we are just a couple short hours from Ocean City and the Delaware beaches, but there are closer places that you can make day trips to as well. If you want to hit the beach without spending four hours in the car, here are a few places where you can still get your feet a little sand.





Photo by Larry French

Play Dress Up

Live out your pirate fantasy the second weekend of August in Rock Hall. Main Street Rock Hall is hosting their **Pirates and Wenches Festival**, all you have to do is show up in your pirate attire. There will be pirate performers, live entertainment, costume contests, and plenty of kid's activities. Get more information, see vendors and performers on their website rockhallpirates.com



Meanwhile, the **Maryland Renaissance Festival** is back this fall at the Anne Arundel County Fairgrounds and we cannot wait. Of course, you can always bounce around from booth to booth and see what all the hype is about, or you can really walk the walk by making a pit stop at the first booth in the gates, the costume rental booth. Women can dress up as a wench or fair maiden while men can dress the part as the rogue, the outlaw, a monk, or the knight. There are little princess, little maiden, and Jr. Miss Wench costumes for girls and jester, Robin Hood, the pirate

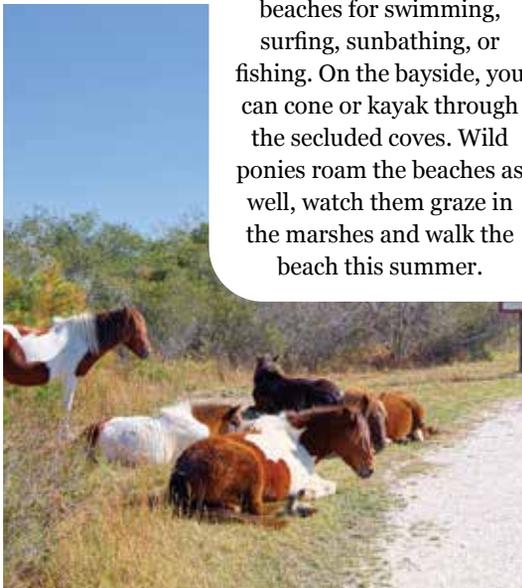
and the brave squire costumes for boys. Don't just visit the Renaissance Festival this year, play the part. Visit rennfest.com for all the details.

For a full calendar of daily events throughout the region, visit whatsupmag.com!

1

ASSATEAGUE ISLAND (BERLIN):

Between the Atlantic Ocean and the Sinequont Bay, you can find Assateague Island, two-miles of ocean beaches for swimming, surfing, sunbathing, or fishing. On the bayside, you can cone or kayak through the secluded coves. Wild ponies roam the beaches as well, watch them graze in the marshes and walk the beach this summer.



2

BREEZY POINT BEACH (CHESAPEAKE BEACH):

No one said that these beach trips *have* to be day trips. Visit Breezy Point Beach in Southern Maryland and stay the night on their campsite. Enjoy a fishing pier, swimming and plenty of picnic areas.

3

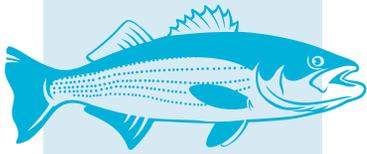
BETTERTON BEACH (BETTERTON):

With 300 feet of frontage for swimming and 700 feet of shoreline access, Betterton Beach is a perfect, quaint public beach. You will even be able to walk a short boardwalk and get a view of the bay from the picnic pavilion.

4

SANDY POINT STATE PARK (ANNAPOLIS):

Enjoy a mile-long sandy beach at Sandy Point. From 10 a.m. - 6 p.m. from Memorial Day to Labor Day, a portion of the beach will be guarded. Enjoy the sun, sand, and water!



ROCK ON!

If you've never experienced the absolute thrill, commotion, and satisfaction of catching a striped bass, a.k.a. rockfish or striper, on a topwater lure at the crack of dawn (or late-evening) on still-as-glass waters of the river or bay, whew...let's just say it's something we think every Marylander should experience at least once. The trick of course is three-fold: (1) you need to get on the water or a public pier; (2) target potential hotspots where the fish are likely feeding; and (3) know how to catch 'em with regards to tackle and technique. Simple right? It can be if you understand the basics and allow yourself the time to try. To help you get there, tap into a masterful angler. A couple options include going on a fishing charter boat out of Chesapeake Beach, Solomons Island, Havre de Grace, Rock Hall, Annapolis, or any other bay port. The other is to become a student and read the book. Many books. And some of the best—with regards to fishing the Chesapeake—are written by the likes of Lefty Kreh, Lenny Rudow, Shawn Kimbro, Alan Battista, Wayne Young, John Page Williams, and John Veil to name but a few (available via Amazon or their personal websites; just search them by name.)



Photo courtesy of Annapolis Summer Garden Theatre

Theater Inspo

Here are but a few of the summer/early fall season's upcoming performances. Additional local theater companies—such as Compass Rose Theater, Children's Theatre of Annapolis, Avalon Players, and many more—will be offering performance in late-2021 and/or 2022.

ANNAPOLIS SUMMER GARDEN THEATRE, ANNAPOLIS:

Home Again: A Musical Revue: ASGT has announced a special COVID-safe show running for three weeks this summer (August 12–29). "Home Again: A Musical Revue" will

be led by an artistic team of past-ASGT performers and directors including Jason Vellon, David Merrill, Elysia Greene Merrill and Ashley Glad-den-Vellon. This show will feature song and dance selections from some of their favorite musicals performed

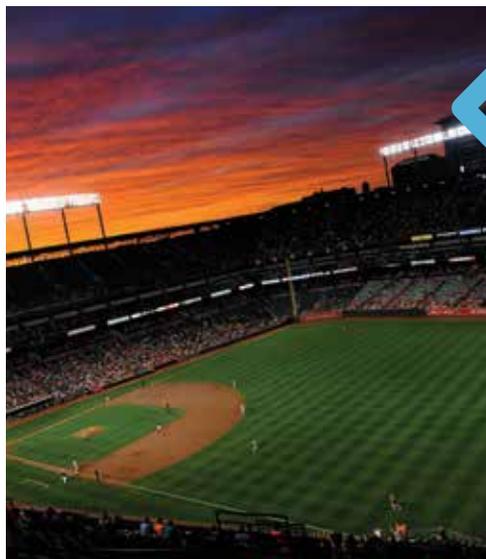


Photo courtesy of Baltimore Orioles

Have a Ball

At the ballpark that is! We are blessed with several major and minor league baseball teams in our region. Between the Baltimore Orioles, Washington Nationals, Bowie Baysox, and Delmarva Shorebirds, there are near-daily opportunities to take in a game, have a hotdog, and relax on a summer's eve. Visit each team's website for game promotions, ticket details, and full schedules.

on their stage and some they hope to perform in the future. The performances also offer audiences a sneak peek to the planned 2022 shows.

STORYTELLERS: A THEATER ARTS ACADEMY, CROWNSVILLE:

Hamlet: Storytellers Theater Arts Profession Acting Company presents Hamlet by William Shakespeare performed outdoors. The acting company features professional actors from The D.C. and New York City areas, as well as local college student apprentices. Bring blankets or chairs, picnics or snacks, and enjoy a summer evening of theater outside with your family or friends. The performances will take place from July 22nd through July 31st.

COLONIAL PLAYERS, ANNAPOLIS:

Love, Loss and What I Wore: Playing July 9th through 25th, "Love, Loss and What I Wore" follows a collection of stories about the nostalgic power of women's clothing. A diverse cast of women tell funny, wistful, and universal memories about their families and loved ones through the prism of their closets. The throughline is narrated by Gingy, a wise older woman who reminisces about what she wore at milestones in her life. Like a long heart-to-heart with your best friend over coffee, the conversation meanders from odes to black clothing to cowboy boots and outfits that make mothers cringe. "Love, Loss and What I Wore" is a reflection on the joys and challenges of our common female experience.

TOBY'S DINNER THEATRE, COLUMBIA:

Elf: Now through August 22nd, see Buddy the Elf take the stage to celebrate Christmas in July. Buddy was a young orphan who mistakenly crawled into Santa's bag of gifts and is transported to the North Pole. Buddy does not realize he is actually human until his size and poor toy-making skills gives it away. Join as Buddy the Elf sets off on a journey to New York City to find his birth father and help remind New York the true meaning of Christmas.

Godspell: From August 27th through October 31st, see the first major musical from three-time Grammy and Academy Award winner, Stephen Schwartz (Wicked, Pippin). Godspell is based on the Gospel of Matthew and features a large dose of comedy, creative storytelling, and an electric blend of songs ranging in style from pop to vaudeville to gospel.

GARFIELD CENTER FOR THE ARTS, CHESTERTOWN:

Clue On Stage: Watch Clue on Stage directed by Bradley Chaires in Chestertown from September 24th to 26th, October 1st through

3rd, and October 8th through 10th. The play is based on the iconic 1985 Paramount movies inspired by the classic Hasbro board game sharing it's name. Join Miss Scarlett, Professor Plum, Mrs. White, Mr. Green, Mrs. Peacock, Colonel Mustard and Wadsworth the butler at this unusual dinner party and find out the daunting question, 'Who killed the host?'

EVERYMAN THEATRE, BALTIMORE:

Steel Magnolias: Steel Magnolias will be performed in-person from August 10th through September 5th and available to be streamed online from August 23rd through September 19th. In a beauty parlor in northwestern Louisiana, life is anything but boring. This heartwarming and uproariously joyful story follows six culturally distinct yet uniquely Southern women over the course of three years as they gather to gossip and share each other's lives with wit, warmth, and intelligence. Steel Magnolias celebrates the power of female friendship through the highest highs and the lowest lows. The play received a Drama Desk Award nomination, and the perennially popular film adaptation was nominated for an Academy Award and two Golden Globes.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Whether it's at the downtown waterfront of Annapolis' City Dock, an off-the-beaten-path dairy creamery on the Eastern Shore, or the boardwalk at the beach, some would say there isn't a sweeter treat to end the day than a scoop of this cool confection atop a sugar- or waffle-cone.



YWCA IS ON A MISSION

YOU GAVE 200%
AND SO WILL WE!

When the YWCA determined we were going to have to cancel our second annual gala, our largest fundraiser of the year, there was admittedly concern. How does an organization make up \$500,000 with literally no event?

The generosity of our friends and business partners exceeded even our expectations. We set a goal of \$100,000, and we doubled that amount by raising \$200,000 in just under six weeks! Because you gave 200%, the YWCA team promises to give 200% as well!

Here is part of our "200% effort" and what we are currently working on:

- Planning for the development of a dedicated Trafficking Safe House, specifically for youth;
- Creating an app to easily connect victims/survivors with resources (housing, food, baby pantry, etc.);
- Establishing a website with resources specific to intimate partner violence;
- Initiating a statewide program to provide Chromebooks to survivors, and remove barriers to them achieving sustained independence and safety;
- Expanding education programs to include both onsite and remote learning opportunities;
- Getting survivors and their children into safe housing of their own.

We could not have done this without the sponsors listed at right. Please join us in thanking them for ensuring the YWCA remains strong and a vibrant contributor in the nonprofit community.

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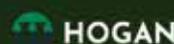
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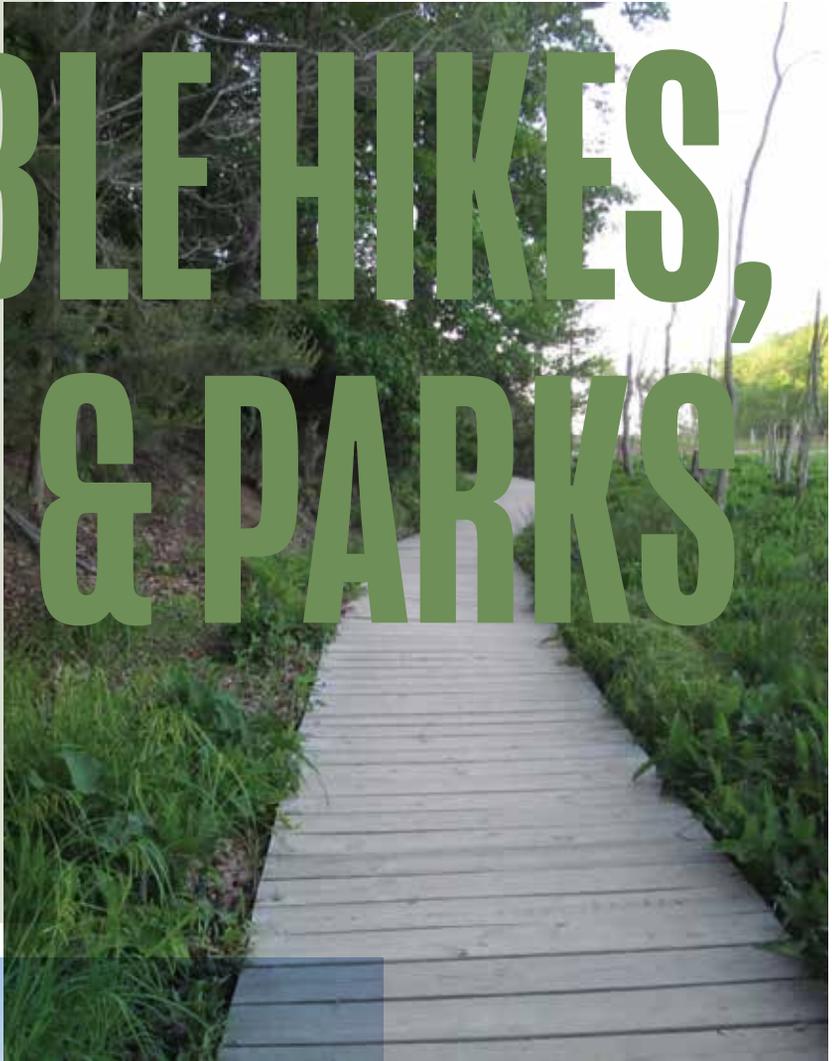


Photo by Doug Kerr



**If you're
looking for
adventure,
there's no
shortage
in the Old
Line State**



Maryland and the Chesapeake Bay region has a geography that takes us from the mountains to the sea. And we're so lucky to be in the heart of it all, within day-tripping access to so many parks and natural areas! Here are some popular trails for hiking, biking, and more, plus state parks on both sides of the Chesapeake Bay.



↑ **Bacon Ridge Natural Area**

Featuring lush forests, wetlands, history, and more, the 630-acre Bacon Ridge Natural Area is owned by Anne Arundel County, and is protected by a conservation easement with Scenic River Land Trust and the Maryland Environmental Trust. Although this land is open sparingly with a couple access points, folks can visit for hiking and studying nature. And each April, the Scenic River Land Trust hosts "Walk for the Woods," which allows public access to the Bacon Ridge Natural Area for various activities, such as guided hikes and bird watching. **To Bacon Ridge Natural Area (2 access points):** Hawkins Road or Bacon Ridge Road, Crownsville **Contact Information:** 410-222-7317; aacounty.org and search "Bacon Ridge"

Greenbury Point

Located at the mouth of the Severn River, Greenbury Point offers beautiful views of the water and different types of wildlife on the trails of their 231-acre peninsula. The Navy-owned property, which is managed by Naval Support Activity Annapolis, allows visitors to travel the trails, whether it is for a nice jog or a lovely nature walk. However, these trails at Greenbury Point are not open every day because the area is also used as a rifle range for NSA Annapolis. To see if the area is open that day, be sure to check their Twitter for updates (@NSAAnnapolis). **To Greenbury Point:** Public access available off of Bullard Boulevard, Annapolis **Contact Information:** 410-293-1000

B&A Trail

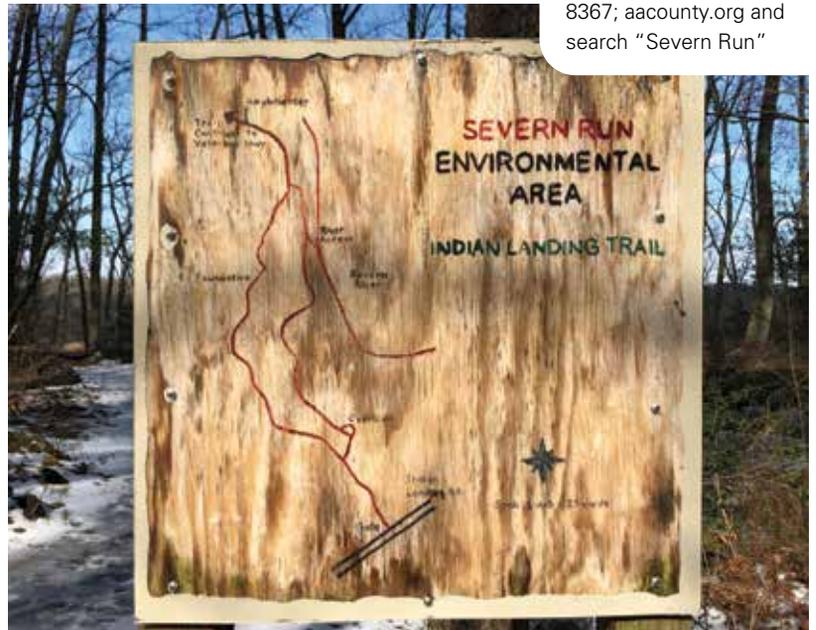
The Baltimore and Annapolis Trail, known as the B&A Trail, is a paved 13.3-mile trail that stretches from Boutlers Way in Annapolis to Dorsey Road in Glen Burnie. With several connecting trails, such as the BWI Trail and the East-West Boulevard Bike Path, the B&A Trail is ideal for all sorts of activities, wheels or not. This scenic trail is not only great for outdoor activities, but it's also educational. Along the trail are alphabet markers that give a brief history of the area you're passing. Additionally, near Harundale Plaza, a Planet Walk begins that is sponsored by NASA. Showcasing the sun and each planet, these displays educate trail-goers about our solar system. This community-friendly trail is fun for everyone! **To the Baltimore & Annapolis Trail:** 51 West Earleigh Heights Road, Severna Park **Contact Information:** 410-222-6244; aacounty.org and search "BA Trail"

Piney Orchard Nature Preserve

Totalling around five miles of walking and biking trails, accompanied by wetlands, woodlands, and spacious grassy areas, the Piney Orchard Nature Preserve is home to many different species of animals and plants. Connecting with several different neighborhoods of Piney Orchard, this area is easily-accessible and convenient for families and individuals alike! Escape to the Piney Orchard Nature Preserve for some peace and quiet, and enjoy anything from a lovely nature hike to just relaxing on a park bench. **To Piney Orchard Nature Preserve:** Trailhead off of Sandy Walk Way, Odenton (Lone Wolf Trail) **Contact Information:** 410-672-4273; pineyorchard.com

Severn Run Natural Environmental Area ↓

Home to diverse types of wildlife, such as Great Blue Herons, red foxes, and mallards, the Severn Run Natural Environmental Area is a great spot for seasonal fishing and year-round hiking. Protecting the water quality and scenery of the Severn River, this 1,600-acre environmental area is owned by Maryland, and is located off of I-97. Though often overlooked as a hiking destination, the Severn Run Natural Environment Area has several different unmarked paths visitors can enjoy. If you're looking for some much-needed peace and quiet, this is the place for you. **To Severn Run Natural Environmental Area:** Public access available at several points: Indian Landing Road in Crownsville or Dicus Mill Road in Millersville **Contact Information:** 877-620-8367; aacounty.org and search "Severn Run"



EASTERN SHORE



Adkins ↑ Arboretum

If you're a dedicated nature lover, interested in horticulture, and enjoy the great outdoors, then this is the place for you! With lush greenery, wetlands, beautiful meadows, and more, the 400-acre Adkins Arboretum is home to more than 600 species of plants and flowers that primarily focuses on what is native to the Mid-Atlantic coastal plain. There is over five miles of paths throughout the area, with one trail—Tuckahoe Valley trail—connecting to Tuckahoe State Park. The Adkins Arboretum offers a vast majority of activities, like guided tours, lectures, programs for adults and youths, and, of course, hiking and biking.

To Adkins Arboretum: 12610 Eveland Road, Ridgely **Contact Information:** 410-634-2847; adkinsarboretum.org

Blackwater National Wildlife Refuge

Preserving over 26,000 acres of woodlands, marshes, and waters, the Blackwater National Wildlife Refuge is home to a vast majority of wildlife, including being the largest breeding ground on the East Coast, north of Florida, for American bald eagles, as well as protecting the endangered Delmarva Peninsula fox squirrel. The Blackwater NWR, located in Dorchester County, also serves as a sanctuary to migrating and wintering birds and waterfowl. With tons of history and activities, visitors can do everything from attending an educational program to hunting to a scenic nature walk.

To Blackwater National Wildlife Refuge: 2145 Key Wallace Drive, Cambridge **Contact Information:** 410-228-2677; findyourchesapeake.com



Photo by Mary Konchar

Tuckahoe State Park

With plenty of activities and opportunities to learn more about the Eastern Shore, Tuckahoe State Park is a lovely area for families, groups, and individuals interested in exploring and learning more about the area they live in. Twenty miles of multi-use trails allows visitors to hike, bike, and even horse-back ride! The park also offers 20 acres of boating and fishing opportunities on its 60-acre lake; however, be aware that the use of a gasoline motor is prohibited. Additionally, canoeing is a very popular activity at Tuckahoe State Park, along with camping. Guests can also visit the Adkins Arboretum, located on Tuckahoe Creek. **To Tuckahoe State Park:** 13070 Crouse Mill Road, Queen Anne **Contact Information:** 410-820-1668; dnr2.maryland.gov

Terrapin Nature Park

Featuring a 3.25-mile walking trail that allows you to see everything from beautiful meadows to the sandy beach, Terrapin Nature Park is a wonderful location for families and individuals looking for all sorts of outdoor activities. A popular activity amongst visitors is viewing the Chesapeake Bay and the Chesapeake Bay Bridge via a gazebo and wheelchair-accessible boardwalk. With fishing and crabbing to biking and hiking, the 276-acre park is ideal for nature buffs of all sorts. **To Terrapin Nature Park:** 191 Log Canoe Circle, Stevensville **Contact Information:** 410-758-0835; findyourchesapeake.com

STATE/REGIONAL FAVORITES

Patapsco Valley State Park

Featuring rocky waterfalls, a suspension bridge, and accessible trails, Patapsco Valley is an ideal hiking location for families seeking adventure and a top destination for mountain biking. A popular path at the Avalon area of Patapsco Valley, Cascade Falls Trail is a beautiful, novice trail that takes one through the altering foliage up to a collection of small waterfalls that serve as precursors to the subtle yet alluring Cascade Falls. Another extremely favored spot for families and hikers alike is Daniels Dam, where fisherman can cast for rainbow and brown trout and families can marvel at the power and beauty of the rushing water. **To Daniels Dam:** 2090 Daniels Road, Ellicott City To Avalon Area (Suspension Bridge & Cascade Falls): 5120 South Street, Halethorpe **To Patapsco Valley State Park:** 8020 Baltimore National Pike, Ellicott City **Contact Information:** 410-461-5005; dnr.maryland.gov



Cunningham Falls State Park ↑

Tranquility is a single word to describe Cunningham Falls. Following a picturesque drive through rural Maryland and the quaint town of Thurmont, one arrives in Cunningham Falls State Park with one path toward the waterfall and another towards a lakefront beach. A short half-mile to three-quarter mile hike will land one at the waterfall, an absolutely breathtaking flood of water over easy-to-climb rocks. For the more adventurous, there are also 1.5 to 7.5 mile trails that lead to scenic outcroppings and other parts of the park such as the Catoctin furnace. **To Cunningham Falls State Park:** 14039 Catoctin Hollow Road, Thurmont **Contact Information:** 301-271-7574; dnr.maryland.gov

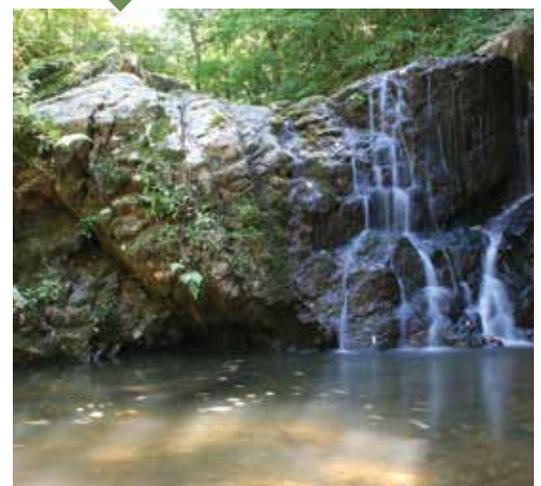


Photo by Rebutcher

Calvert Cliffs State Park

For those especially interested in archaeology and fossils or have children who love dinosaurs; Calvert Cliffs is the park for you. The Calvert Cliffs were formed 20 to 30 million years ago when all of southern Maryland was covered in a warm, shallow sea. As a result, the fossils of the marine life that lived there, prehistoric sharks, whales, rays, and large seabirds, can be found in the cliffs today. The best fossil hunting is done at the open beach area at the end of the red trail where adults and children alike can sift for sharks teeth and fossils right in the sand. **To Calvert Cliffs:** 10540 H. G. Trueman Road, Lusby **Contact Information:** 301-743-7613; d.maryland.gov



Gambrill State Park ↓

With more than 16 miles of trails for hiking, horseback riding, and mountain biking, Gambrill State Park is renowned hiking destination. The park is split into two parts, the Rock Run area half of the park and the High Knob area. Both areas feature cozy, family-style campgrounds for campers with picnic areas and picnic shelters and even a small fishing pond at the Rock Run location. Located in Middletown, Maryland, this park is only a short 30-minute drive from historic Fredrick, Maryland where visitors can venture to the National Museum of Civil War Medicine or to Scheiffersstadt, the oldest house in Fredrick Maryland, built in 1750. **To Gambrill State Park:** 8602 Gambrill Park Road, Frederick **Contact Information:** 301-271-7574; dnr.maryland.gov



Gunpowder Falls State Park

Spanning over 18,000 acres across Harford and Baltimore counties, Gunpowder Falls State Park has more than 120 different hiking trails. The park features fishing and kayaking/canoeing streams, a swimming beach, and a marina. One featured trail of the park is called Jerusalem Village trail, a 4.8 mile hike that features the Jericho Covered Bridge and a variety of wildlife. Families and backpackers alike can fuel up pre-hike with some lunch in the village picnic area where they can admire the antique buildings. **To Gunpowder Falls State Park:** 2813 Jerusalem Road, Kingsville **Contact Information:** 410-592-2897; dnr.maryland.gov

Potomac State Forest

Featuring excellent trout fishing, mountain forests, streams and valleys and the highest point in any Maryland state forest, Backbone Mountain, Potomac State Forest is truly

a perplexing collection of nature. Families and hikers alike can camp at designated sites or backpack through the forest by day and camp in the forest at night if they so desire. For the more adventurous, horseback riding is also available on the trails throughout the state park. From families to fisherman to hikers, Potomac State forest has it all. **To Potomac State Forest:** 1431 Potomac Camp Road, Oakland **Contact Information:** 301-334-2038; dnr.maryland.gov

Herrington Manor State Park

At 365 acres, Herrington Manor State Park is miniscule in comparison to the other, larger state parks aforementioned. However, what this park lacks in size, it makes up for in amenities. Herrington Manor offers picnic sites, kayaking and canoeing, swimming, tennis, and hiking just to name a few activities. In addition, Herrington Manor also has 20 fully furnished log cabins on site for rent year round. During the fall, the state

park features maple syrup demonstrations and apple butter making, sure to appease the family. **To Herrington Manor State Park:** 222 Herrington Lane, Oakland **Contact Information:** 301-334-9180; dnr.maryland.gov

Great Falls Park ↑

This Park consists of cascading rapids and several 20-foot waterfalls that are absolutely breathtaking to view in-person. The Potomac River narrows from 1,000 feet wide to a mere 100 feet, causing the river to move very rapidly over jutting rocks, creating a spectacular scene of rushing water. This park is only a short 15-minute drive from Washington D.C. making it about an hour to an hour and a half from the Annapolis/Eastern Shore Area. Great Falls Park is also split in the middle with Maryland on one side and Virginia on the other, creating a beautiful bilateral view of the two states. **To Great Falls State Park:** 11710 MacArthur Blvd, Potomac **Contact Information:** 703-285-2965; nps.gov

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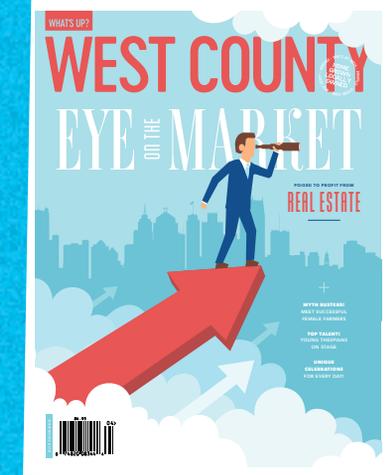
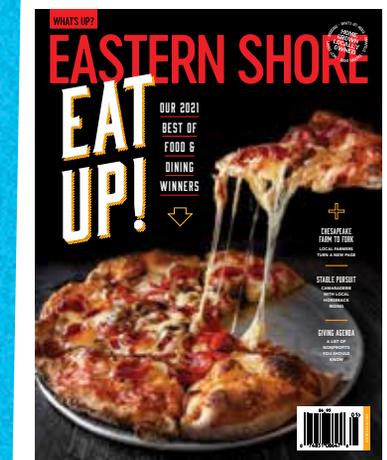
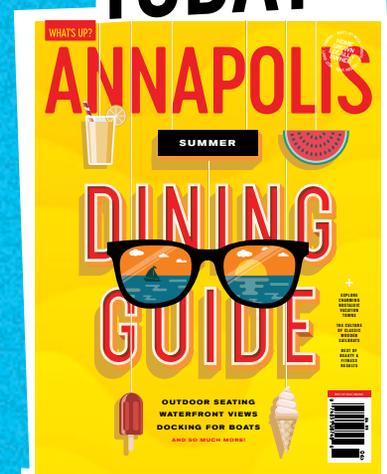
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ANNAPOLIS

49 West Coffeehouse, Winebar, and Gallery 49 West Street; 410-626-9796; 49westcoffeehouse.com

Annapolis Maritime Museum 723 Second Street; 410-295-0104; amaritime.org

Annapolis Marine Art Gallery 110 Dock Street; 410-263-4100; annapolis-marineart.com

ArtFarm 47 Spa Road; artfarmannapolis.com

Art in Public Places—Annapolis' Outdoor Gallery Around every corner in Annapolis; Art in the City of Annapolis Catalogue in pdf format is available at ci.annapolis.md.us

Banneker-Douglass Museum 84 Franklin Street; 410-216-6180; bdmuseum.maryland.gov

Bates Legacy Center 1101 Smithville Street; 410-266-5004; whbateslegacycenter.org

Charles Carroll House 107 Duke of Gloucester Street; 410-269-1737; charlescarrollhouse.com

Chase-Lloyd House 22 Maryland Avenue; 410-263-2723

Chesapeake Children's Museum 25 Silopanna Road; 410-990-1993; theccm.org

Finapolis Art Gallery 111 Chinquapin Round Road, Ste. 200; 443-254-2787; charleslawrance.com

Hammond-Harwood House 19 Maryland Avenue; 410-263-4683; hammond-harwoodhouse.org

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Main Street Gallery 216A Main Street; 410-216-7166; mainstreetfineart.com

Maryland Federation of Art Circle Gallery 18 State Circle; 410-268-4566; mdfedart.com

Maryland Hall for the Creative Arts 801 Chase Street; 410-263-5544; mdhallarts.org

McBride Gallery 215 Main Street; 410-267-7077; mcbridegallery.com

Mitchell Gallery at St. Johns College 60 College Avenue; 410-626-2556; sjc.edu

Nancy Hammond Editions 192 West Street; 410-295-6612; nancyhammond-editions.com

United States Naval Academy Museum Preble Hall, 118 Maryland Avenue; 410-293-5467; usna.edu/museum

What's Up? Media Gallery 201 Defense Highway, Annapolis; 410-266-6287; whatsupmag.com/culture

William Paca House & Garden 186 Prince George Street; 410-267-7619; annapolis.org

Willow Gallery 600 Quiet Waters Park Road; 410-222-1777; friendsofquietwaterspark.com

EASTERN SHORE

Academy Art Museum 106 South Street, Easton; 410-822-2787; academyart-museum.org

Artists Gallery 239 High Street, Chestertown; 410-778-2425; theartistsgallery-c-town.com

Carla Massoni Gallery/Massoni Art 203 High Street, Chestertown; 410-778-7330; massoniart.com

Chesapeake Bay Maritime Museum 213 N. Talbot Street, St. Michaels; 410-745-2916; cbmm.org

Chestertown River-arts 312 Cannon Street, Chestertown; 410-699-1025; chestertownriverarts.org

Clark Gallery of Fine Art 9027 Tilghman Island Road, Unit B, Wittman; 410-829-1241; clarkfineartgallery.com

Dorchester Center for the Arts 312 High Street, Cambridge; 410-228-7782; dorchesterarts.org

Dorchester County Historical Society 902 La-Grange Avenue, Cambridge; 410-228-7953; dorchester-history.org

Historical Society of Talbot County 25 S. Washington Street, Easton; 410-822-0773; hstc.org

Geddes-Piper House Historical Society of Kent County; 101 Church Alley, Chestertown; 410-778-3499; kentcountyhistory.org

Kent Island Federation of Art 405 Main Street, Stevensville; 410-643-7424; kifa.us

Main Street Gallery 518 Poplar Street, Cambridge; 410-330-4659; mainstgal-lery.org

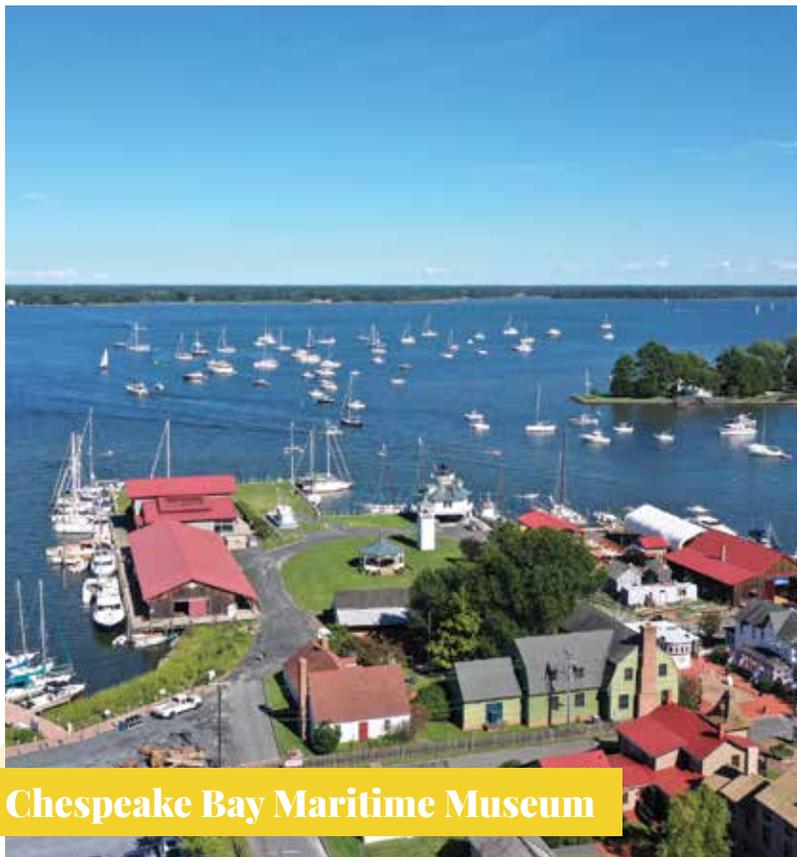
Nancy Hammond Editions 214 S. Talbot Street, St. Michaels; 410-295-6612; nancyhammond-editions.com

Oxford Museum 100 S. Morris Street, Oxford; 410-226-0191; oxfordmuseum.org

Queen Anne's County Historical Society 124 S. Commerce Street, Centreville; 410-758-3010; qachistory.org

Queen Anne's County Arts Council 206 S. Commerce Street, Centreville; 410-758-2520; queenanne-countyarts.com

Richardson Maritime Museum 401 High Street, Cambridge; 410-221-1871; richardsonmuseum.org



Chesapeake Bay Maritime Museum



Walters Art Museum

Rock Hall Museum 5585 Main Street, Rock Hall; 410-639-7611; rockhallmd.com

Rural Life Museum 29241 Blacktown Road, Trappe; 410-476-3339; rurallifemuseum.org

St. Michaels Museum E. Chesnut Street & St. Mary's Square, St. Michaels; 410-745-9561; stmichaelsmuseum.org

Talbot Historical Society 25 South Washington Street, Easton; 410-822-0773; hstc.org

The Trippe Gallery 23 N. Harrison Street, Easton; 410-310-8727; thetrippegallery.com

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Anne Arundel Community College (Cade Center) 101 College Parkway, Arnold; 410-777-2222; aacc.edu/cadegallery

Anne Arundel Historical Society 7101 Aviation Boulevard, Linthicum; 410-768-9518; aachs.org

Art Galleries at Howard Community College 10901 Little Patuxent Parkway, Columbia; 443-518-1000; howardcc.edu/galleries

Benson Hammond House 7101 Aviation Boulevard, Linthicum; 410-768-9518; aachs.org

Brentwood Arts Exchange 3901 Rhode Island Avenue, Brentwood; 301-277-2863; arts.pgpark.com

Captain Avery Museum 1418 East West Shady Side Road, Shady Side; 410-867-4486; captainaverymuseum.org

Chesapeake Arts Center Exhibit Gallery 194 Hammonds Lane, Brooklyn Park; 410-636-6597; chesapeakearts.org

Fort George G. Meade Museum 4674 Griffin Avenue, Fort Meade; 301-677-6966; ftmeade.army.mil/museum

Historic London Town & Gardens 839 Londontown Road, Edgewater; 410-222-1919; historiclondontown.com

National Capital Radio & Television Museum 2608 Mitchellville Road, Bowie; 301-390-1020; ncrtv.org

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B&O Railroad Museum 901 West Pratt Street; 410-752-2490; borail.org

Jewish Museum of Maryland 15 Lloyd Street; 410-732-6400; jewishmuseummd.org

Port Discovery Children's Museum 35 Market Place; 410-727-8120; portdiscovery.org

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Art Museum of the Americas 201 18th Street NW; 202-370-0147; museum.oas.org

Freer and Sackler Galleries 1050 Independence Avenue, SW; 202-633-1000; asia.si.edu

Hirshhorn Museum Independence Avenue SW & 7th Street SW; 202-633-1000; hirshhorn.si.edu

International Spy Museum 800 F Street, NW; 202-393-7798; spymuseum.org

National Gallery of Art Constitution Avenue, NW; 202-737-4215; nga.gov

National Geographic Museum 1145 17th Street NW; 800-647-5463; nationalgeographic.com

National Museum of African American History & Culture 1400 Constitution Avenue; 844-750-3012; nmaahc.si.edu

National Museum of the American Indian 4th Street and Independence Avenue, SW; 202-633-6644; nmai.si.edu

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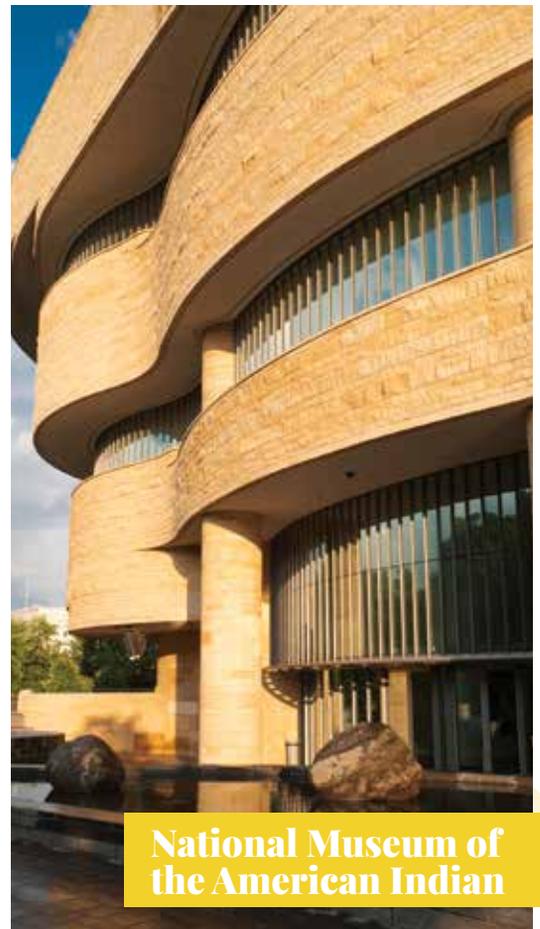
Smithsonian National Air and Space Museum Independence Avenue at 6th Street; 202-633-2214; airandspace.si.edu

Smithsonian American Art Museum 8th Street NW & F Street NW; 202-633-1000; american.si.edu

Smithsonian National Museum of American History 14th Street and Constitution Avenue, NW; 202-633-1000; americanhistory.si.edu

Smithsonian National Postal Museum 2 Massachusetts Avenue, NE; 202-633-5555; postalmuseum.si.edu

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TALKING 'CUE WITH STEVEN RAICHLLEN



The acclaimed chef, pit-master, television host, author, journalist, and barbecue guru discusses one of summer's most cherished pastimes

By James Houck



You've probably seen and heard Steven Raichlen more often than not; he's hosted numerous seasons of acclaimed barbecue "how to" television series on PBS (*Barbecue University*, *Primal Grill*, *Project Smoke*, *Project Fire*), written several New York Times best-selling cookbooks (*Barbecue Bible* and *How to Grill among them*), as well as articles for the *Times*, *Wall Street Journal*, *Esquire*, *Food & Wine*, and many other culinary and travel magazines, all for which he has won five James Beard awards. Raichlen has travelled the world over and studied its cultures, particularly relating to culinary and live-fire grilling. He has mastered many methods and techniques of barbecue, and presents them with an honest, passionate, and soothing linguistic character that's both educational and endearing.

Also, Raichlen was raised in Baltimore, Maryland, before attending Reed College and embarking on his culinary studies that would take him across the Atlantic to Europe and, ultimately, around the globe. Today, the 68-year-old resides in Florida but is not one to sit still for long, splitting time between home and Martha's Vineyard, and travelling the country to present his culinary courses, launch restaurant ventures, or lecture at institutions such as Harvard and The Smithsonian.

Raichlen's newest barbecue television series—season three of *Project Fire*—was filmed locally at the Pearlstone in Baltimore and launched earlier this year on PBS/Maryland Public Television and continues airing this summer. For the more up to date schedule of program airings, visit mpt.org/schedule.

We spoke at length to Raichlen about *Project Fire*, his ties to Chesapeake country, culinary pursuits, work ethic, career highlights, and all things barbecue, including more than a few tips for you to try at home. →

You came back to this hometown of yours, Baltimore, and filmed season three of *Project Fire*. What were the reasons for filming in and around Baltimore and how did you land on the Pearlstone?

Well, the reason was very simple. It was COVID and my production partner is Maryland Public Television, and my producer lives in Pennsylvania. We wanted to stay in a place where everybody could drive to the site and often we film on the West Coast, but that would have involved plane rides and everything. That was the rationale for staying in Maryland. In terms of Pearlstone, it's a beautiful campus, 180 acres. We had a locked set this year, meaning that once everybody got there, nobody could go in or out. The Pearlstone was a very private, secluded place. We knew that the crew would be protected and sheltered once we got there. There's also a fun personal note, which is that Pearlstone used to host a summer camp. I actually was a camper there when I was growing up. It's really fun to return to a place where I'd gone to summer camp many, many years earlier.

So there's some nostalgia there. Does that play into your demeanor and manner as you were enjoying the time on campus filming?

Absolutely. In fact, two of the 13 shows of the season are themed around Baltimore and Maryland. One of the shows is called Charm City Cue. In that show, I tried to...well, Baltimore has one world famous barbecue specialty. You know what I mean?

Texas is known for brisket and North Carolina is known for pulled pork shoulder, but Baltimore has pit beef. That was the anchor of that show because that is a legitimate and bona fide Baltimore barbecue. We upped the ante a little bit. We actually did a pit beef triple-decker. In addition to the beef, which we did with prime rib, instead of a tough bottom round, we also did a home smoked turkey and we got Attman's corned beef from Attman's Delicatessen on Lombard Street.

Then, we added two fantasy, sort of what I call Charm City Cues. They're not really dishes that exist except in my imagination, although now they exist in the public. But one was a Charm City S'more where we made campfire classic s'mores. But instead of graham crackers, we use Berger's chocolate top cookies. That was kind of fun. And we grilled a fish that in Maryland is known as a rockfish and in the rest of the world is called striped bass. I did it with the Pearlstone Associate Director, Eve Wachhaus. She provided incredible vegetables and fruits that were growing in the Pearlstone's garden. So we had fresh figs, fennel, and with the Pearlstone's strong Jewish identity, we used Middle Eastern spices like sumac and zaatar to flavor the fish. It was really spectacular.

It sounds like you really took it upon yourself to incorporate local food culture. That's something that you do across the board wherever you're filming.

I do try that. I go back and forth because what

really got me started in barbecue and with my shows and books was a concept I call Planet Barbecue, which is I circumnavigated the globe four or five times researching how people barbecue and grill in different countries. There's always a strong international component to my work. But at the same time, I do try and have a few of the shows reflect where we're taping. Another show we did is called the Maryland Crab Feast.

For the Maryland Crab Feast show, that was more traditional so we did crab cakes, but I smoke roasted them on the grill instead of frying them or broiling them. Then, I grilled a soft-shell crab sandwich, and we even did Maryland steam crabs, which I did that channeling a Louisiana-style shrimp boil. Then, we did it over campfire, which was really fun and different flavor- and experientially-wise.

There was one more show that was Baltimore-themed and that was called Little Italy. That was an Italian-based grilling show, but we used Baltimore's Little Italy as a springboard to get into this stuff.

Since the production crew spent so much time together was there a lot of camaraderie, or were pandemic protocols still at play?

Well, I would say this year it was socially-distanced camaraderie. Everybody was masked, including myself, except when I was in front of the camera and then I got to take my mask off, but it was really very nice. Somebody brought a

guitar and that got passed around. The Pearlstone staff, they were just so nice and so great. All the meals were kosher, which is great. The Pearlstone had an amazing vibe. You just felt human goodness and kindness permeating. Then, if you've seen the show, you know it's a gorgeous view on a hillside overlooking a lake with gardens in the background. It's just an incredible place to shoot.

Can you speak on how this season differs from past seasons of *Project Fire* and even some of your other shows produced over the years?

Obviously, COVID was one big difference. The setting was another big, big difference. Very often, we're in the Southwest. We try and pick areas where we have a decent shot of the weather being okay for an outdoor feast. We didn't have a single day of rain at Pearlstone, which was great. Oh, we had a couple of really fun new features in the show. One, very simply, was "Ask Steven," where, through social media, we had people ask us questions about grilling. Everything from, "I love broccoli, but I don't know how to grill it" to "I always have trouble with my fish sticking to the grill grate." We incorporated those "Ask Stevens" into the show. Then, those "Ask Stevens" actually led into recipes.

We had questions from all over the world literally. We had questions from Italy. We had questions from France and of course, from Texas and the Pacific Northwest. That was fun, but I think the coolest new feature of the show—cer-

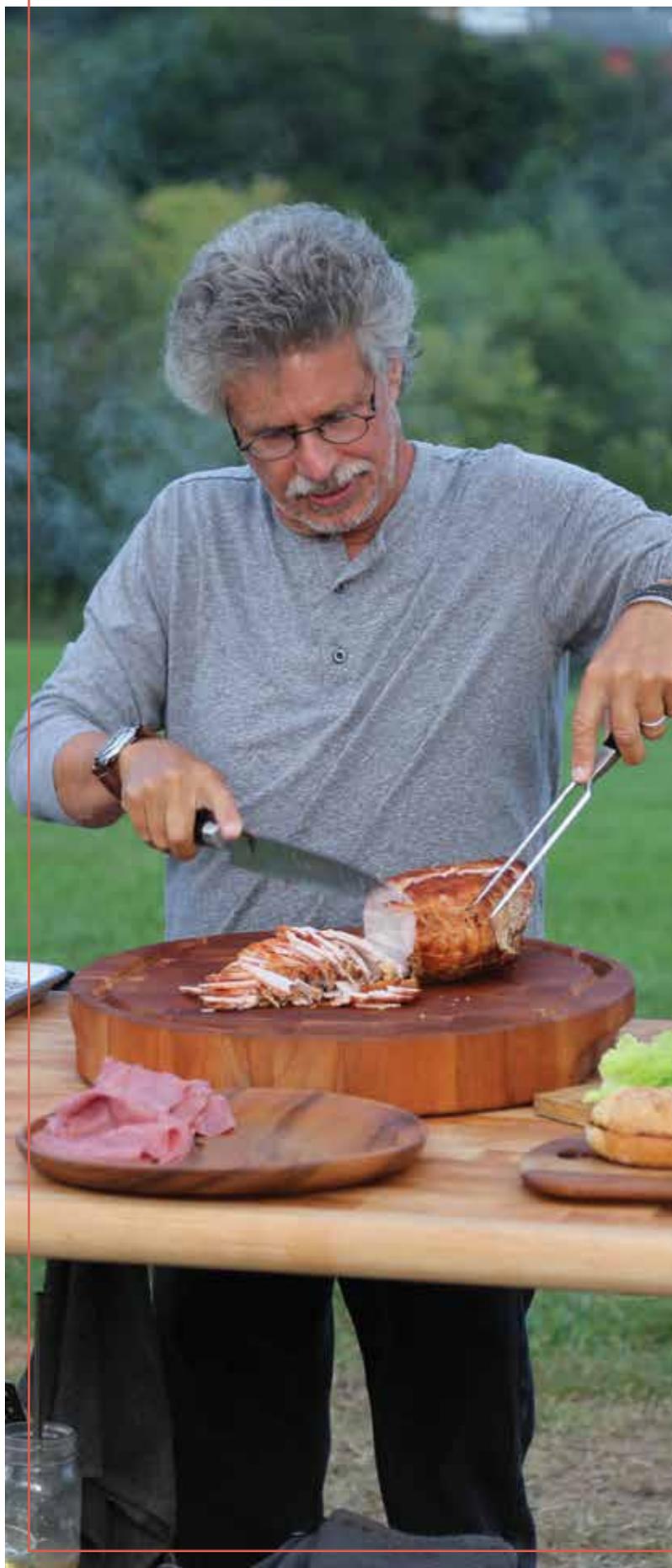
tainly, the one I enjoyed the most—was the mystery box segment. For those, our culinary team—field chef Chris and our stylist Nora—picked an ingredient for me and it was under a wooden box and I came on set and lifted the box. I didn't know what I was going to find. Then, I had to invent a recipe on the spot with it and to go along with the mystery ingredients, they had set up a little pantry station.

I saw the mystery ingredient and then I could go over and get the supporting ingredients I needed for the recipe that I made up on the spot. That was really fun. I personally loved it. That's how I think. It was really fun for me to create recipes on the spot, and they gave me some very challenging ingredients.

Were you ever stumped by an ingredient?

I would say they definitely piqued my imagination. One of the ingredients they gave me was a big head of a sunflower. It was an immature sunflower, so the seeds were still soft. It turns out that you can grill that like an artichoke flower.

That really pushed it. In another segment, they gave me a bowl of chicken livers, which was definitely challenging, but I made a smoked chicken liver pate modeled on the one that my grandmother used to serve every week at Friday night dinners. That was kind of fun. I think another one was tofu. One session, they gave me lamb ribs. That was a brand-new feature in this year's show and it's something I definitely want to do more of.



STEVEN RAICHLEN'S

10

COMMANDMENTS OF SMOKING

1. Know the difference between barbecue and smoking. All barbecue is smoked, but not all smoked foods are barbecue. Texas brisket, Carolina pork shoulder, and Kansas City ribs are barbecue. Virginia ham, Scandinavian lax (smoked salmon), and Italian mozzarella affumicata are smoked, but they're not barbecue.
2. Understand the flavor of smoke. Think of it as the umami of barbecue. Smoke has a unique ability to endow familiar foods, from sausage to steaks, with an otherworldly quality that is simultaneously familiar and exotic.
3. Smoke everything. Really. Meat, poultry, and seafood, of course, but also cocktails, vegetables, cheese, fruit, and dessert.
4. Buy organic, heritage, heirloom, grass-fed, and local. What your meat eats and how it's raised matters as much as how it's smoked.
5. Low and slow is the way to go. Ribs, shoulders, and briskets need a slow cook at a low temperature to achieve smoky perfection.
6. Wrap it up. Wrap brisket and beef ribs in unlined butcher paper the last 2 hours of smoking. This seals in moisture without making the "bark" (crust) soggy.
7. Give it a rest. Once brisket, pork shoulder, and other large cuts of meat are smoked, transfer them to an insulated cooler to rest for 1 to 2 hours. Your meat will be juicier and more tender.
8. It's OK to overcook your meat. It's essential to overcook your meat. Shoulders, bellies, brisket, and ribs need to be cooked to 195 to 205 degrees F to achieve the proper tenderness.
9. Remember this simple formula: more air equals higher heat; less air equals lower heat. Adjust the vents accordingly to control the airflow and thus the heat.
10. Remember this simple formula: lower heat produces more smoke; higher heat produces less smoke.

You travel and have a lot of knowledge in food culture to draw on for those types of situations like the mystery ingredients. What the heck is it about barbecue that speaks to you and in cultures worldwide?

It's so many things. First of all, just from the act of cooking it, there's something so satisfying about standing in front of a fire and cooking over a fire. It's an act that we've been doing for almost two million years as a species. It really is an act that made us human. We're the only animal that cooks and the discovery that you could cook meat over fire just completely gave us our evolutionary leap forward to homo sapiens. I think also food...I have this little thing, I always say something like, "If something tastes good baked, fried, or sauteed, it probably tastes even better grilled." I think that there's nothing like grilling and the intense fragrance from the wood smoke for making food taste so great.

That's an element of it. There's the communal aspect that keeps attracting me. Whenever you light up a grill, it's a communal activity. Grilling brings people together. Nobody ever gathered around a stove to watch a pot of soup simmer. You light a grill and it's a party.

Are there any 10 commandments, so to speak, that one should follow when barbecuing? Just a few basic tips.

Well, let me give you a few off the top of my head. Then, there is actually a formal barbecue 10 commandments and barbecu-

ing and grilling that was in my first barbecue book, the *Barbecue Bible*. I think the most important principle is learn to control the fire and not have it control you. Grilling is very different than cooking indoors where you're raising or lowering the heat with the turn of the knob on the stove. In grilling, basically, it's about managing the fire, getting closer to the hotspot or getting further away. That's a very important principle. I have a little mantra, a little thing that goes, "Keep it hot. Keep it clean. Keep it lubricated." That refers to good grill hygiene.

You want to start with the hot grill grate. You want to clean it either with a stiff wire brush or with a wooden scraper. People are using wooden scrapers more these days. And you want to oil the grill with a tightly folded paper towel dipped in oil, drawn across the bars of the grate. This oiling serves two purposes. It keeps food from sticking, that's one. Then, it also helps give you those well-defined—what I call killer—grill marks. That's an important principle. Turn, don't stab, the meat. That's another of my commandments. What that means is use tongs to turn meat rather than stabbing it with a barbecue fork. What are some others? If you're using barbecue sauce, apply it at the last minute or serve it on the side. That's my preference. When I was growing up, we would marinate chicken in sweet barbecue sauce, put it over a hot fire. Of course, the sugar in the sauce would burn. The chicken would still be raw in the center. When I was growing up, that was my notion of barbecue.

One of your most well-known books is the *Barbecue Bible*. Are there any plans for another big book or revised version of the Bible?

It just got a new cover. We changed the look of the book, I guess maybe about six or seven years ago starting with *Project Smoke*. Now, they're black covers with a very dramatic picture of food and it's a much less busy. The old workman style was a very busy style, a lot of visual elements. We just recently put a new cover on *Barbecue Bible*. It's not new content inside, but it sure is a gorgeous looking cover.

In terms of new books, this is actually a pretty exciting month for me because the 11th [of May when this interview took place] is the official pub date of my new *How to Grill Vegetables* book. That's a book devoted to grilling vegetables, fruits, and plant food. There's a little meat in it, but not very much. Certainly, I've always loved grilled vegetables. There's always a very large section on grilled vegetables in all of my books. But this one, it was really fun and fascinating to focus on, really drill down on, the art of grilling vegetables.

Does that speak to the larger overall trend that we're seeing these days... of this gravitation toward a more plant-based diet?

Absolutely. It's funny because when I started it two years ago, I'm not sure that I knew that was going to be a trend. I just knew that it was something I was interested in that reflected the way I

was eating and grilling. I don't know if you saw *The New York Times* yesterday, but Daniel Humm at Eleven Madison Park, which is a Michelin three-star, super expensive restaurant, is, when he re-opens, going to be a vegan menu. I thought that was pretty interesting.

You're constantly creating. Do you ever slow down? How do you have time for yourself and what do you enjoy in any spare time?

That's a good question. I am kind of a workaholic. That is just part of who I am, but I actually just recently, as in the last month, I bought a sailboat. It's just been a lifetime dream. That's one thing. Second, I'm an avid biker, a bicyclist, I should say, not biker as in Harley kind of biker. The third thing I do is I love to read in French. I was a French lit major and I kept that up over the years. In fact, I've done many French language TV shows in Quebec.

These days after you've put the book down and you're ready to have a relaxing meal at home, and maybe you want to fire up the grill, what's your laid back, easy go-to dish that you prep at home?

One of my favorites. We spend part of the year up in Martha's Vineyard, Massachusetts. We get this amazing swordfish, harpooned swordfish. Just a swordfish steak grilled over wood fire with capers fried in butter and put on top. That's a three-ingredient dish. I just love that. That would be pretty good with striped bass too.



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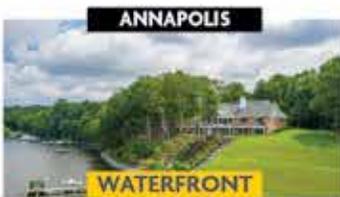


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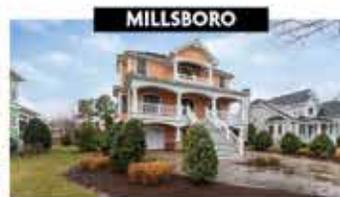
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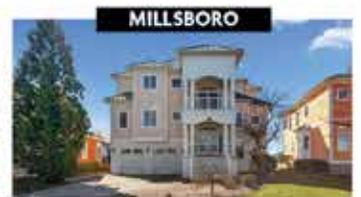
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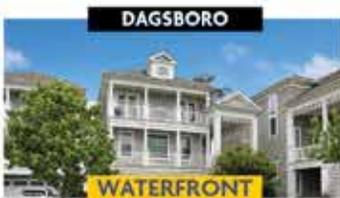
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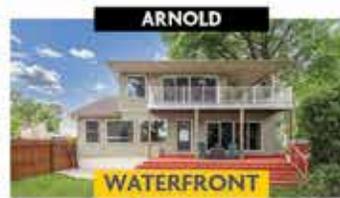
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Why Feng Shui?

Basically, Feng Shui is defined as the ancient Asian wisdom of optimizing the flow of energies, and it is concerned with five basic elements: fire, earth, metal, air, and water. The water element relates to wealth, wisdom, and social networks. The direct association the bathroom has with water denotes that it is wise to consider Feng Shui in its creation and application. Here are five ways to apply Feng Shui to your bathroom.

HOME INTERIOR

5 Ways to Create Good Bathroom Feng Shui

By Lisa J. Gotto

The tenants of smart interior design are essential for many homeowners, but beyond that, a sense of mindfulness applied to our home's interiors is also starting to play a larger role in how well we live within our homes. Broader based concepts of these design precepts play out in home interiors through the incorporation of the ancient Asian energy-based principles of Feng Shui. You have probably heard about this in terms of the proper placement of furnishings for good energy flow, but did you know that principles of Feng Shui are also highly beneficial when applied to your bathroom?



1

Install a Water Saving Device

Advocates of Feng Shui will note that water conservation is high on their list of practices. The principle, simply stated, is the more water you save, the more good energy you create. Low-flow applications are available for both faucets and toilets, and once installed, homeowners report little difference in efficiency when using them. What concerns some homeowners, however, is the thought of sacrificing the rejuvenating experience of their daily shower. When you consider that you can save up to 60 percent of the water you use in the shower with a change in showerhead, you may wish to re-consider that level of concern, especially since low-flow technologies have evolved from earlier residential iterations that simply mixed the flow of water with air creating more of a mist. Unsatisfied consumers of these applications complained of breezy, chilly showers. Today's models that produce a quality stream at 6.6 liters per minute, compared with the traditional water-wasting, 9.5 liters per minute figure, are reported to be well-received by consumers.

When it comes to water and our homes it is also important to perform regular maintenance checks to ensure that any leaks, which is also water waste, are quickly mitigated.

OF SPECIAL NOTE...

Did you know that if your toilet was installed prior to 1993, it probably uses almost two gallons more water per flush than a more modern model? For better efficiency overall and to save money on that water bill, plan to upgrade the 20th century toilet as soon as possible.



2

Shut Your Seat

Now when hubby forgets to put the seat down, you have a bona fide rationale to persuade him to remember.

Leaving a seat up allows moisture to escape, and that moisture can lead to the unhealthy situation of mold and mildew growth in the home. In the world of Feng Shui this escape of water, is also a wasteful no-no.



3

Decorate with Plants

The principles of Feng Shui teach us that plants have the ability to transform the downward energy of water into vital life energy. With so much “water work” going on in the bathroom, it just makes sense to add the natural vibe of plants to the room. On-trend plants also serve to soften your space and they’re easy to tend, as they are regularly seen and there’s a water source close by.



5

Deep Clean & Replace

In Feng Shui land it’s super important that the materials and surfaces that come in contact with your skin are thoroughly cleaned and of the best quality. Your bath towels, for instance, continually accumulate bacteria and odors so they should be deep-cleaned and even replaced on a regular basis. Your skin, the largest organ in your body, can absorb the energy of the materials that touch it, so to maintain the highest standard of health, choose sustainable and organic materials for your bath whenever possible, and use non-toxic, sustainable supplies to thoroughly clean it.

4

Conceal Your Commode

This can certainly be easier said than done, unless you are currently designing your home. If you do have the opportunity to add a separate water closet (popular in Europe) or even a half wall, that will help obscure the view of your toilet when the door is open. In most already designed homes, this issue can be addressed by simply keeping the door closed at all times. This will help control the flow of energy—and you’ll get a chance to add that super charming bathroom door sign you’ve always wanted.

Applying the ancient principles of Feng Shui to our more contemporary surroundings creates a greater sense of mindfulness and health for the happier modern-day household.

Water, Water Everywhere

By Janice F. Booth

“Into each life a little rain must fall,” asserts the old adage. And we who putter in the garden are well aware of the vicissitudes of water on and in our gardens. I thought we might consider for a few moments the good, the bad, the beautiful, and (if we must) the ugly facts of water in the garden. There are three ways of considering water in the garden: as rain that does or does not fall, artificial sources of water for our garden, and water as a lovely feature in the garden.

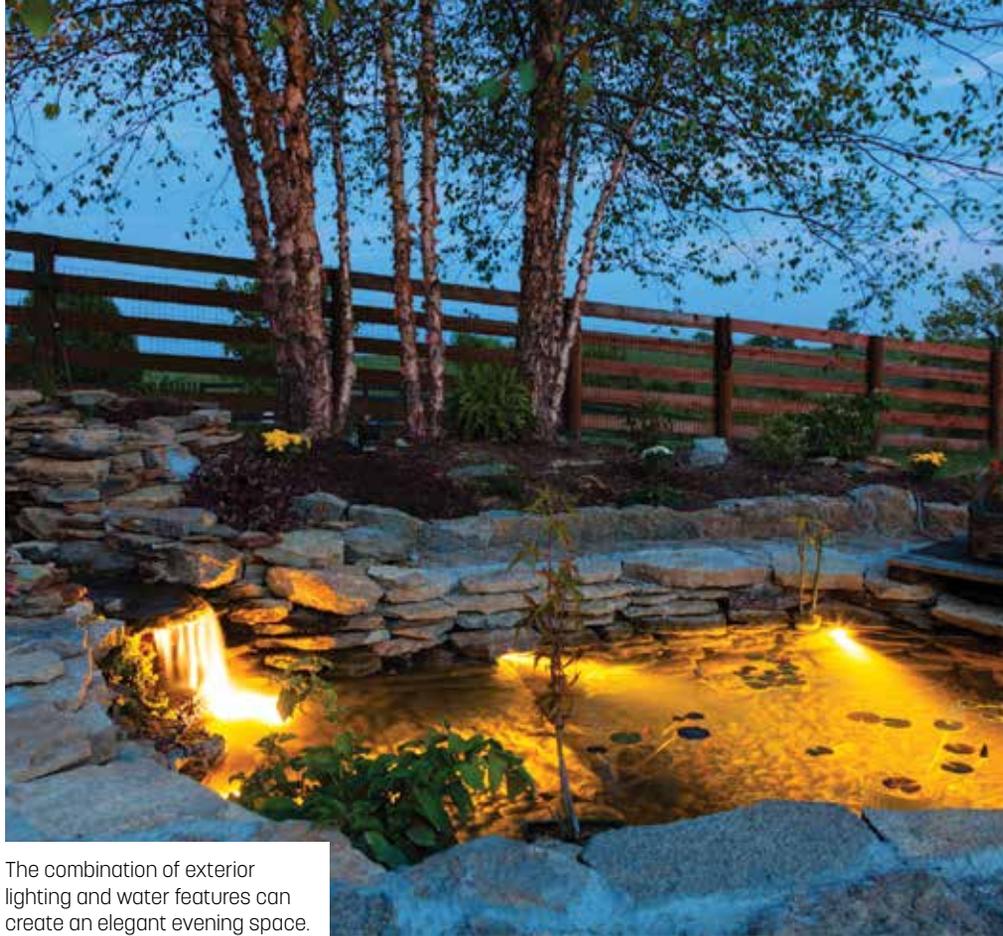
Let’s begin with Nature’s way: rainfall. It’s mid-summer now, and rain comes and goes at will, gentle or heavy, spare or lavish, reliably or sporadically. Like me, you’ve probably learned to protect your garden’s resident plants and shrubs from downpours and droughts with a few gardener’s tricks. You may have redirected the water from your downspouts with flexible hose or dug graceful, pebble-lined trenches to guide rainwater where it’s needed, away from foundations and fragile roots. Perhaps you’ve installed eco-friendly barrels to collect rainwater for use in drier times.

And now, what can we do to compensate for the lack of rain? We water! For those invariably dry, hot days of summer, you may have installed soaker hoses just beneath the top soil. If you have soaker hoses, you know how effective they are at helping precious water reach the roots of thirsty plants. You may have installed timers on those hoses, or any of your watering devices. These hose timers come in two basic types; manual or automatic. Manual timers are set each time you wish to use the soaker or sprinkler; you turn the dial to 15 or 30 minutes and the timer does the rest. The more sophisticated auto-timers allow you to set a pattern of daily and even weekly timing cycles for watering. Either type of timer will take a lot of the annoyance out of watering the garden when Nature won’t.

A few words more about soaker hoses and sprinklers, if I may. If you don’t mind a bit of extra preparation, soaker hoses are practical and ecologically responsible watering solutions. The installation requires digging shallow trenches where the hose or tubing is then laid. A light layer of soil then covers the hose, restoring the flowerbeds to their tidy beauty. (Leaving the soaker hose on the surface thwarts its effectiveness since some of the water may squirt up into the air and the water that settles into the soil has further to go to reach the thirst plant roots.) If this installation sounds a bit daunting, consult with your landscaper who’ll help plan the most effective layout plan. As for sprinklers, they’re best used on open spaces, such as your lawn. (You won’t want soaker-hose trenches dug beneath your lush, green turf, I’m sure.) Broad sprinklers will supplement nature’s



A shallow koi pond with lily pads can transform the humblest backyard space into a peaceful retreat.



The combination of exterior lighting and water features can create an elegant evening space.

watering, and can be installed permanently or the old-fashioned hose and sprinkling device to be moved around the lawn. Sprinklers are less ecologically responsible, allowing some water to evaporate in the air rather than feed the thirst roots of grass or flowers. In defense of sprinklers, I must add, there's nothing more relaxing than the rhythmic sound of a sprinkler clicking away on a warm, summer's evening.

Well, now that we've covered the ins-and-outs of watering our lawns and gardens, let's consider the beauty of water features in our gardens. Pools, ponds, waterfalls, and birdbaths are all lovely ways to incorporate into your garden the look and sound of water. A small birdbath is easy to install and inexpensive to acquire. You can set it up anywhere – preferably where you can often sit or stand and watch as Cardinals, Goldfinch, sparrows, and wrens drink and frolic in the still water. Most birdbaths are a bit too deep in the center, and birds must perch on the rim to drink. If you add a few smooth stones in the center of the basin a bird or two can also stand and drink in the middle of the basin. Plan to replenish the water daily, once the word is out among the feathered community, and drop in a pellet to prevent mosquitos from laying eggs there. (Available at larger pet stores.) Occasionally, you'll want to take a brush or a squirting hose and rinse out the birdbath, getting rid of dead leaves and bits of detritus that will collect there.

If you're enjoying a birdbath already, you may want to up your game, adding a fountain or waterfall to the bath. The sound of falling water, even a trickle, is soothing—nature's music. If you're good at crafts, you can create your own waterfall with a small, submersible pump and stones or other

material. Check out *Pinterest* for some clever ideas. Another option is to buy a fountain or waterfall, set it on your patio table or buy a pedestal to set among the flowers.

A step deeper into the water feature might be to add a pond to your garden. You'll have all the advantages of the birdbath and the fountain, only more. You'll want to consult a landscape architect to discuss the pond's placement, size, and depth. A shallow pond is lovely for floating decorative plants such as water lilies and papyrus. If you can install a pond with a depth of two feet or deeper, you could add a few koi and perhaps even a frog to your garden community. Caution: ponds do require maintenance. If your pond is not spring fed, as is the case with most ornamental ponds, you'll need a pump to aerate the water and filters to clean it. Your gardener or

landscape architect will help you decide how to efficiently maintain your pond.

Last, you might have or be prepared to add a pool to your property. A small, lap pool, a mid-size family pool, or a diving pool are among your options. You'll decide on chlorinated or saltwater, shape, depth, and border. For your pool, whether newly installed or an existing feature, you may want to discuss the plantings that surround and soften the pool's placement in your landscape—ah, but that's a topic for another column.

Whatever conclusions you reach about the ever-present issue of water in the context of your landscape and garden, I'm sure you'll find refreshing ways to while away a summer's day.





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Views for Miles

By Lisa J. Gotto

The location of this stunning, six-bedroom home not only offers the trifecta of Bay views—Bloody Point Bar Lighthouse, Thomas Point Lighthouse, and the Bay Bridge—its exceptional design and flow exemplifies sublime Chesapeake waterfront living.

Just steps inside the 9,000-square-foot Nantucket, shingle-style home and you know you have arrived somewhere special; a showcase of fine craftsmanship combined with a flair for design and smart materials throughout. The grand, two-story foyer features one of home's statement-making staircases. This one proceeds from an elegant black and white tiled floor and ascends to a large arch feature window on the landing above.

Just steps ahead on the main level you will see straight through to the waters of the Bay. To the left of the foyer is the home's



great room with its coffered ceiling and airy feel from a series of large windows that effortlessly look out to the water. This room is accented with honey-colored hardwoods, a gas fireplace, and convenient access to the large covered patio perfect for sailboat watching.

The kitchen in this home offers commercial-grade appliances, all-white custom cabinetry (some with glass fronts), a large center island with gleaming white countertops, and natural flow to a unique circular dining booth. The kitchen also has sightlines to the home's second amazing staircase; this one a free-floating wood spiral style that needs to be seen to be believed. The home's main level also offers a 700-bottle wine room, billiard room with wet bar, and two powder rooms.



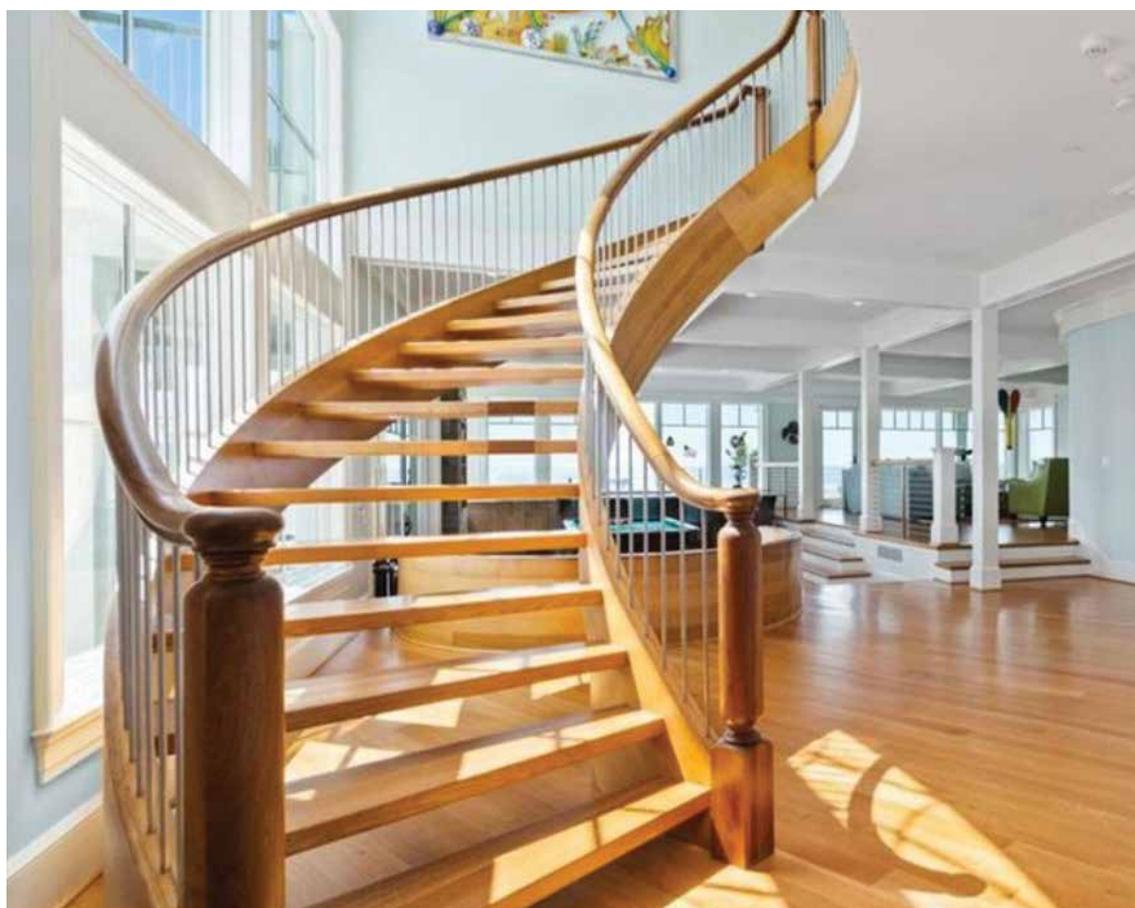
Primary Structure Built: 2016
Sold For: \$4,600,000
Original List Price: \$4,995,000
Bedrooms: 6
Baths: 7 Full, 2 Half
Living Space: 9,000 Sq. Ft.
Lot Size: 1.8 acres

Listing & Buyer's

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Upstairs, there is a magnificent master suite perfectly executed to take advantage of this home's great location on the water. This space offers an expansive and private waterside deck from its separate seating area with gas fireplace and breathtaking Chesapeake Bay views. The master bath offers a spa retreat vibe with its cavernous steam shower, free-standing soaking tub, dual vanities, and private waterfront balcony. A spacious master closet with a plethora of custom built-ins is perfect for the fashion collector and then some.

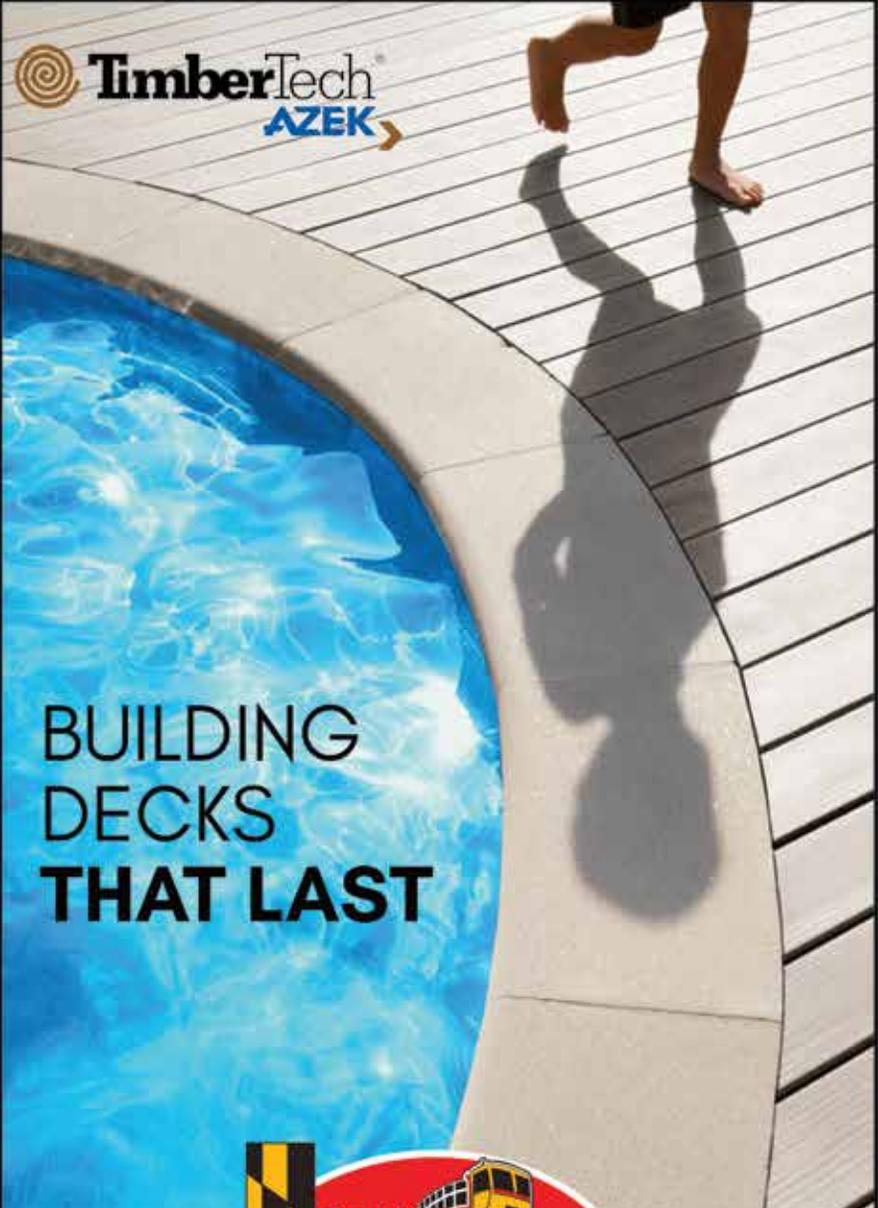
Everything about this home is synonymous with entertaining as the home features five additional bedrooms, an abundant gathering area



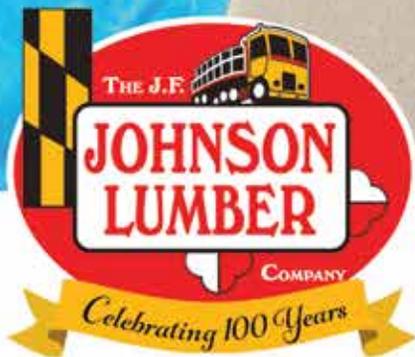
with a covered porch that spans the entire waterside of the home, and a gorgeous water's edge swimming pool.

In addition, the home's private pier offers five feet of water depth and is equipped with a 35,000-pound boat lift and four jet ski lifts. With the harbors of both St. Michaels and Annapolis just a quick 15-mile cruise away, this residence doesn't just tick all the boxes for quality of life, it blows them out of the water!

"This is one of the most impressive waterfront homes that has ever been sold on the Chesapeake Bay," says Brad Kappel with Sotheby's International Realty. "A magnificent coastal estate curated with top tier finishes perched on a truly spectacular point of land. The complete waterfront package!"



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A Nurtured, Natural Paradise

By Lisa J. Gotto

This expansive home, located where Wall Cove meets Rock Creek in Pasadena, provides everything a growing or extended family could wish for in one stunning waterfront residence.

Built in 2005, this traditional-style home has been meticulously maintained and wows upon entry with its soaring, two-story foyer, gorgeous honey-colored hardwood floors, detailed crown molding treatment, and an eye-catching curved staircase.





Just beyond the front entry, is a large, formal living room/library with rich, cherry built-ins and generous amounts of natural light. This room is balanced on the main level by a large formal dining room perfect for life's more special occasions. A wonderful, rich cherry wood kitchen with gleaming dark granite countertops provides all the meal prep space any at-home chef could ask for. The kitchen is stocked with top-of-the-line appliances, including a custom, 48-inch JennAir side-by-side refrigerator-freezer and a JennAir double wall oven and microwave.

A charming, sunny breakfast area adds to the in-kitchen island seating and flows effortlessly into the home's more-than-grand great room with its wall of soaring windows overlooking the water and its floor-to-ceiling stacked stone fireplace. This part of the home alone makes for an exceptional gathering and entertaining space, but the views and the vibe in this room make it the home's ultimate destination. The main level also offers a separate home office with French doors, two butler's pantries, two bathrooms, and a mud room.

Upstairs, homeowners can retreat to a spacious master suite with a separate seating area to take in the awesome waterfront views, its own gas fireplace and a roomy master bath with dual vanities, a Jacuzzi soaking tub with separate shower, and walk-in closets with custom built-ins. This level features four additional bedrooms, all with their own private baths.



Primary Structure Built: 2005
Sold For: \$1,600,000
Original List Price: \$1,649,000
Bedrooms: 5
Baths: 6 Full, 1 Half
Living Space: 7,712 Sq. Ft.
Lot Size: 1.08 acres

A completely finished and well-executed lower level offers plenty of space for recreation, movie nights, card games, billiards, and working out at home. A large, wet bar with room for four stools and a fireplace complete its relaxing and fun vibe. From here the new homeowners will be able to easily walk out to their outdoor waterfront oasis that is perfectly situated to maximize those incredible water views. Beautiful brick pavers and a large, covered pavilion with an in-laid wood ceiling provides plenty of space for the convenient outdoor kitchen and entertaining area.

Just a few steps from here they can also access their private, 90-foot dock and two boat lifts. The property also boasts 147 feet of shoreline and approximately six to eight feet of mean low water. A true natural paradise for the waterfront-loving homeowner!

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Health & Beauty

108 WHAT'S THE HYPE ABOUT DIETARY COLLAGEN? | 109 FITNESS TIPS

110 FRESH TAKE | 112 WHY UNDERGO RHINOPLASTY? *plus more!*



What's the Hype About Dietary Collagen?

By Dylan Roche

It used to be that when people talked about collagen for maintaining their youth, they were probably talking about getting injections to reduce facial wrinkles or fill out their lips. But a new method of using collagen is gaining momentum—with no needles involved

More and more people are now taking dietary collagen in the form of supplements, powders, bars, and beverages, all with the expectation that increasing their intake of this type of protein will help improve their skin, fight aging, reduce joint pain, improve wound healing, and prevent muscle atrophy.

What's the science behind it? Although many influential celebrities have been touting success stories—like Kourtney Kardashian, who claims to drink a cup of hot collagen water every morning in place of coffee to achieve younger-looking skin—there's limited research to support the use of supplementary collagen.

As doctors and health experts will tell you, there's no doubting the importance of collagen in the body. This naturally occurring protein is part of your skin, tendons, bones, cartilage, connective tissue, and organs. In fact, the word “collagen” comes from the Greek word “kóllo,” meaning glue, because it plays a vital role in holding your body together.

But as we age, or if we eat a poor diet, the collagen in our body decreases. When this happens, you might see your skin lose its elasticity and start to wrinkle, or your hair might not grow as quickly or as fully. You'll have less flexibility because of stiffer tendons, and you'll have less strength because of atrophied muscles.

It makes sense, therefore, that people would want to include collagen in their diets. Collagen can be found naturally in animal products like meat, eggs, and bone broth, and your body has an easier time properly absorbing collagen when you are consuming sufficient amounts of nutrients like vitamin C, found in citrus fruits and greens, as well as zinc and copper found in shellfish, nuts, and beans.

While supplements are never meant to serve as a substitute for healthy eating, it is possible to increase your dietary collagen with the use of hydrolyzed collagen powder, which can be bought at



grocery stores or supplement shops and easily added to beverages, soups, and other recipes. The problem? You can't dictate how your body is going to use that collagen. When your body digests protein, it breaks it down into individual amino acids that are later reassimilated in your body for various functions. The collagen you consumed with the hopes of reducing wrinkles might be used by the body for another purpose, such as keeping your tendons supple and limber.

There is some research to support the trend, however. For example, a small 2014 study published in the peer-reviewed *Skin Pharmacology and Physiology* looked at women between the ages of 35 and 55 who took up to five grams of collagen every day for eight weeks. At the end of the trial, the women who took supplementary collagen saw improved skin elasticity compared with those who didn't take it.

Health experts like those at the Cleveland Clinic encourage people to focus on getting plenty of protein in general, and to get as much as possible from food sources instead of supplements. If your body is lacking in collagen, simply drinking bone broth will be enough to enhance your diet.

One downside worth noting: The collagen in supplements primarily comes from ground-up animal scraps, such as hooves, hides, bones, and nerve tissue. These scraps tend to attract contaminants, and some tests of collagen supplements have reportedly contained high levels of cadmium, a toxic metal. It's always best to do your research and find a brand that's been third-party tested. One reputable option that's worth trying is Vital Proteins Collagen Peptides, which has the approval of third-party testing company Consumer Labs and can be bought over the counter around the \$20–25 price point.

Fitness Tips

PILATES

By Dylan Roche

“I must be right,” Joseph Pilates, the inventor of his eponymous Pilates exercise routine, is quoted as saying. “Never an aspirin. Never injured a day in my life. The whole country, the whole world, should be doing my exercises. They’d be happier.”

Although Pilates might not be the cure-all its founder perceived it to be, there’s no denying his exercises offer many benefits to those who perform them. Back when Pilates created his program in the early 20th century, it was originally intended as a way of helping professional dancers recover from injury. But over the decades that followed, these conditioning exercises gained popularity with a variety of demographics, from professional athletes all the way down to those just starting a fitness journey.

The idea is simple: Because people tend to use their muscles the same way in most of their regular activities, they can benefit from correcting muscular imbalances, realigning their posture, and strengthening their core through a series of movements and poses. The result is a stronger, more flexible, more toned body with fewer aches and pains.

To the layman, Pilates might look similar to yoga, and they’re not completely wrong—Joseph Pilates practiced yoga himself, and he adapted several of yoga’s poses when creating his exercises. Like yoga, Pilates also emphasizes proper breathing and mindfulness as a person goes through the exercises.

But at their most basic level, yoga and Pilates have their differences. Yoga focuses on postures and alignment; on the other hand, Pilates is about strengthening and stabilizing. Some workout routines combine elements of both yoga and Pilates into routines known as either yogalates or PiYo.

Although you might have seen Pilates done on a special bedlike apparatus called a Reformer, most Pilates exercises require no equipment whatsoever. They can be done on a simple mat using only your bodyweight.

Interested in trying out Pilates at home before seeking out a class at a local gym or studio? Here are three Pilates-inspired movements recommended by the American Council on Exercise →



THE SWAN

Perform this Pilates exercise to stretch your spine and strengthen your back.

Start by lying on your stomach on the mat. Bend your arms so you can place your hands palm-down by your shoulders. Keep your elbows as close to your sides as you can.

Raise your head and shoulders off the mat, inhaling slowly as you go. Take care you are slow and deliberate—you should be stretching your spine, not performing an inverted crunch motion.

Exhale and lower your head and shoulders back to the mat. Repeat five times, focusing on breathing as you complete each swan.

THE HUNDRED

This basic Pilates move is great for strong abdominal muscles and improving endurance.

Begin by lying on your back. Bend your knees and raise your feet slightly off the floor.

Breathe in as you lift your head and shoulders off the mat. Raise your arms slightly so they are parallel with your core.

Extend your legs and hold them at a 45-degree angle with the ground. Keep your heels together and toes apart.

Vigorously move your arms up and down in a pumping motion. Breathe in as you pump your arms five times, and then breathe out as you pump your arms another five times. This constitutes one set.

Repeat these sets 10 times for a total of 100 pumps. When you’re done, hold your position before slowly bending your knees and lowering your feet back down to the mat. Slowly lower your head and shoulders as well.

SINGLE LEG SPLIT

In addition to building a stronger core, this movement helps improve pelvic stability.

Begin by lying on your mat with your legs raised above you at a 90-degree angle. Raise your shoulders slightly off the mat.

Breathe in as you bend your right leg and draw your knee in toward your chest. Hold the back of your thigh to bring your leg as close to your core as possible.

Lower your left leg until it is only a few inches above the floor. Hold this position as you exhale. Inhale as you switch leg positions, bending your left leg and drawing your knee in toward your chest while straightening your right leg and holding it only a few inches above the ground.

Exhale as you hold the position. This constitutes one set.

Perform 20 sets, paying close attention to your breathing as you do them.



Peanut Butter Banana Ice Cream



INGREDIENTS:

2 overripe bananas
1 cup peanut butter
2 tablespoons milk
1 cup chocolate chips

DIRECTIONS:

Peel the bananas and cut into 1-inch slices. Place in a plastic bag and freeze for at least six hours. Add frozen banana, peanut butter, and milk to a blender. Process for 2 to 3 minutes until you have a smooth, creamy consistency. Remove from the blender and stir in chocolate chips.



cream in moderation. Stick with a half-cup serving and bulk it up with sliced fruit, chopped nuts, or dark chocolate chunks.

Or you can get creative in the kitchen by making your own imitation of ice cream using fruit, nut butters, non-dairy milk, and healthy sweeteners. With minimal prep work, you'll be able to enjoy something that's fresh and fun, packed with vitamins and minerals, and just as refreshing on a hot summer day.

Here are two great recipes to get you started!

HEALTH & BEAUTY NUTRITION

Fresh Take

ICE CREAM

By Dylan Roche

Who can argue with the appeal of ice cream? Cold, creamy, and irresistibly sweet, this treat is hard to resist on a hot summer day. But if there were one drawback, it's the high sugar and saturated fat content, both of which can be turn-offs for those who are trying to follow healthy diets.

That doesn't mean ice cream needs to be completely off limits, however. All it takes is some careful decision making and moderation. You might even be surprised by a few healthy benefits ice cream has to offer.

Frozen desserts like ice cream have been popular throughout the history of civilization in some form or another. Even as far back as the ancient world, Alexander the Great was said to have enjoyed cups of snow flavored with honey and nectar. In fact, ice cream holds an interesting distinction in Maryland history: Governor William Bladen reportedly threw the first ice cream social in Annapolis in 1744.

The ice cream you'll find on the market today is usually made with some combination of milk, cream, sugar, and flavoring. At least 10 percent of its recipe must be milk fat for it to be labeled ice cream, as dictated by the Food and Drug Administration. That's why you'll often see products made from some combination of skim milk and vegetable oil labeled as "frozen dairy dessert."

Because of its high sugar and fat content, ice cream serves as a great source of energy—a half-cup serving has 140 calories. The problem is that it tends to be low in vitamins and minerals. While it does offer calcium, a mineral renowned for helping build and maintain strong bones, it has only one-third of the calcium you would get from a glass of milk. On the other hand, research suggests ice cream increases levels of the mood-boosting hormone serotonin and could potentially increase libido and fertility.

When browsing ice creams in the grocery store, you'll likely see plenty of options that market themselves as healthier. However, it's important to take a critical look at the ingredient list and nutrition panel. Products that have a lower fat content will likely have more sugar than their traditional high-fat counterparts, and the caloric difference will be minimal.

That's not to suggest you can't find a few good products that offer the taste of ice cream with a much more appealing nutritional profile. One great brand is Halo Top, which is made with skim milk and has about one-third of the calories of traditional ice cream. It also has a boost of protein from egg yolks and fiber from inulin (chicory root extract) and soluble corn fiber. But be careful—it's sweetened with a type of sugar alcohol called erythritol and vegetable glycerin, both of which could cause gastric upset.

You could also try Arctic Zero, a plant-based option made from faba beans. A pint has only 160 calories, and it's suitable for vegan, keto, and low-glycemic diets.

If neither of these versions cut it for you, that's okay—most dietitians agree there's nothing wrong with enjoying ice

Dark Chocolate Almond Ice Cream

INGREDIENTS:

4 cups almond milk
1 avocado, mashed
1/2 cup maple syrup
1/2 cup unsweetened
cocoa powder
1/2 cup almonds, chopped
1/2 cup chocolate chunks

DIRECTIONS:

Combine the almond milk, avocado, maple syrup, and unsweetened cocoa powder into a large bowl and whisk until thoroughly combined. Pour into an ice tray and freeze until solid. Remove frozen cubes from the ice tray and put into a blender. Blend on high until the chunks have formed a thick, creamy smoothness (approximately 2 to 3 minutes). Remove from the blender and add chocolate chunks and nuts.

Centreville Mom Doesn't Stop Until She Gets Answers

For Jessica Engle of Centreville, life is about one thing: family.

"I would describe myself as a small-town girl, one who never ventured too far from home," says the bubbly 35-year-old lifelong Queen Anne's County native. "I've always felt comfortable here and it's a great place to raise a family. It's simple living, something I relish and enjoy."

Engle, a senior contract coordinator for a major power company, and her husband, Jamie, have two energetic and active children, 12-year-old daughter, Haley, and eight-year-old son, Colby.

"My daughter plays soccer and my son competes in hockey," Engle says. "I'm the mom who cheers during the games. I enjoy watching my children and they like seeing me on the sidelines."

Even though the Eastern Shore is home, Engle and her family also enjoy getting away; whether it is taking a quick trip to the beach or vacationing on the white sands of the Caribbean.

Unplanned Life Changes

"If there is one thing I have learned, it's that life is short and you have to enjoy it while you can," Engle says. "You never can take tomorrow for granted because things can change."

Things did change in spring 2020, while Engle was working from home during the coronavirus pandemic.

"I realized I was having heavier than normal bleeding and my back began to hurt," Engle explains. "At first I thought it was nothing because these symptoms would come and go. But soon I realized my condition was getting worse and things were different. I was fatigued all the time and missing out on family activities. I found myself sleeping more than usual."

Be Empowered. Advocate for Yourself.

Engle first sought treatment from her OB/GYN. After an examination and a series of tests, Engle got great news—no signs of cancer and no findings that indicated another serious disease. The news that was more difficult to process was when her doctor told her she had unexplained abnormal uterine bleeding. It is a condition that is not uncommon in women, but that can be treated in a variety of ways.

"I was relieved I didn't have cancer, but I still had this condition that left me feeling frustrated," Engle says. "My quality of life was being affected and there wasn't a clear, direct answer."

"I was not interested in several of the treatment options offered to me because of potential side effects from the required medications," Engle

says. "I wanted to find a permanent solution, one that would allow me to feel better and resume spending quality time with my family." Engle then began researching experts with experience in treating her condition.

Research is Key to Finding Answers

"Through my research I came across the physicians from Mercy," Engle explains. "I visited their website and found stories about patients who had been successfully treated for everything from uterine fibroids to ovarian cancer and how they were able to resume their lives. That's when I knew I found what I was looking for."

"My quality of life was being affected and there wasn't a clear, direct answer."

Engle's research led her to *THE NEIL B. ROSENSHEIN, M.D., Institute for Gynecologic Care at Annapolis* where she was introduced to Dr. Beman Khulpateea, a Fellowship Trained Gynecologic Oncologist. Dr. Khulpateea's expertise is in minimally invasive, robotic-assisted surgeries. It gave Engle the answer she needed—an ovary-sparing robotic-assisted hysterectomy.

Robotic-Assisted Surgery Offers Answers

"Robotic-assisted surgery is an ideal treatment option for many women who are suffering from gynecologic issues," Dr. Khulpateea says. "It is less invasive than traditional surgery, yet allows us to perform complicated procedures like the one we performed on Jessica. For most women the recovery time is much quicker and they have less pain."

Surgery to Sunbathing

Soon after her surgery and recovery, Engle picked up where she left off.

She is once again attending her children's games and cheering them on from the stands. This past April, Engle and her family were able to vacation at the beach, just eight short weeks after surgery.

"Traveling was wonderful and I am happy we made the time to do it," Engle says happily. "It was wonderful to see my family relax and have a good time. I would not have been able to take this trip without having had my procedure," she adds.

"That's our goal with every patient," Dr. Khulpateea offers. "We want them to enjoy what makes them happy."

"Spending time with family, doing what brings them happiness are all possible if they're feeling healthy," Dr. Khulpateea says. "Taking care of my patients means I'll work with them every step of the way to find the best possible treatment. There's no greater reward than to see my patients healthy, active and enjoying life."



"Centreville Mom Doesn't Stop Until She Gets Answers" provided by Mercy Medical Center.



HEALTH & BEAUTY BEAUTY

Why Undergo Rhinoplasty?

By Dylan Roche

Did you know the most common facial plastic surgery procedure, according to the American Society of Plastic Surgeons, is rhinoplasty? Commonly described as nose reshaping or simply as a nose job, this procedure is done in numbers close to 220,000 every single year—and for a variety of reasons. While some patients undergo rhinoplasty for cosmetic reasons to achieve a more balanced appearance, others are seeking to improve their breathing or correct an injury.

MEDICAL VS. COSMETIC RHINOPLASTY

It might surprise some people to know that the shape of their nose affects the ability to breathe. In many cases, this is the result of a genetic abnormality or birth defect, such as a cleft lip, Treacher Collins syndrome, Apert syndrome, or craniosynostosis. For babies and children with these conditions, rhinoplasty is only an option after they are finished growing, usually in their teens or early 20s.

Even in adulthood, trouble breathing can arise for some patients if they suffer a traumatic injury like a broken nose. An obstructed nasal passage results in trouble with exercise or other physical activity, as well as sleep disturbances like snoring or sleep apnea. Rhinoplasty serves to open up the nasal passages so air can flow freely again.

Cosmetic rhinoplasty has its benefits as well. The American Board of Cosmetic Surgery describes nose re-

shaping as “a rewarding and life-enhancing procedure” because it gives patients better proportion and symmetry to one of their face’s more prominent features, thus helping them achieve confidence in their appearance.

In situations of medical rhinoplasty, where a patient seeks nose reshaping to achieve better function, the procedure is often covered by their health insurance. Cosmetic rhinoplasty, on the other hand, which is simply done to improve a patient’s appearance, is considered an elective procedure and often must be covered out of pocket.

HOW IT WORKS

Patients undergoing rhinoplasty should start by working with a surgeon to determine the new nose shape they want to achieve. This first step is especially important in the case of medical rhinoplasty because a surgeon must evaluate how a patient’s starting nasal structure affects their airflow and their ability to breathe.

Once the patient has undergone anesthesia, the doctor begins the procedure by making an incision along the columella, the strip of tissue that goes between the nostrils. This gives the surgeon access to the cartilage and bone they can then reshape to change the structure and shape of the nose. When the surgeon is done, they’ll make small stitches to close up the incision.

CHALLENGES TO EXPECT

Although rhinoplasty is a fairly short procedure—usually taking only an hour or two, with patients able to leave the surgical site that day—there are some challenges that come with the recovery process.

Patients will leave surgery with a nose splint, and they should expect to see some bruising and swelling in the very beginning. This bruising and swelling will subside once the splint is removed.

Patients should plan to take at least a week off work or school for recovery, during which time they will need to take care in icing their nose and keeping it clean. After the first week, most patients will be able to resume normal activities, although it will take a few more weeks for minimal scarring to completely disappear.

As with other plastic surgery procedures, finding a qualified professional is vital to ensuring your well-being and achieving the results that you want. To find a surgeon certified by the American Society of Plastic Surgeons, visit find.plasticsurgery.org.



April King + DJ Shigley

After being friends for years finally saw something a little more in one another. Who knew it would lead to a lifetime of happiness! Our adventure begins as husband and wife October 2021. My forever after all. **Photo by Samantha Kilgore**

Lauren K. Greulich + Sean T. Milstead



It is not everyday you meet your future spouse at 6-years-old. However, that is the case for Lauren and Sean who grew up locally in Annapolis, MD. Meeting on the ball field, these two have been dating on and off since middle school and will officially said 'I Do' on a beautiful beach in the Bahamas in October 2021.

Photo by Don Greulich

Brianna Smith + Adam Merton



Adam and I met on a cold night in Downtown Annapolis two and half years ago. We instantly clicked! He popped the question on New Years Eve in Miami, FL and of course I said yes! Adam is currently training for the Maryland Army National Guard and will make it home just in time for the Fourth of July! I couldn't be more proud of my fiancé and soldier!

Photo by Sheri Smith



Cathi Ruth Ramagnano + AJ Robinson

AJ & I have been together since junior year of high school (2014). Needless to say we are high school sweethearts and are looking forward to saying "I do" on September 2021 at Kurtz's Beach in Pasadena, MD! **Photo by Rachel Smith Photography**

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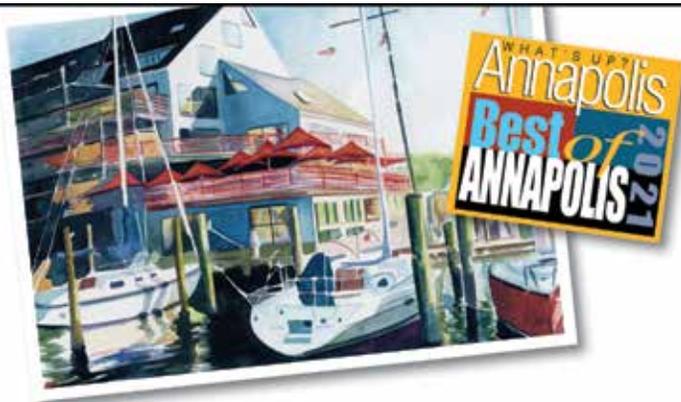


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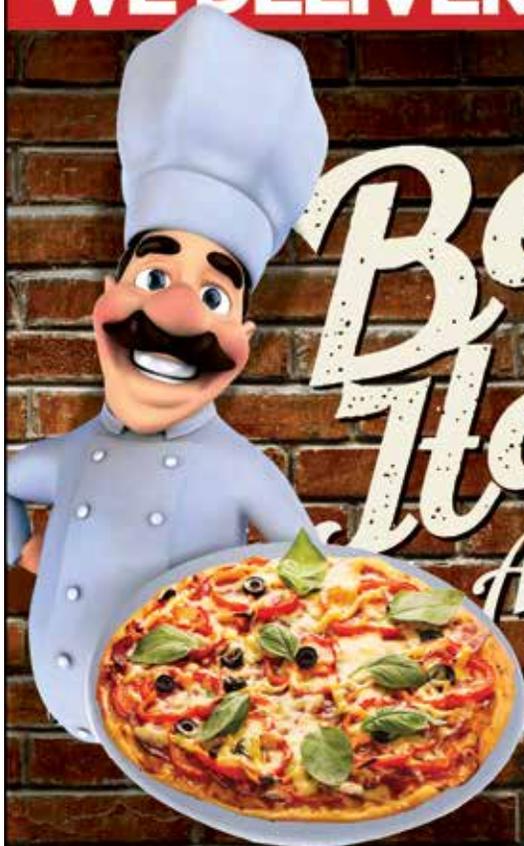
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Dining

116 DINING REVIEW | 118 SAVOR THE CHESAPEAKE | 120 GUIDE



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**MAIN &
MARKET**

DINING REVIEW

Upscale Casual

Main & Market a local gem

By Rita Calvert
Photography by Stephen Buchanan

How we have missed the pleasure of eating away from home, plates showy with careful garnish, and, most of all, simply enjoying friendly professional service!

For nearly three decades, Main & Market, the upscale cafe, catering, and baking business, has garnered a reputation for creating mouth-watering fare, especially its quality comfort food. The busy cafe dining and catering office spaces buzz in a shopping center close to the Bay Ridge neighborhood of Annapolis. Although further south on the peninsula than downtown, regulars make a habit of breakfast, lunch, or neighborhood dinners.

Main & Market's outdoor staging experience with catering events prepared them well for rising to the challenges of COVID restrictions for dining out. After the operation went into hibernation for several months, an expansive tent was added to the cafe in March 2021 for additional outdoor seating while interior dining was still limited. Seating outside takes you to a most pleasant pleine air space. During chillier months, the space has full-size heaters plus individual smaller heaters on each table with a dial for your temperature preference. Edison lighting is strung around the ceiling while perky potted plants

and flowers add color. The large tent will stay until restaurant capacity is approved at 100 percent. We did opt for an outside meal.

We were pleased to see the wine list's interesting selection of mid-priced wines ranging from \$24 to \$44 per bottle. Many of the bottled wines are also sold by the glass. Our server was kind enough to offer a sample of Janielle Rose de Syrah. This light rose was a pleasing start to our meal and very refreshing with its red currant notes. No wonder it's a customer favorite.

It wasn't easy to make our entree choices from the many that appealed, with both specials of the day and regular options to choose from. From this week's offerings, I was tempted by the Greek Chicken Bowl with a mélange of saffron rice, feta cheese, cherry tomatoes, cucumbers, kalamata olives, red onion, and side of tzatziki sauce. Grilled chicken breast slices topped the dish. The second special for this period, Market Baguette of the Week, touted black forest ham, sliced brie, house-made blackberry jam, and arugula on



914 Bay Ridge Road,
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a toasted baguette, along with a side item choice. Call or check online to see if the line-up has one of your favorites. Dinner specials are offered for Friday, Saturday, and Sunday.

There are always tried and true favorites! Folks will tell you that the long-standing meatloaf is a homey go-to, topped with your choice of Hungarian mushroom soup or marinara and mozzarella. And about the Hungarian mushroom soup, there is the case of the gal who drives from Edgewater just to get her regular supply!

A good starter to share is the Crab Avocado Quesadilla appetizer. The artful dish we ordered featured crab meat, cilantro, avocado, and cheddar jack cheese housed in a chipotle tortilla. The warm large flour tortilla «sandwich» was cut into four wedges and drizzled with Old Bay remoulade and pico de gallo. The crab definitely stood out even with abundant gooey cheese. It's



perfect for those who like their fare tame, and hot sauce is available for a spicier kick.

As we browsed entrees, we were delighted to see that Caesar or garden salad is included with dinners—it seems many establishments have shifted the salad to a separate column. Prefer soup? You can have that instead for a modest \$2 surcharge.

For my entree, I wanted to try the newly offered Stuffed Shrimp. What is familiar to me is new again here. This was a specialty to folks dining along the south Jersey shore where I grew up. Three jumbo, butterflied shrimp were stuffed with a crab and bread filling. Imperial crab



green onions, and linguine pasta were tossed and finished in a slightly spicy, smoked tomato Alfredo sauce. Parmesan cheese shavings were sprinkled on top as garnish. The dish was so immense that at least half was toted home! Caesar salad paired nicely with sliced romaine lettuce tossed with a flavorful dressing topped with both wide shavings and finely grated touches of parmesan along with large crunchy homemade croutons.

Main & Market's baking business has brought the company well-deserved dessert fame. I



sauce was baked over the top. I requested some fresh lemon wedges, which gave a brightness to the crab stuffing. Grill-marked asparagus and roasted, spiced redskin potatoes finished the dish. My accompanying cup of Vegetable Crab Soup special of the day was thick with fresh chunks of carrot, potato, corn, green beans, and lumps of crab. Liberal Old Bay seasoning gave a complementary spicy note.

My friend opted for a new version of Avery Island Pasta, which now sports sautéed shrimp rather than the former scallops. The massive dish served in a soup plate was a blend of contrasting yet complementary textures. Jumbo shrimp, crisp bacon, sweet corn kernels,

always make a special effort to peruse the dessert counter even if not ordering a sweet. The gluten-free dark chocolate cake was highly-recommended and I was told that the chocolate mousse is amazing. This time though, we would finish our meal with an extravaganza: Lemon Lust Cake. Four dense golden cake layers (with a moist crumb) alternately sandwiched delicately tart lemon curd and rich, real house-made buttercream. The entire cake was wrapped in a half-inch thick coat of buttercream and zigzagged with a line of more lemon curd garnish, as well as a piping of whipped cream. We took some of this immense cake slice home just to savor the memorable finish to our meal.

Savor the Chesapeake

A CULINARY COMPENDIUM OF RESTAURANT, FOOD, AND BEVERAGE NEWS AND TRENDS FROM THE CHESAPEAKE REGION

By Kelsey Casselbury

What's Going On?

Over in West County, Odenton has welcomed **Lime and Salt**, a new Mexican restaurant that opened in the former Pachanga Grill space. The eatery features traditional Mexican food, including street tacos, enchiladas, chimichanga, fajitas, and more, plus a full bar. (Check out the Spicy Margarita, a traditional marg topped with hibiscus and three pepper-infused tequila!) Lime and Salt is open every day for lunch and dinner. **8395 Piney Orchard Parkway, Odenton | 410-874-6277 | facebook.com/limeandsaltrestaurant**

The former location of Bill Bateman's Bistro in Severna Park has been sitting empty since 2019, but no more—sports bar **JB's** was scheduled to open in mid-May, an offering from 206 Restaurant Group, the team behind Park Tavern, Oliver Brewing Co., and

Donnelly's Dockside. With the tagline, "Bites. Brews. Ballgames. Just Because," JB's will be a casual environment that features dozens of TVs and all the fare you might expect, like burgers and wings. **566 Ritchie Highway, Severna Park | jbs-sp.com**

Feeling like you need something healthy and light? Check out **Nutrition 33**, a new place for tea and meal replacement shakes in Edgewater. Shake flavors include sweet treats such as banana bread and peanut butter cookie, coffee options and more, while tea options include chai, "Beauty and the Beast" (berry-lemonade), and "Lioness" (tropical peach). You can also upgrade with extra protein and fiber, probiotics and additional vitamins and minerals. **69 Mayo Road #103, Edgewater | 410-616-3357 | facebook.com/nutrition33.md**



From the Bar: Summer Hops

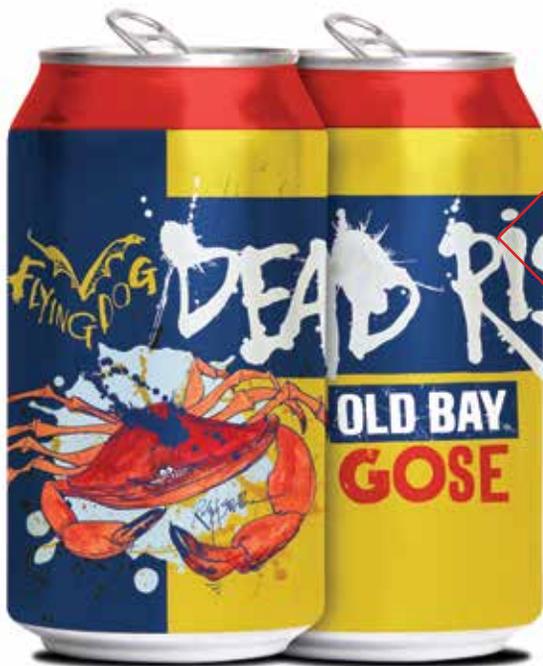
What does summer in Maryland mean? For many people, it's a trip to OC and its iconic businesses, including **Dolle's** for fudge, popcorn, and, most importantly, saltwater taffy. **Flying Dog Brewery** is getting in on that tradition by brewing Saltwater Taffy IPA, a first-of-its-kind 9.6% ABV beer that offers flavors of lemon and citrus hops with rich notes of vanilla creaminess, available in retail stores. In return, Dolle's is selling a beer-flavored saltwater taffy that's made with hops from Flying Dog, available in their shops and online.

rewards restaurants that serve local, Maryland-harvested crabs. Other recent releases from local breweries include:

Prickled Pink from **Forward Brewing** in Eastport, a prickly pear gose brewed with wheat malt, pink salt, and prickly pear puree. **418 Fourth St., Annapolis | 443-221-7277 | forwardeastport.com**

New in cans: Pils-Boh Baggins (+1 for the literary reference!), brewed with Bohemian Pilsner and Vienna malts and "Fermented colder than the peaks of the Misty Mountains," and Star Queen, featuring flavors of sweet fruit, melon, and gooseberries with a semi-sweet finish, both from **Crooked Crab Brewing Co.** in Odenton. **8251 Telegraph Road, Odenton | 443-569-9187 | crookedcrabbrewing.com**

Fair warning: These beers may or may not be available by the time you get there! Craft breweries are always coming up with new stuff, meaning beers go on and off tap all the time (also meaning that if these aren't still available, there will definitely be something new to try!) If you're really looking forward to one of them, call before heading to the brewery.



Other news from Flying Dog: The brewery has brought back its Dead Rise OLD BAY Gose, a salty-and-sour blend made with MD's favorite seasoning. Fun fact: *The Washington Post* once called Dead Rise "The most Maryland beer ever." A portion of proceeds from Dead Rise's sales supports the True Blue Program from the Maryland Department of Natural Resources, a campaign that highlights and




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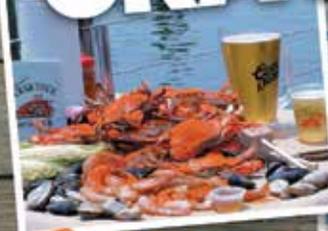
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196 Main Street, Annapolis; 443-482-3895; annapolisiscream.com \$ 🍷 🍷

Armadillo's Bar & Grill

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

Bean Rush Café

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

The Big Cheese & Sammy's Deli

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

Buddy's Crabs & Ribs

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

Café Normandie

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

Castlebay Irish Pub 1

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

Chick & Ruth's Deli

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

City Dock Café

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

Dock Street Bar & Grill

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

Dry 85

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

Federal House Bar & Grille

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

Flamant

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

Fox's Den

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

Galway Bay Irish Restaurant & Pub

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

Harry Browne's

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

Harvest Wood Grill & Tap Room

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

Iron Rooster

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

Joss Café & Sushi

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

Latitude 38

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

Mason's Famous Lobster Rolls

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

McGarvey's Saloon & Oyster Bar

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

Middleton Tavern

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

Mission BBQ

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

O'Brien's Oyster Bar & Restaurant

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

Osteria 177

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

Preserve

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

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Red Red Wine Bar

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

Reynolds Tavern

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

Sakura Café

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

Soft's Crepes

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

Vida Taco Bar

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

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

Azure

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

Carpaccio Tuscan Kitchen & Wine Bar

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

El Toro Bravo

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

Fado Irish Pub

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

Lemongrass

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

Level Small Plates Lounge

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

Light House Bistro

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

Luna Blu

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

Metropolitan Kitchen & Lounge

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

Miss Shirley's Café

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

Rams Head Tavern

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

Sailor Oyster Bar

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

Stan & Joe's Saloon

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

Tsunami

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

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

Blue Rooster Café

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

The Brass Tap

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

Broadneck Grill & Cantina

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

Bruster's Real Ice Cream

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

Buffalo Wild Wings

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

Cantler's Riverside Inn

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

The Canton Restaurant

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

Cooper's Hawk

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

Chevys Fresh Mex

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

Chris' Charcoal Pit

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

Double T Diner

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

Eggcellence

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

Evelyn's

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

Giolitti Delicatessen

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

Gordon Biersch

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

Grapes Wine Bar

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

Herald Harbor Hideaway

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

Heroes Pub

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

InGrano Bakery

302 Harry S Truman Parkway Suite H, Annapolis; 410-919-0776; ingranobakery.com; bistro-bakery; breakfast, lunch

Italian Market & Restaurant

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

Jalapeños

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

Julep Southern Kitchen & Bar

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

La Sierra

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

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

Lemongrass Too

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

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

Ledo Pizza

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

Maggiano's Little Italy

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

The Melting Pot

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

Mi Lindo Cancún Grill

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

Mission BBQ

2101 Somerville Road, Annapolis; 443-569-4700; Mission-bbq.com; Barbecue; lunch, dinner \$\$ 🍷 🍴 🌿

Nothing Bundt Cakes

1901 Towne Centre Blvd, Annapolis; 443-775-7979; nothingbundtcakes.com; Bakery

Paladar Latin

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

Paul's Homewood Café

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

Pasticcio Fresh Italian Kitchen

150-F Jennifer Road, Annapolis; 443-949-0608; Pasticcioannapolis.com; Italian; lunch, dinner \$\$ 🍷 🍴

Ports of Call

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

Rams Head Roadhouse

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

Red, Hot & Blue

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

Riverbay Roadhouse

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

Royal Karma

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

Sakura Japanese Steak & Seafood House

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

Sam's on the Waterfront

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

Sandy Pony Donuts

1901 Towne Centre Blvd., Ste 130, Annapolis; 301-873-3272; Sandyponydonut.com; Breakfast \$ 🍷

Seafood Palace Buffet

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

Severn Inn

1993 Baltimore Annapolis Boulevard, Annapolis; 410-349-4000; Severninn.com; Seafood; lunch, dinner, Sunday brunch \$\$ 🍷 🌿 🍴 🎵

Sin Fronteras

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

Smashing Grapes Kitchen and Wine Bar

177 Jennifer Road, Annapolis, 410-266-7474 Smashinggrapes.com; Mediterranean and California Coastal cuisines, lunch and dinner \$\$, 🍷 🌿 🎵 🌟 🍷

Soul

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

Stoney River Legendary Steaks

2190 Annapolis Mall, Annapolis; 410-224-8312; Stoneyriver.com; Steakhouse; lunch, dinner \$\$ 🍷 🌿

Union Jack's

2072 Somerville Road, Annapolis; 410-266-5681; Union-jacksannapolis.com; British-style pub; lunch, dinner, Sunday brunch \$\$ 🌿 🌟 🎵

Ziki Japanese Steakhouse

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

Zoe's Kitchen

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

Eastport / Bay Ridge

Adam's Taphouse and Grille

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

Annapolis Smokehouse & Tavern

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



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

Blackwall Hitch

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

Boatyard Bar & Grill

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

Bread and Butter Kitchen

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

Caliente Grill

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

Carrol's Creek

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

Chart House

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

Davis' Pub

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

Eastport Kitchen

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

Grump's Café

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

Jack's Fortune

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

**Lewnes' Steakhouse**

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

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

O'Leary's Seafood Restaurant

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

Rocco's Pizzeria

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

Ruth's Chris

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

Sammy's Pizza Kitchen

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

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

All American Steakhouse

139 Mitchells Chance Road, Edgewater; 410-956-4494; Theal-americansteakhouse.com; American; lunch, dinner \$\$ 🍷 🍴

Bayside Inn

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

Broadneck Grill & Cantina

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

Chad's BBQ

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

The Crab Shack

3111 Solomons Islands Road; Edgewater 21037; 443 837 6279; Thecrab-shackmd.com

Deale Umai Sushi House

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

Dockside Restaurant & Sports Bar

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

Edgewater Restaurant

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

Fuji Steakhouse

169 Mitchells Chance Road, Edgewater; 410-956-8808; Fuji-steakhousemd.com; Japanese; lunch, dinner \$\$ 🍷 🍴 🍷

Glory Days Grill

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

The Greene Turtle

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

Happy Harbor

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

Harvest Thyme Modern Kitchen & Tavern

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

Hispa Restaurant

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

JesseJay's Latin Inspired Kitchen

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

Killarney House

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

Ledo Pizza

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

M Thai Restaurant

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

Mike's Bar & Crab House

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

Nova Sushi Bar and Asian Fusion

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

Old Stein Inn

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

Petie Greens Bar and Grill

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

Pirate's Cove

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

Pier Oyster Bar

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

Rod N Reel Restaurant

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

Saigon Palace

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

Señor's Chiles

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

Skipper's Pier Restaurant & Dock Bar

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

South County Café

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

Stan & Joe's Saloon South

173 Mitchells Chance Road, Edgewater; 443-837-6126; Stanandjoes-saloon.com; American; lunch, dinner, late-night \$ 🍷 🍴 * 🎵 🍷

S & J Riverside

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

Yellowfin Steak & Fish House

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

Arnold / Severna Park / Pasadena & Beyond

Adam's Ribs

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

Ashling Kitchen & Bar

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

Bella Italia

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

The Big Bean

558 Baltimore Annapolis Blvd, Severna Park; 410-384-7744; thebigbean.com; Coffee Shop 🍷

Blackwall Barn & Lodge

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

Brian Boru Restaurant & Pub

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

Café Bretton

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

Café Mezzanotte

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

The Crab Shack

1260 Crain Hwy Crofton 21114; 443 302 2680

Donnelly's Dockside

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

Founders Tavern & Grille

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

Gina's Cafe

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

La Posta Pizzeria

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

Ledo Pizza

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

Lemongrass Arnold

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

Mamma Angela's

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

Mi Pueblo II

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



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Arnold; 410-349-0200
Oloughlinspub.com;
American; lunch, din-
ner, late-night \$\$ 🍴 🌿

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

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2535; phermbrewing.
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Thepointcrabhouse.
com; Casual contempo-
rary American Seafood
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lunch, dinner \$\$ 🍴 🌿

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Tequila Bar**
1266 Bay Dale Drive,
Arnold; 410-571-3466;
Ricostacos.co; Mexican;
lunch, dinner, weekend
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3809 N. Crain Highway,
Bowie; 301-805-5900;
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breakfast, lunch, dinner
\$\$ 🍴 🌿

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

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Road, Severna Park;
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naparktaphouse.com;
American, sports bar;
dinner \$ 🍴 🌿

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Glen Burnie, 410-424-
2022, Sinfronterascafe.
com, Mexican; lunch,
dinner, Saturday and
Sunday breakfast \$\$
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Boulevard, Pasa-
dena; 410-647-5200;
Twainstavern.com;
American, sports bar;
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napolis Blvd, Severna
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vensville; 410-604-
0999; Hemingwaysbay-
bridge.com; Seafood;
lunch, dinner
\$\$ 🍴 🌿

The Island Hideaway
14556 Solomons Island
Road S, Solomons;
410-449-6382; Theis-
landhideawaysolomons.
com; American; lunch,
dinner 🍴 🌿

Knoxie's Table
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Where's Wilma?

FIND WILMA AND WIN!

This month, Wilma is soaring the skies and touching down across the Chesapeake Bay region for a variety of activities she enjoys, including hiking, biking, crab feasts, fishing, and more. Where will she land next and can you track her down?

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 Denise Deshaies of Bowie, who won a \$50 gift certificate to a local restaurant or service.

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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