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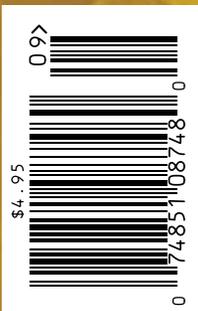


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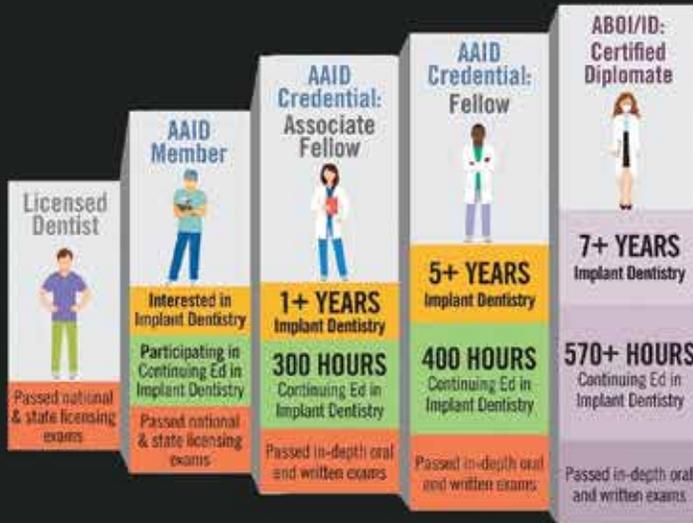


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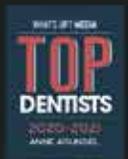
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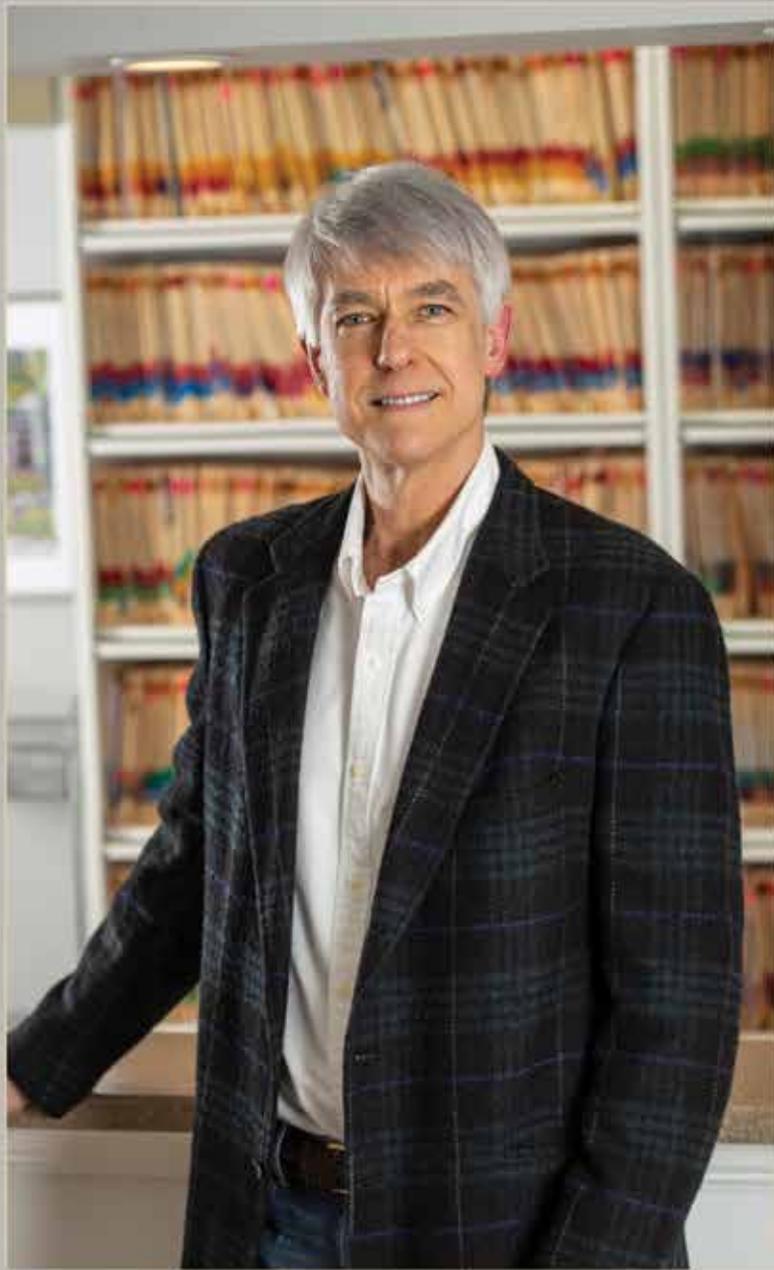


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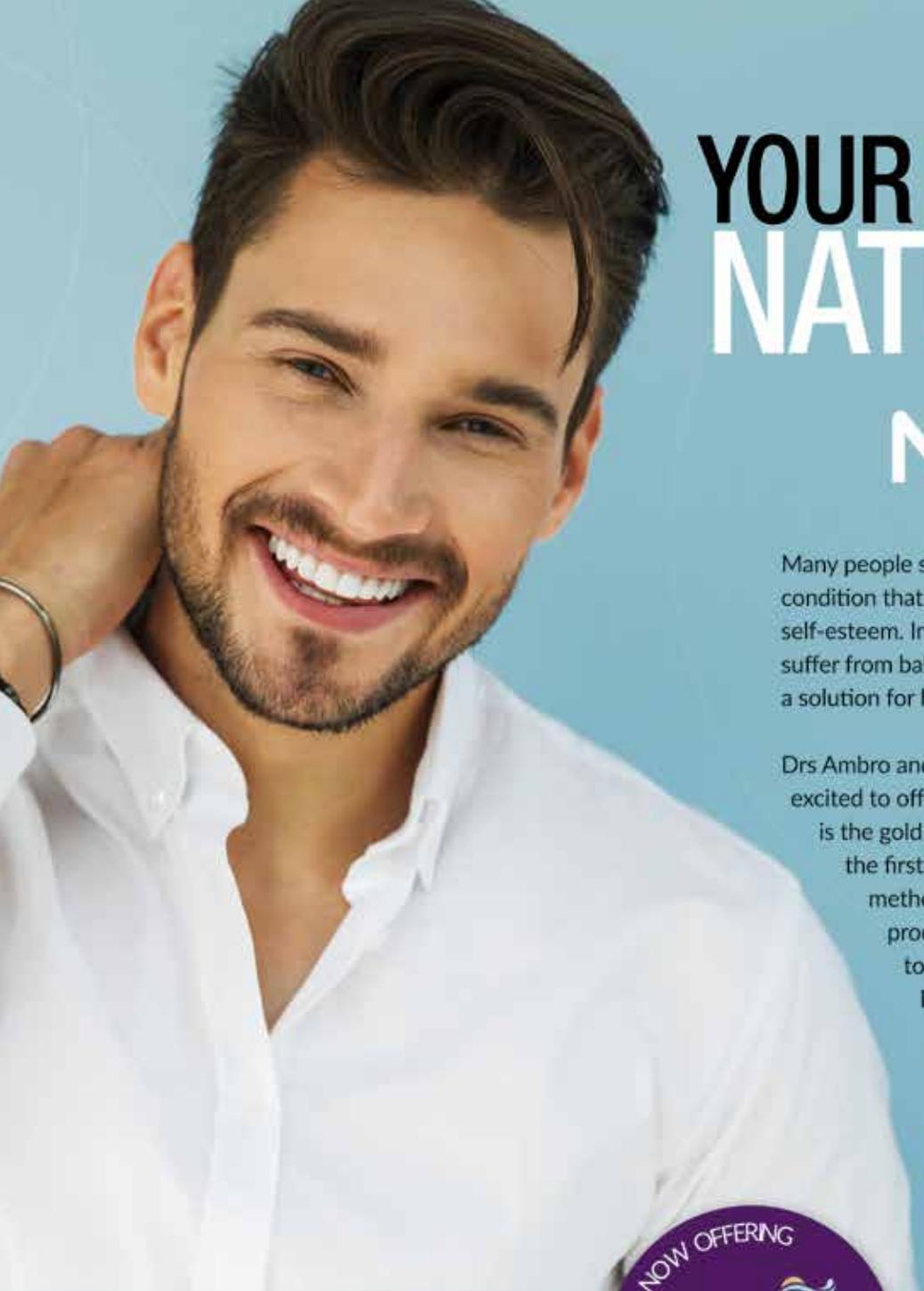
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On the Cover: Who's your favorite sports team and why? We explore how sports allegiances are formed in "We Will, We Will...Rock You!". Design by August Schwartz. Contact *What's Up? Annapolis* online at whatsupmag.com. Please recycle this magazine.

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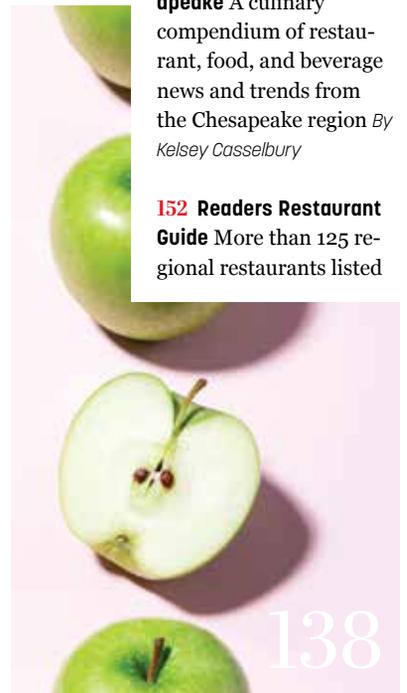
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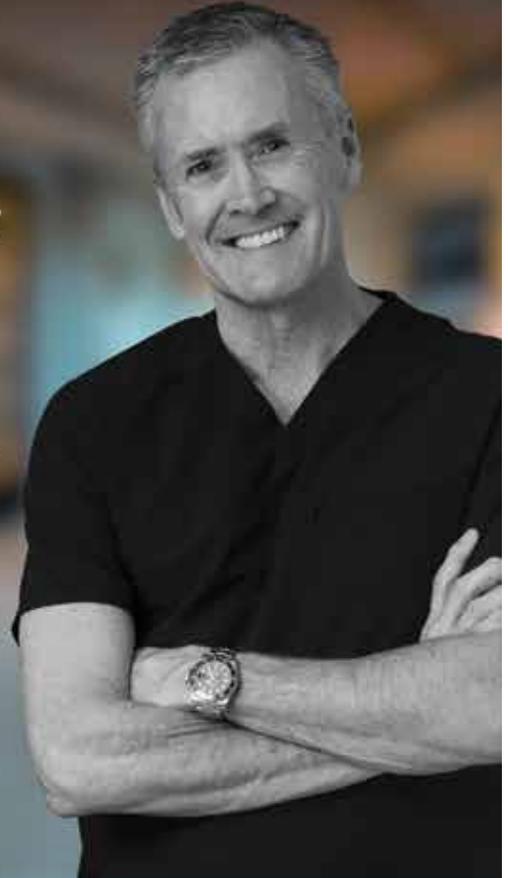
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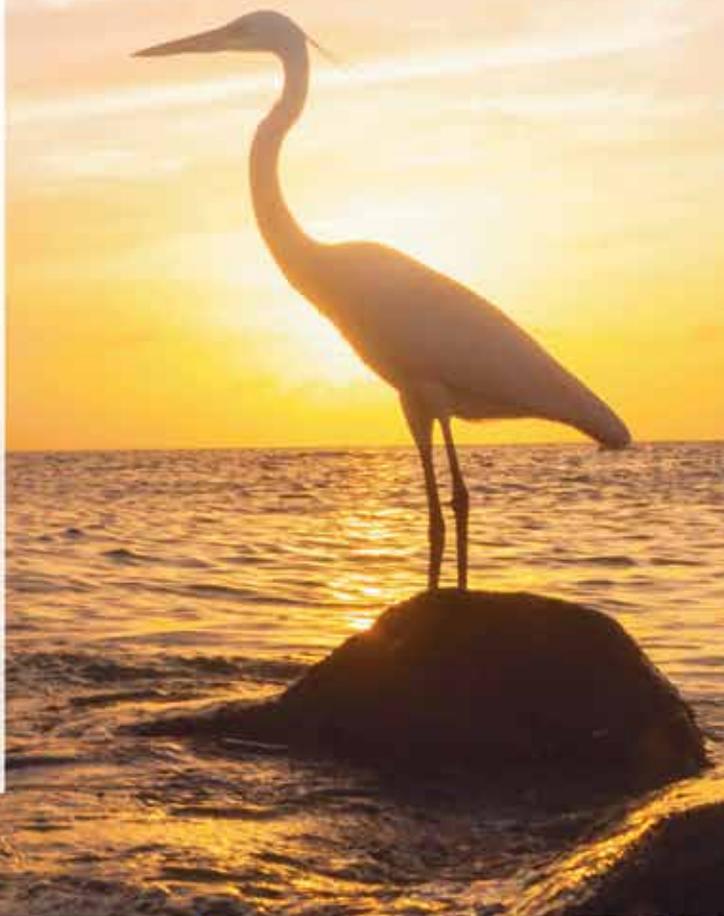
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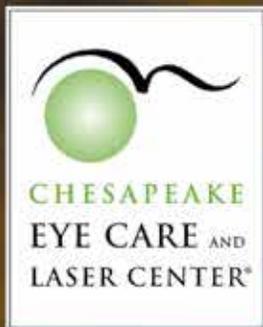
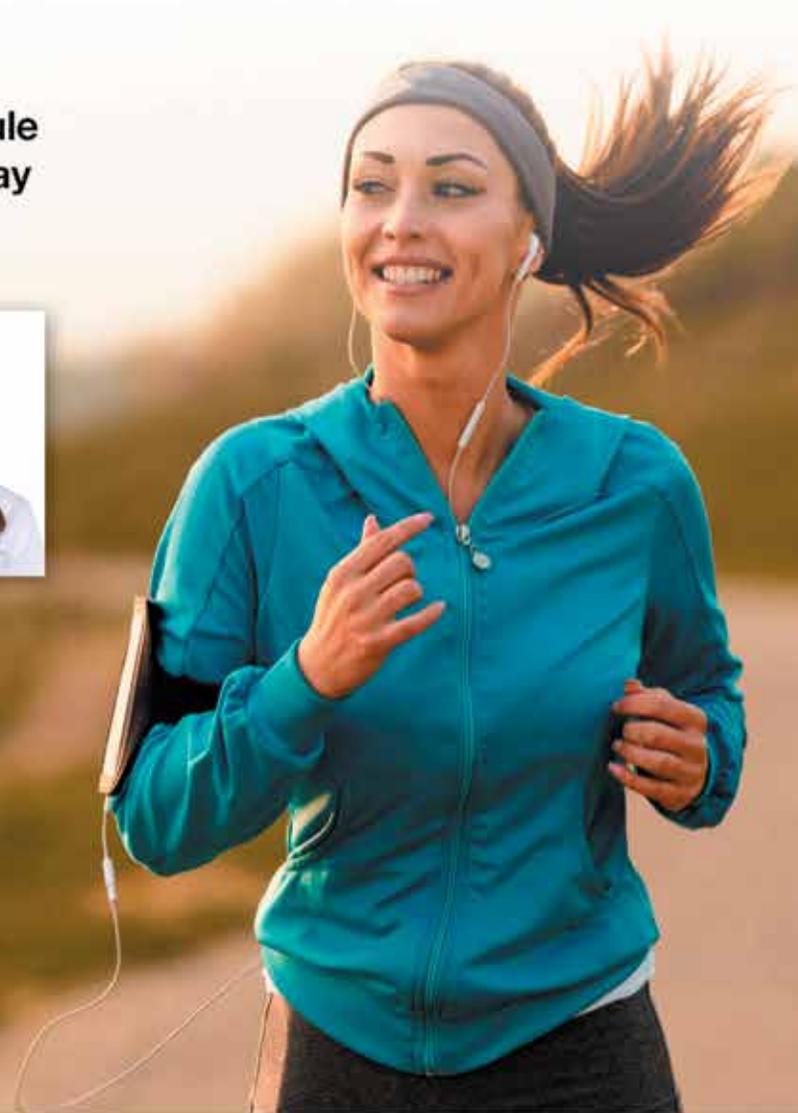
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OCTOBER 2021

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One Nation Diversity Series

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EDITORIAL UPDATE: In our August issue we inadvertently omitted proper photography credit for images appearing in our real estate profiles "Light & Bright in Annapolis" and "A Truly Unique Annapolis Home." The photographer is Michele Sheiko, Real Patience, Inc. Additionally, the aerial photo on page 146 was taken by Hasani Cromwell, Best In House Photography.

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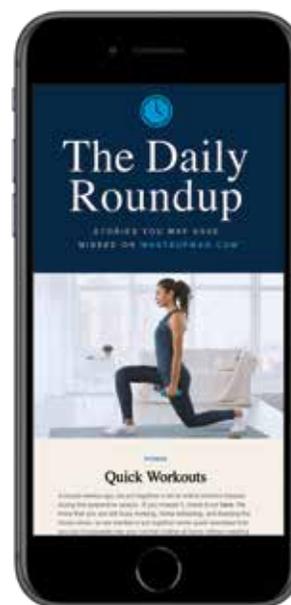
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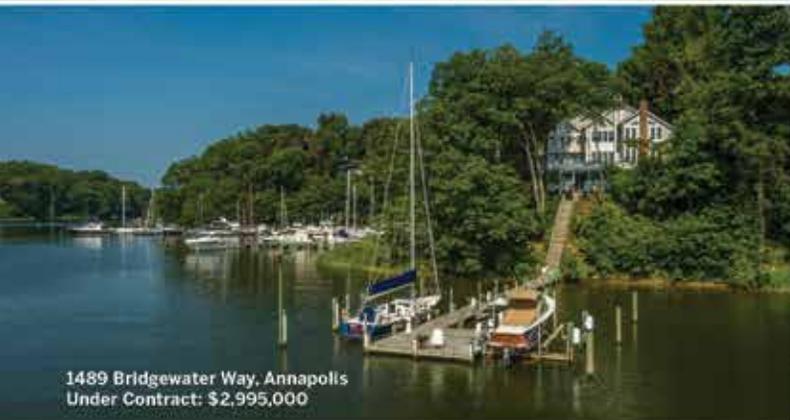
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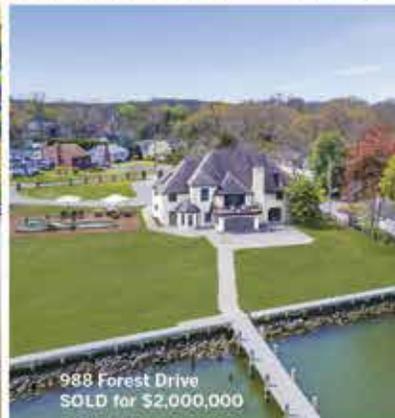
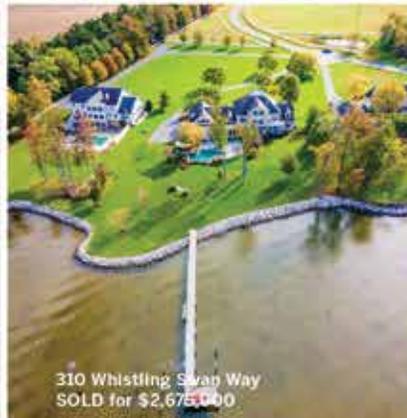
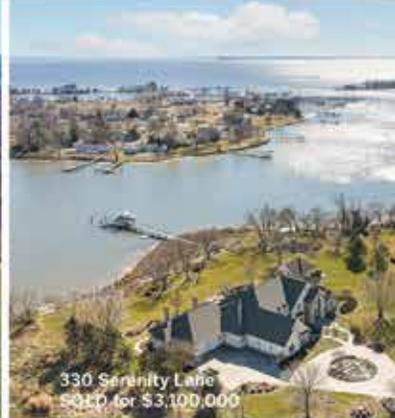
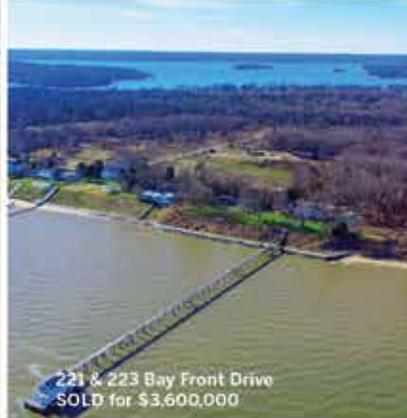
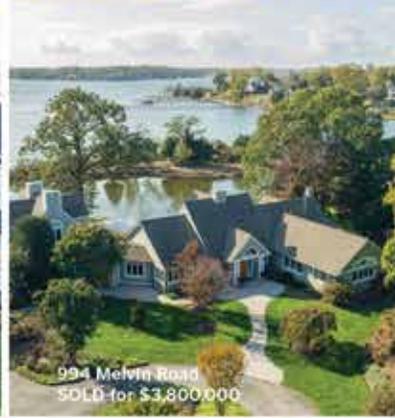
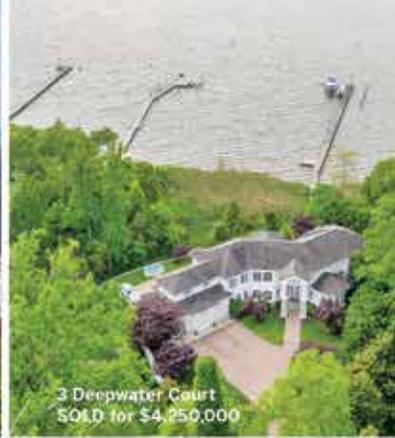


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editor *From the*



You're not going to believe this...well, maybe you will; especially parents, all generations included. It's nearing the end of August as I write this letter and this morning, as I drove my daughter to her summer camp, I got to play deejay and we listened to some "classic rock." It's always on in Dad's car. Classic, by the way, now includes the bands and songs of my youth/teen years. Over the speakers comes Nirvana's "Smells Like Teen Spirit" and my daughter asks with a hint of sarcasm, "Is this pop music Dad? You know I like pop music; like Ariana Grande."

"Well, it was new and popular at one point in time,"

I SAID TO HER WITH A LAUGH.

And it got me thinking, just how old is this song? After all, it still sounded great to me. Turns out that this September marks the 30th anniversary of Nirvana's album *Nevermind* on which this song appears; the album was released on September 24, 1991. Sheesh. Funny how that is; I'm sure many of you can relate, whether it's an album or song from the '90s, '80s, '70s, and so forth that you, at some point in time, played for your kids. And though the songs of our generation(s) might not resonate with an 8-year-old's perspective, they just might by the time she's a teenager. After all, I, myself, became obsessed with the music of my parents' generation by the time I was old enough to drive.

The transitions of life can be funny like that. And this month perfectly symbolizes such changes. Aside from the obvious first swells of autumn weather that signal the literal seasonal change, there's the fresh start of the school year as many

students transition to their next levels of education (early, elementary, middle, high, college, etc.). Adults seem to flip a switch at the same time, getting into fall- and, soon enough, holiday-mode. The workplace shifts gears as summer gets further and further behind us. And, of course, there's the start of football and hockey seasons (and the end of baseball's), harvest festivals and events, peak fishing and hunting, home and garden to-dos before winter, and, generally speaking, it's simply a great time to walk around town and be outdoors.

This issue covers a lot of ground in this regard. If you're parents and students about to embark on the search for the perfect school, I invite you to give "Schools of Thought" a once-over. It's our annual guide to private schools/colleges/learning centers open houses, visitations, and student-shadow experiences. A resourceful list, plus advice, for those looking to transition from one school to another.

Another great resource you'll find in this magazine is the Best of Retail & Professional Services, which closes out the 2021 year of winners! So, rev up your shopping savvy and cue this list of local favorites for everything from jewelers and clothing to auto and computer repair. Pretty handy to have this, just in time for the coming holiday season.

We also have plenty of content that gives nod to the sports, teams, and players that we root for come fall; check out "We Will, We Will...Rock You" about sports fandom and our exclusive interview with Major League Baseball's most promising prospect, Adley Rutschman. We also take a look at the local cycling scene in "Smooth Riding" and learn about advocacy and infrastructure that are growing this sport. And if fishing for striped bass in the fall excites you (or even just eating them), we have some intriguing perspectives about this Chesapeake Bay fishery and how we—anglers, advocates, politicians, and anyone with an ounce of concern in their veins—can help transition this beloved species from beleaguered to sustained.

There's plenty more within the pages of this magazine to peruse, enjoy, and inspire your own autumnal transition. And if you need a touch more motivation, give Earth, Wind & Fire's hit song "September" a listen; it may be as old as I am, but I still think it's pretty, pretty good!

James Houck,
Editorial Director

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

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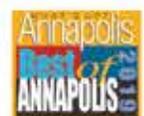
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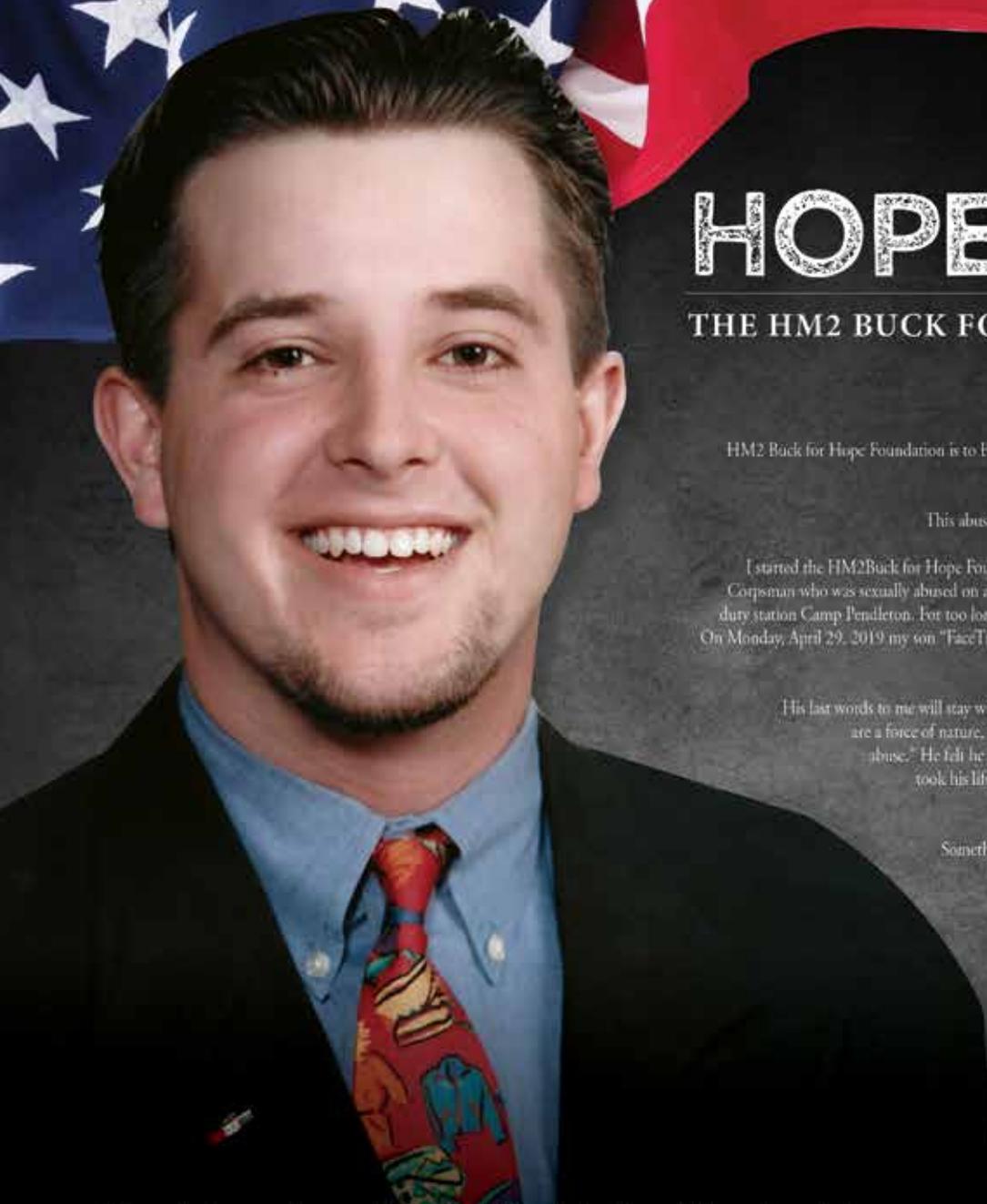
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Our Mission:

HM2 Buck for Hope Foundation is to Educate the public, Elected Officials and all branches of the Military of sexual abuse and suicide.

This abuse must STOP being brushed under the rug and dealt with!

I started the HM2Buck for Hope Foundation because I am a mother of a 14 year Veteran Naval Corpsman who was sexually abused on a Naval ship by 3 Seaman , he then had to go on to his first duty station Camp Pendleton. For too long, my son lived with and suffered from this horrific abuse. On Monday, April 29, 2019 my son "FaceTimed" me for 5 hours to tell me that he was unable to cope anymore and that he lost all humanity and dignity.

His last words to me will stay with me forever: "Mom, when you believe in something you are a force of nature, please, please take up this cause to help end military sexual abuse." He felt he had nothing left to live for and then I heard the bullet that took his life. The victims of this abuse have no voice and there are too many suicides in all branches of our military.

Something has to change. Right now we are working with Protect Our Defenders and several other groups. There is actually activity on Capitol Hill and with the Secretary of the Defense to make changes, but there is a long, long way to go.

THE SECRECY HAS TO STOP!

Betty Buck

President

HM2 Buck for Hope Foundation
www.hm2buckforhope.com

We are hosting our Inaugural Event and Foundation Launch Reception to bring awareness to our community. Please join is to learn more and to support this very important cause.

Sunday, October 24, 2021

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3:00 PM – 8:00 PM
Cocktail Buffet & Auction

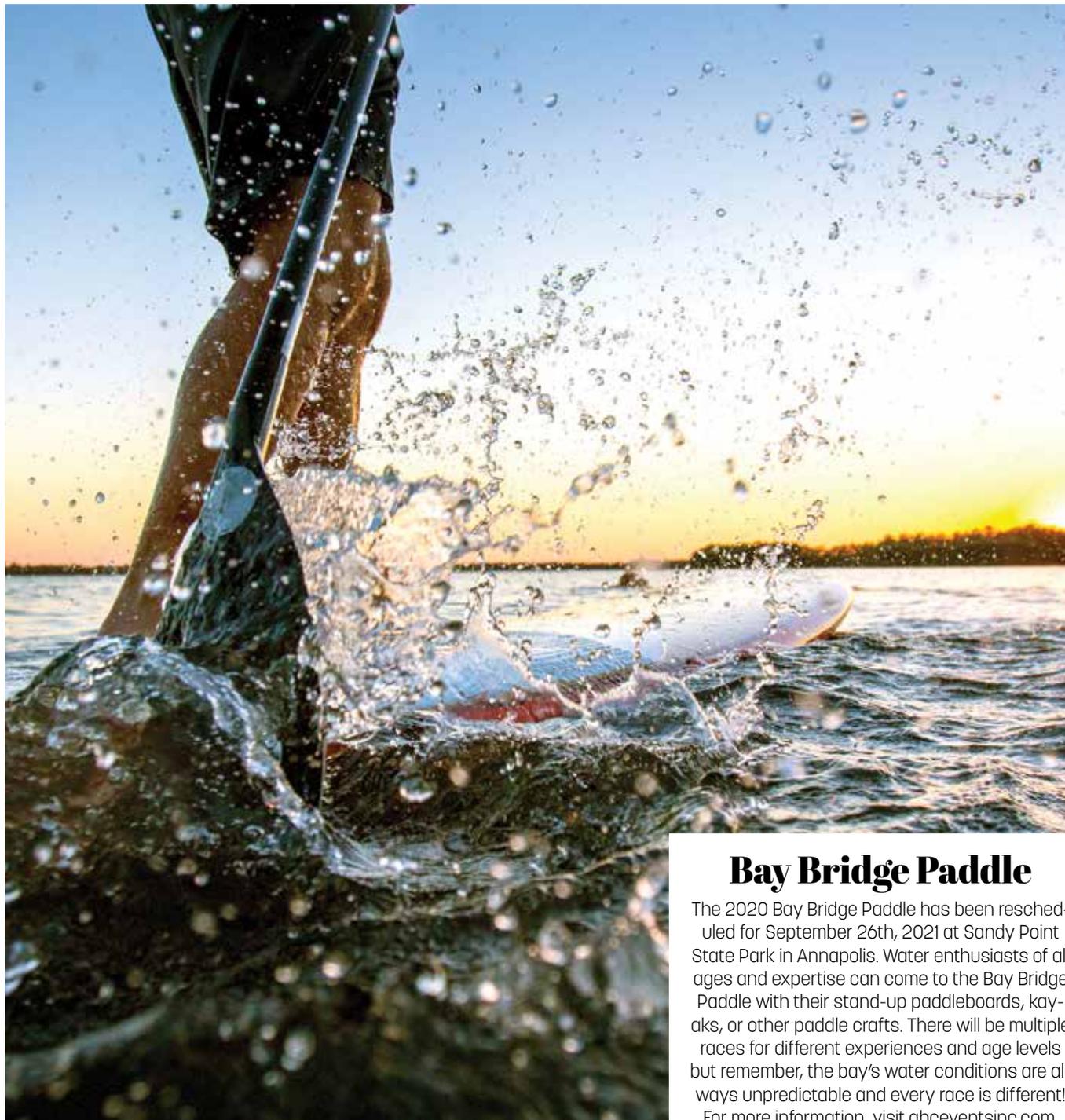
Tickets are available @ www.hm2buckforhope.com



For more information contact us at 301-509-0552. P.O. 4568, Annapolis, MD 21403

Out on the **TownE**

29 EVENT PICKS | 44 SOCIAL | 48 SALUTE
52 SPOTLIGHT | 58 ATHLETE | 62 INTERVIEW



Bay Bridge Paddle

The 2020 Bay Bridge Paddle has been rescheduled for September 26th, 2021 at Sandy Point State Park in Annapolis. Water enthusiasts of all ages and expertise can come to the Bay Bridge Paddle with their stand-up paddleboards, kayaks, or other paddle crafts. There will be multiple races for different experiences and age levels but remember, the bay's water conditions are always unpredictable and every race is different! For more information, visit abceventsinc.com.

BOUNTIFUL BY THE BAY

Join the Friends of the Light House signature event of the year, Bountiful by the Bay. This is an evening on the beautiful shore of the Chesapeake Bay with live music, gourmet food, open bar, and auction. This event will take place on September 25th from 6 to 10 p.m. at Bay Ridge Pool in Annapolis. All proceeds from this event will benefit Friends of the Light House. Wear your island attire! Details at friendslhs.ejoinme.org/Bountiful2021.



Paca Girl-friend's Party

Paca Girlfriend's Party is back on September 14th from 6 to 9 p.m. at the William Paca House and Garden in Annapolis. This will be an evening of food, fine wine, friendship, flowers, and fun. Experience the charm of the William Paca House, indulge in culinary creations prepared by the area's premier chefs, and stroll through the luxurious English-style garden filled with beautiful rose bushes. In its 13th year, the Girlfriend's Party has become a showcase for women entrepreneurs. More information at pacagirlfriends.com.



↑ ARTS ALIVE!

Arts Alive! In Annapolis is back this September. Enjoy a night of cocktails, food, live entertainment, and art at Maryland Hall on September 10th. The event will celebrate the new ephemeral sculpture "The Old Home Place" on the front lawn with the beautiful historic façade serving as a dramatic backdrop for the evening. Find more information at marylandhall.org.



BELLO MACHRE GOLF TOURNAMENT

Support the developmental disabilities community with a day on the course for Bello Machre. The organization's 37th Annual Golf Tournament will be at Queenstown Harbor Golf Course on September 15th. There will be plenty of activities throughout the day including Worst Driver hole, the famous Sausage Stop, and plenty of fun contests. Find more information at bellomachre.org.



MARYLAND SEA-FOOD FESTIVAL

Get your appetite ready to celebrate over 50 years of food and fun at Sandy Point State Park with a weekend of seafood dishes, competitions, kid's activities, and more. The 53rd annual Maryland Seafood Festival is back on September 25th and 26th. There will also be many local vendors, local craft beer and wine, and the beautiful scenery of the Chesapeake Bay. Find more information at abceventsinc.com.

↑ Annapolis Mothers of Multiples Fall Consignment Sale

Visit Benfield Sportscenter in Millersville on September 11th from 8 a.m. to 3 p.m. for the Annapolis Mothers of Multiples Consignment Sale. This year, the sale will be bigger and better in their new location. This sale is open to the public with amazing bargains on gently used kids and baby clothing, toys, equipment, baby essentials, strollers, and more. This sale is sponsored by the nonprofit Annapolis Mothers of Multiples organization, annapolis moms.org.





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↑ **Piney Orchard Street Festival**

The 2021 Piney Orchard Street Festival will be September 11th from 11 a.m. to 6 p.m. at 2400 Stream Valley Drive in Odenton. The festival will be a rain or shine event. Find more information at pineyorchard.com/street-festival.



↑ **HOSPICE CUP XL**

This year's sailboat regatta will be held on September 18th to raise funds for and awareness of hospice care in our region. This annual event takes place in the Severn River and Chesapeake Bay in Annapolis, and is followed by the popular Shore Party. This year, the funds will be for Grief and Bereavement Services since they are often not covered by insurance. For more information, visit hospicecup.org.



↑ KUNTA KINTE HERITAGE FESTIVAL

Celebrate the Kunta Kinte Heritage Festival at Susan Campbell Park in Annapolis on September 25th from 10 a.m. to 7 p.m. This is a free event for all ages to enjoy live music and dance performances, food, and artisan vendors to celebrate heritage and history.

This event has brought thousands of visitors to Annapolis to celebrate the perseverance, education, and cultural heritage of people of African descent. More information at kuntakinte.org.

34th Annual Annapolis Gam

Seven Seas Cruising Association is bringing together a common bond, commitment, and clean wake with their 34th annual Annapolis Gam. Meet new friends and fellow cruisers at the Maryland Yacht Club in Pasadena on September 24th through 26th. Bob Lipkin from *Latitudes & Attitudes Magazine* will be the keynote speaker. Find more information or register at ssca.org/annapolis.



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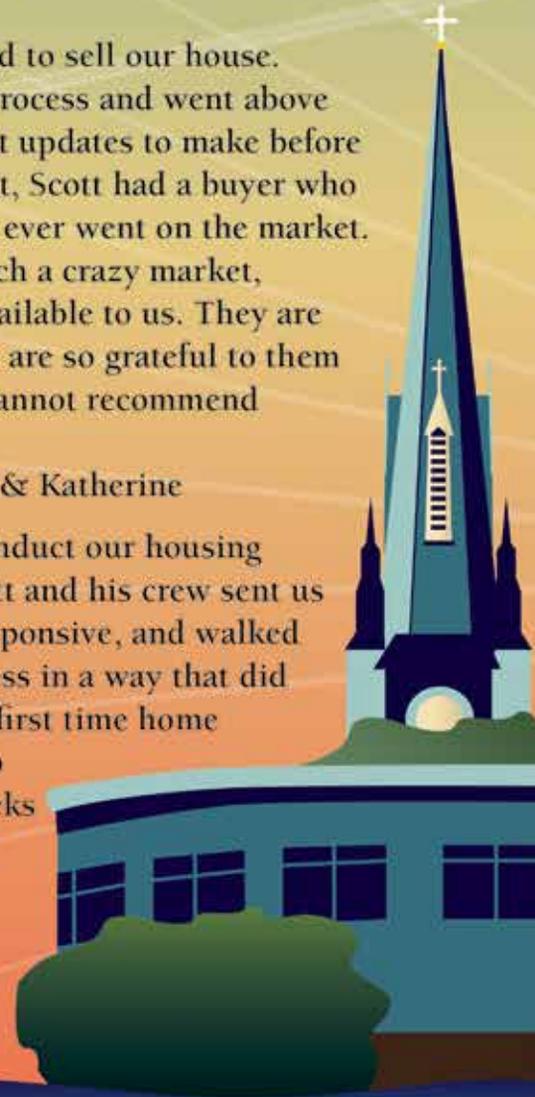
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— Matt & Katherine

“Scott made it SO easy for us to conduct our housing search in Annapolis remotely. Scott and his crew sent us great tour videos, were SUPER responsive, and walked us through the home buying process in a way that did not make us feel overwhelmed as first time home buyers. In this market, we were so lucky to find a house within 2 weeks of beginning our search – and we definitely owe that luck to Scott and his crew!”

— Frances & Mike



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Across the Bridge



↑ 2021 EASTON AIRPORT DAY

The 12th Annual Easton Airport Day is finally here. On September 25th, the community event will offer everyone the opportunity to visit the local airfield and see what flying is all about. There will be flyovers throughout the day in the skies of Easton. See rare and unique aircrafts, military jets, airport equipment, and classic cars on display at Easton Airport. Local food and beverage vendors will be available for this event. A full schedule of events can be found at eastonairportday.com

↑ Charity Boat Auction

Chesapeake Bay Maritime Museum's live boat auction begins at 11 a.m. along their waterfront campus in St. Michaels on September 4th. Boats will range in size and performance from sailing dinghies to cabin cruisers and everything in between. Be the highest bidder and get yourself the boat of your dreams. Find more information at cbmm.org.



ST. MICHAEL'S CONCOURS D'ELEGANCE ON CHESAPEAKE BAY

The 14th Annual St. Michael's Concours d'Élegance is back on September 26th at the Talbot County Country Club in Easton. The local student chapter of the Antique Automobile Club of America will be the beneficiary of the proceeds from ticket sales. This event will enhance the mood of stepping back in time in the tradition of historic Concours events held in Paris to exhibit automobiles in an elegant fashion show. For more information, visit smcde.org

Grand Art for Under a Grand

From September 3rd through September 28th, Troika Gallery in Easton will present its annual Grand Art for Under a Grand exhibit. Visit the gallery to purchase these fine art pieces for under a grand. No sales will occur until the doors open so be sure to get there early. Online purchases will be available 30 minutes after the gallery opens. The entire exhibit will be posted on the website, troikagallery.com.

↑ CHESTER-TOWN JAZZ FESTIVAL

On September 9th through 11th, celebrate 25 years of The Mainstay in Rock Hall. On September 9th, visit Jazz at The Mainstay, and then the Gala Cocktail Party and Concert in the Festival Tent at Wilmer Park on the 10th. Finish up the weekend on the 11th with an afternoon in Wilmer Park of fabulous jazz featuring an abundance of bands including headliner Christian McBride's New Jawn. For more information and to buy tickets, visit garfieldcenter.org.



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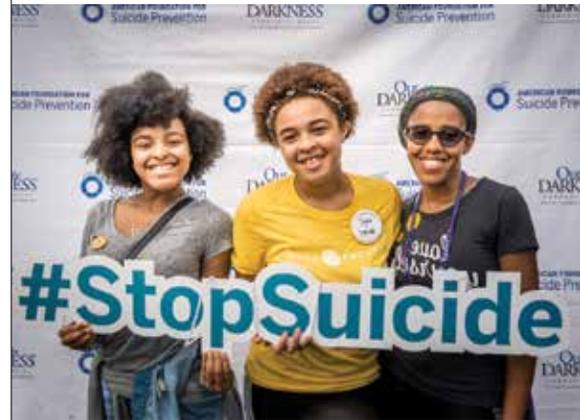
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↑ **ANNAPOLIS OUT OF THE DARKNESS WALK**

Gather #TogetherToFightSuicide at Navy-Marine Corps Stadium on September 18th from 10 a.m. to 2 p.m. The Out of the Darkness Community Walk will raise money to take the steps to safeguard our mental health and prevent suicide. Donations can be accepted through December 31st. For more information and to register, search Annapolis Walk at supporting.afsp.org.

Naptown Virtual Half Marathon & 5K

Run anywhere on September 25th and 26th for the Virtual 2021 Naptown Half Marathon & 10K/5K. Post your results to the leaderboard during race weekend as well as pictures from your unique run. Register online for the race or donate online. This race will raise money for the Maryland Chapter of the Cystic Fibrosis Foundation whose mission is to cure cystic fibrosis and provide all people with CF the opportunity to lead long, fulfilling lives. Register and donate now at naptownrun.com.



↑ 9/11 Heroes Run

Run for the heroes who served our country on September 19th at 2 p.m. at the Navy-Marine Corps Memorial Stadium in Annapolis. This event will be available in person as well as a virtual run/walk option. The 9/11 Heroes Run unites the community and raises awareness and honor for the fallen. This race takes place every year on or around September 11th. Register today at Travismanion.org

Ironman Maryland

Ready for an Ironman triathlon? Blackwater Wildlife Refuge in Cambridge is the backdrop for IRONMAN Maryland on September 18th. This year's event will offer 40 qualifying slots to the 2022 IRONMAN World Championship in Kailua-Kona, Hawaii. Though registration is at capacity, there are opportunities to volunteer and cheer on the participants. More information at ironman.com/im-maryland.

ANNAPOLIS RUN FOR THE LIGHT HOUSE

The Annual Annapolis Run for the Light House is a half-marathon and 5K along the trails of Quiet Waters Park and Hillsmere Shores on September 19th. All of the proceeds from the run will benefit The Light House in Annapolis, a well-known public charity working to end the cycle of homelessness and poverty. For more information, or to register, visit annapolisrunforthelighthouse.org.

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Opening Night Celebration!

NATI PLAYS TCHAIKOVSKY | October 1 & 2, 2021

Featuring Concertmaster and Academy Director Netanel "Nati" Draiblate as violin soloist. Plus Debussy's epic depiction of the sea *La Mer*.



PETER BAY CONDUCTS THE ASO | November 12 & 13, 2021

Celebrate the return of former Music Director Peter Bay featuring the Low Brass Concerto for some heavy metal ASO Style. Plus Dvořák's big hit symphony No. 6.



DEMONIC DANCE: REPIN PLAYS SHOSTAKOVICH | March 4 & 5, 2022

Russian Superstar violinist Vadim Repin to perform the Shostakovich first violin concerto. Plus the bold and romantic *Der Rosenkavalier* suite by Strauss.



NOVO'S RITE OF SPRING | April 8 & 9, 2022

Music Director, **José-Luis Novo** brings the wild abandon of spring. Plus Leticia Moreno performs Mendelssohn's violin concerto.



Season Finale!

TCHAIKOVSKY'S PIANO CONCERTO | May 6 & 7, 2022

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- October 10, 2021—Sts. Constantine & Helene Greek Orthodox Church
- February 20, 2022—Unitarian Universalist Church of Annapolis
- May 22, 2022—First Christian Community Church
- June 12, 2022— Unitarian Universalist Church of Annapolis



All artists, dates, and programs are subject to change. The Annapolis Symphony Orchestra is a 501(3) non-profit organization.

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TOWNE SOCIAL

Parkinson's Foundation Mid-Atlantic Chapter's Moving Day

On Saturday, May 15th, Parkinson's Foundation Mid-Atlantic Chapter held its annual fundraising event Moving Day. The event is an inspiring and empowering walk event that unites people around the country living with Parkinson's disease (PD), their care partners, and loved ones to help beat PD. Leading up to the event, participants and teams fundraise to help the Parkinson's Foundation provide everything people with Parkinson's need to live better.

Photography courtesy Scenic Rivers Land Trust **1.** Darlene Sellers and Ed Bord **2.** Daniel, Mike, and Liam Hawley **3.** Taylor Lewis and Tina Togafau **4.** Maggie Rehm and Erica Hawley **5.** Eduardo Rivas, Judith Louis-Page, Parweem Nooruddin, Hiu Vu, Sherri Gutowski, Riley Costella, and Erin Watson **6.** Happy participants!





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(Centro de Ayuda)

By Tom Worgo

If immigration lawyer Waleska Casiano Matos wanted to air an advertisement for her services on TV, she could scroll the following words across the screen: honesty, integrity, compassion, and friend. That would tell her story. She's a straight shooter and, as a volunteer lawyer and counselor at the Center of Help, she treats her clients like family.



"SHE IS VERY HONEST AND CLEAR. SHE KNOWS IF SOMEBODY HAS A CHANCE. WE CAN TRUST HER THAT SHE IS NOT GOING TO ACTUALLY CHARGE SOMEONE, KNOWING WE HAVE HAD OTHER LAWYERS SAY YES TO A CASE AND TAKE THE MONEY, BUT THE PERSON DOESN'T REALLY HAVE A CASE."

The center educates and connects immigrants in Anne Arundel County with resources to guide them toward self-sufficiency and successful integration into the community. That includes navigating the lengthy path to U.S. citizenship.

Officials at the center instantly took a liking to Casiano Matos, a Crofton resident and native of Puerto Rico. When she started volunteering nearly seven years ago, they immediately put her on the board.

"She is amazing," says Tatiana Klein, vice president of the center's board. "She is very honest and clear. She knows if somebody has a chance. We can trust her that she is not going to actually charge someone, knowing we have had other lawyers say yes to a case and take the money, but the person doesn't really have a case."

Often, Casiano Matos, 49, ends up helping her clients with more than just their legal problems. That's just the way she is. If there are other ways she can help, she will. "Some people are just afraid of lawyers and I just try to be human and make them feel comfortable," she says. "And that's where I get a lot of satisfaction. They know they have somewhere to go and they find me helping them with more than just the legal part."

If individuals who come to the center have medical issues, need

to see a therapist, or need help with housing, Casiano Matos steps in. She takes the time to sit down and talk with them, and she'll often refer them to another nonprofit for further assistance, as needed. She likes to believe it was fate that brought her to the Center of Help. Right away, she decided to dedicate herself to its mission.

Casiano Matos, who has her own legal practice in Annapolis, initiated a once-a-month workshop to help immigrants with myriad challenges of adjustment. "From day one, she has been very into the community with what they need," Center of Help board member Roxana Rodriguez says. "When I worked for the City as a Hispanic liaison, there was a lot going on with immigration. I asked her, 'Could you do a workshop?' She immediately agreed. She is very important to the community and makes a real difference."

Casiano Matos thoroughly enjoys these legal clinics and the impact they've had. People make a donation to the center in order to see her. Over the years, she's taken on several cases pro bono. "I spend the entire day with people," she says. "They make appointments, I meet them and screen their cases. I may refer them somewhere else. We do it from 9 a.m. to whenever we're finished."

Some of the cases she does take on, end up becoming a person-

al mission. Especially those who have experienced trauma or have fled from threats and abuse in their home countries in Central America and Mexico. She recounts the traumatic background of one of her clients, whom she met at the center four years ago. So far, she's spent more than 400 hours on his case.

"I have been helping him ever since," she says. "He was a boy who had been severely abused and almost killed back in El Salvador. He has gone through therapy. I am human, and I want to see him happy."

Four years later, the boy, now a 21-year-old Annapolis resident, is a success story. "He's been granted asylum. He's finishing high school, has a job, and is in the process of becoming a legal citizen," she says. "He's beginning to enjoy life, which is hard sometimes when you've gone through what he has."

Casiano Matos got her start in law back in her home country. For 11 years, she worked as an attorney for the Puerto Rican government. Her career there culminated with three years as the executive director of The Puerto Rico Pre-Trial Services Office. She also worked for the department of corrections, serving as director and general counsel of their legal office.

Volunteerism has always been an essential part of her life. She recalls that her mother first got her involved, working for nonprofits dedicated to children and the elderly. Her favorite was Hogares Rafaela Ybarra, a home for abused and neglected girls in San Juan. Her most interesting story of all came from the experience of volunteering there for four years.

"I did what they called the Godmother Program," she recalls. "I'd usually take the girls out for breakfast or to play. That's where I found my daughter Angelica, who is now 21. I adopted her from that home."

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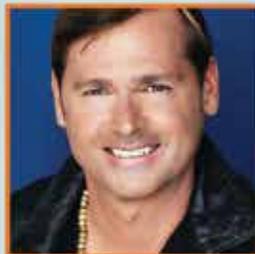
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Whoof on The Wharf Opens ↓

Whoof on The Wharf recently cut the ribbon and officially opened for business, providing opportunities for people to get out on the South River with their pups, whether it be in our kayaks or their own. Located right next to the Pier Restaurant, but in a space of their own, club members can actually go out to dinner and sit down to eat with their pups by their side, whether inside or out. Other activities offered include summer camps, group exercise classes, training classes, pet-focused art classes, and yappy hours. Whoof will even have its own "Arf Gallery" where members and guests may come view the dog-centric work of local artisans. For more information, visit whoofonthewharf.com.



↑ FITZGERALD OPENS STATE-OF-THE-ART SHOWROOM

Fitzgerald Auto Malls recently announced the grand opening and ribbon cutting ceremony of its newly renovated Fitzgerald Mazda Annapolis. Built in the 1960s as a traditional VW store, Fitzgerald purchased the Mazda dealership in 1999. The Mazda showroom has now undergone a complete transformation to a state-of-the-art energy-efficient glass-enclosed showcase. Designed by architect Penney Design Group and general contractor Porter Construction, the Fitzgerald Mazda dealership adds more natural light to workspaces and an open floor concept to the showroom and offices. "Our people are very excited to work in and welcome the community to our bright and expansive new showroom. For us, this new showroom is a testament to Fitzgerald's commitment to energy efficiency and employee wellbeing," says Jack Fitzgerald, founder of Fitzgerald Auto Malls.



Lewnes' Steakhouse Celebrates 100 Years

The Lewnes family has been running a restaurant at the current location of Lewnes' Steakhouse for 100 years spanning across four generations and a handful of different concepts. Sam Lewnes came to America in 1906, and in 1921 opened Sam's Corner at the corner of Fourth Street and Severn Avenue in Eastport. After being passed down from generation to generation, Sam's grandson, Charlie Lewnes, established Lewnes' Steakhouse in 1994 in the same location where it's currently being operated by him and his two sons, Sam and Mack Lewnes. To learn more about this renowned steakhouse, visit lewnessteakhouse.com.



Container Store Annapolis Opens

The Container Store, the leading specialty retailer of storage and organization products, and custom closets, held its grand opening at Westfield Annapolis Mall on Saturday, May 22. Located at 2002 Annapolis Mall on the North side of Westfield Annapolis just south of Bestgate Road, The Container Store Annapolis is an experience-driven shopping destination with more than 11,000 organizational products. Spanning 20,000 square feet with a street-level and a mall entryway, the store offers direct parking lot access and dedicated curbside pick-up space. Learn more at containerstore.com.



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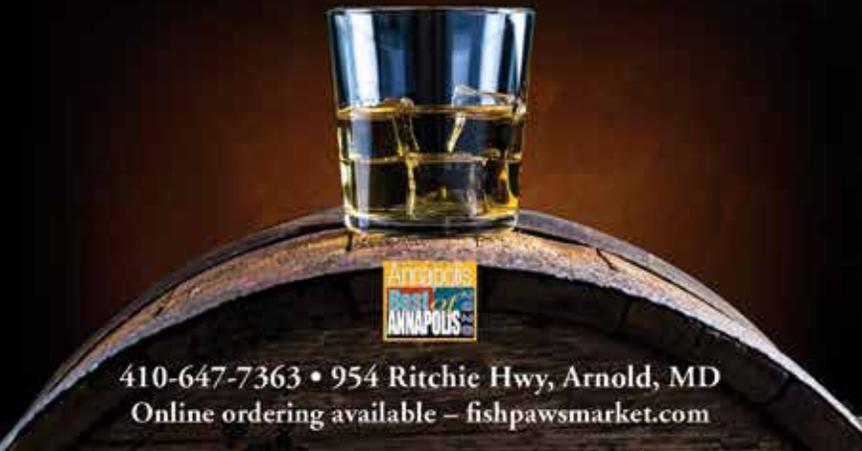
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**TRIBE CYCLE EXPANDS
TO BALTIMORE**

Tribe Cycle has opened in Baltimore. The popular Annapolis indoor cycling hub has geared up, and landed in McHenry Row, spreading their joy and passion for fitness. "After just a couple years in Annapolis, I'm thrilled to be expanding into Baltimore!" says Jen Selby, owner of Tribe Cycle. "The location is perfect, and I can't wait to bring the Tribe concept, which people have embraced, to McHenry Row. The enthusiasm from our cyclists has been incredible. We remain safe and physically spaced, but still have the communal atmosphere of the spinning tribe." Joining other powerhouse tenants in the neighborhood, Jen offered a sneak preview on the rooftop of the Four Seasons Hotel in mid-April. "We had 20 bikes overlooking the Inner Harbor. It was a beautiful day, and spots filled up quickly. While our outdoor classes will be limited at our new home, I really plan on offering them when I can." For more information, visit tribecycle.com.



**Vitola 121
Opens on Main
Street**

This past spring, Vitola 121 opened its doors to the public, adding a new locally owned business to the cityscape. Vitola 121 is a premium cigar retailer and has plans to open a cigar lounge in the new future. Stay tuned for details and learn more about the business at vitola121.com.

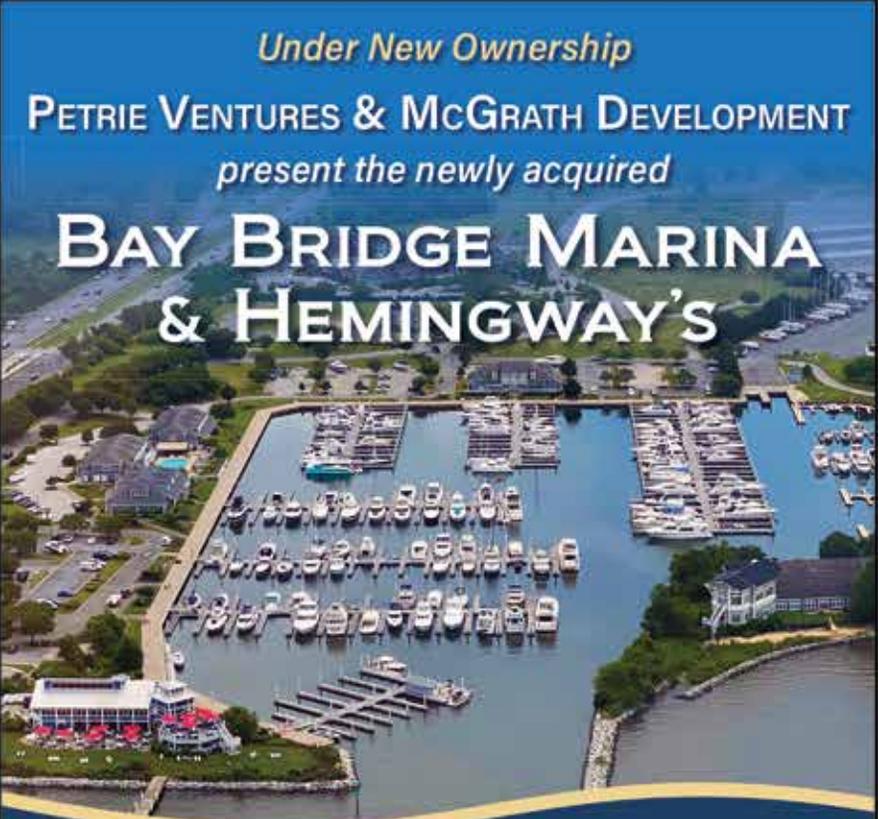


↑ UMBWMC APPOINTS NEW LEADERSHIP ROLE

University of Maryland Baltimore Washington Medical Center (UMBWMC) has appointed Diane Croghan as vice president of community engagement and chief of staff, a new position for the organization. In this role, Croghan will oversee external affairs and community engagement with the goal of enhancing and expanding partnerships with community stakeholders, organizations, businesses, and government entities. Her role also includes oversight of community outreach programs, community benefits and the community health needs assessment. Croghan also will advise Kathy McCollum, the hospital's President and Chief Executive Officer, UMBWMC's Board of Directors, and senior leaders to advance the strategic and operational objectives of the organization. "I am excited to welcome Diane to our leadership team. Her depth of experience and commitment to public service will be an incredible asset to UMBWMC," McCollum says.

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

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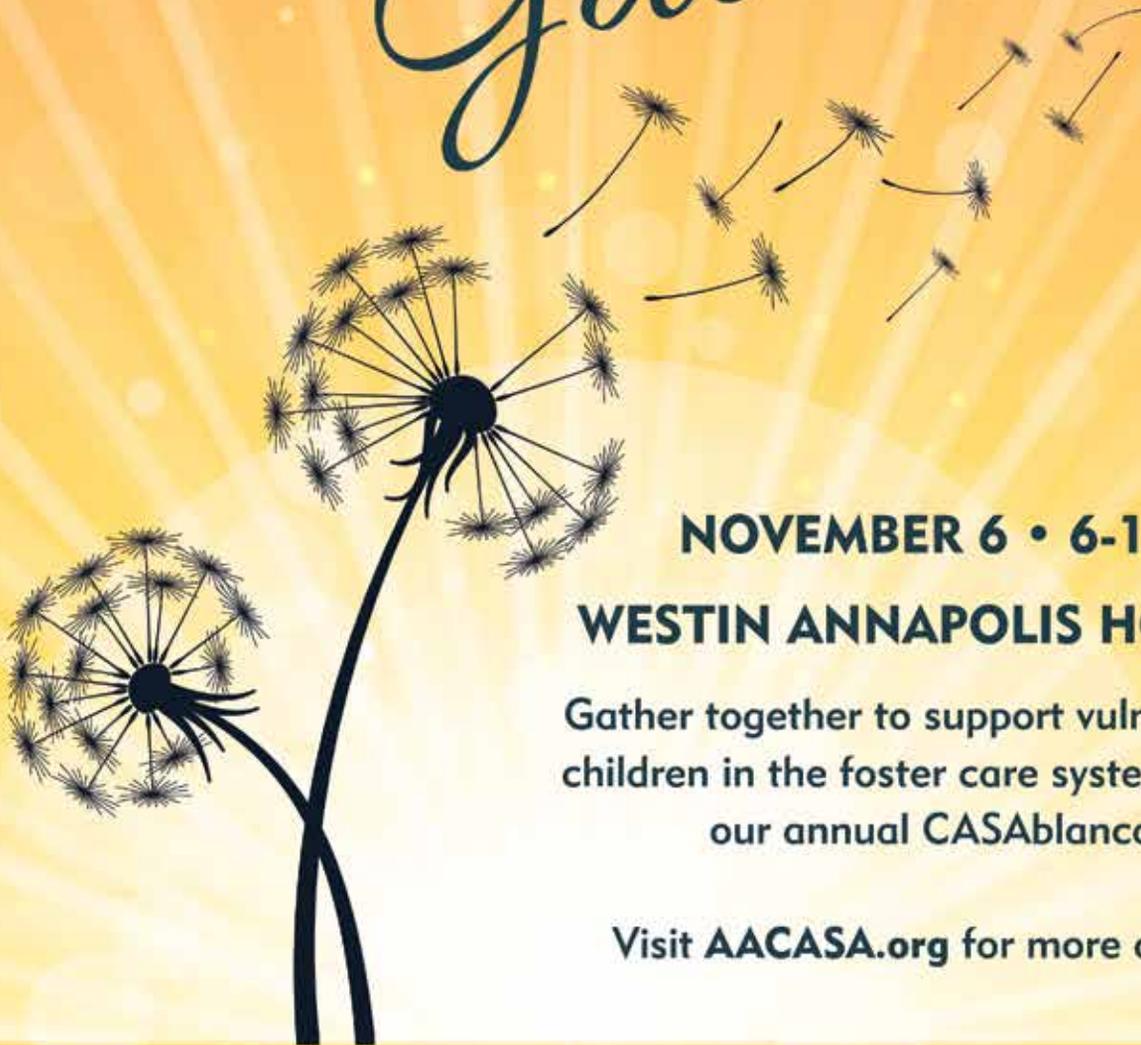
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Photos courtesy of Sarah Daly

TOWNE ATHLETE

Sarah Daly

Rockbridge Academy/
Emory University
Swimming

By Tom Worgo

Recent Rockbridge Academy graduate Sarah Daly's senior year was like no other. Daly joined a new swim club, the Monococy Aquatics Club at Hood College in Frederick, because she wanted a higher level of training.

With her new club, came new challenges. She had to get up at 3:45 a.m. twice a week for the start of 5 a.m. practices and commuted every day from school in Crownsville to Frederick each afternoon for more in-the-pool practices and some workouts at a local gym. In addition to all the driving, she took a heavy course load (managing a 4.0 grade-point average) and swam for her Rockbridge Academy team.

"It's hard to do that much driving, but I absolutely love my (Monococy) team," she says. "The girls work super hard and they encourage me to work harder. My dad used to drive me to practice and I did my homework in the car. This year, when I started driving to practices, I had to cram in my homework whenever. I would have to spend all weekends doing it and during my breaks at school."

Daly's work ethic and dedication caught the attention of Emory University Women's Swimming and Diving Coach Jon Howell. He believes she's the perfect fit for the Eagles, who have won a string of Division III national championships.

The 5-foot-5 Daly chose Emory over the opportunity to swim at two Division I schools: William & Mary and Davidson. She plans to major in math at Emory.



SHE'S A MOTIVATED SWIMMER WHO IS AN ACHIEVER. WE HAVE A WHOLE TEAM OF THOSE. I THINK SHE WILL FIT IN REAL WELL. SHE REALLY WANTS TO GET BETTER, AND IS EXCITED ABOUT EMORY ACADEMICALLY. SHE IS ALSO DRAWN TO THE TEAM ENVIRONMENT. SHE WANTS TO BE PART OF SOMETHING BIG."

"She checks all the boxes for us," Howell says. "She's a motivated swimmer who is an achiever. We have a whole team of those. I think she will fit in real well. She really wants to get better, and is excited about Emory academically. She is also drawn to the team environment. She wants to be part of something big."

Daly loves Emory's winning tradition. And that's one of the reasons she's going there. "I chose Emory over the other big schools because Emory has won national championships for the past 10 years," she explains. "I would like to make it 14."

Daly's list of past accomplishments in club and high school swimming jumps out. An all-expense paid trip to the Colorado Springs Olympic Training Center ranks as her biggest achievement. She was one of 24 Maryland swimmers to get invited on the coveted excursion.

"It was really cool because I went with swimmers I see and race all the time," Daly says. "We did training in the pool, and differ-

ent mental training. I was able to see how much focus and perseverance you need to achieve at a high level. It inspired me to keep going at it.”

Daly specializes in the 200-yard butterfly and 200 freestyle. She’s experienced plenty of success swimming for Monocracy, the Columbia Aquatics Association, and Retriever Aquatics Club at UMBC. Her swimming highlights outside of school included winning the 100 free and 100 individual medley Central Maryland Swim League Championships.

Daly gained a lot of respect from her 10 years of club swimming with her team-first attitude. “I think the awards that have meant the most to me have been the relay teams that have won medals at sectionals or a state meet,” Daly says. “Some call swimming an individual sport, but you spend so much time together training with teammates. When we do a relay, it’s a special memory.”

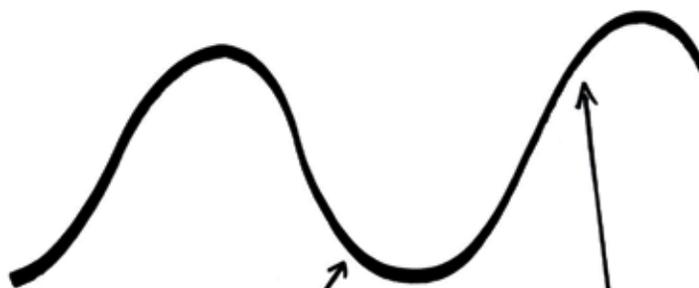
Daly dominated during her four years at Rockbridge. The school had an independent schedule and competed against the likes of Key School, Palotti, and DeMatha. “She won every high school event she ever swam in, but she was very humble about it,” Rockbridge Swim Coach Ann Soltis says.

Daly also set school records in the 100 fly, 200 free, and 500 free. Soltis is just as impressed with Daly’s involvement in extracurricular activities as her athletic accomplishments. She won first place in three events at the Maryland Science Olympiad in 2018, took home medals on a national Latin exam in 2019, was her schools top scorer in the American Mathematics Competition the same year, and served as both the vice president and president of the Rockbridge Service Club.

“She balances it all with such poise and grace,” the coach says. “You don’t see a lot of stress coming from her. She has a level-headed attitude.”

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

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TOWNE INTERVIEW

Adley Rutschman

Bowie Baysox Star Catcher

By Tom Worgo | Photography by Bill Vaughan

Every chance catcher Adley Rutschman gets, he watches Orioles' games in the clubhouse of the Bowie Baysox. That's as close he can get for the time being. Rutschman, ranked the No. 2 prospect in baseball by MLB.com, might be in line for a September call-up to the big leagues or a regular spot in the lineup in 2022 if he looks ready.

"That's where you want to be, playing on TV every night with the big-league team," Rutschman explains. "That's the ultimate goal and motivation for me every day."

The expectations for the 6-foot-4, 220-pound Rutschman are huge. The Orioles drafted him No. 1 overall out of Oregon State University in the 2019 Major League Baseball draft and they gave him a record \$8.1 million signing bonus. The 23-year-old Rutschman is considered an All-Star caliber talent, a switch hitter with power, and great defensive skills with a knack for handling pitchers.

He started his professional career in 2019 at Single-A Aberdeen, hitting .320 in 20 games to earn a promotion to Delmarva, where he ended the season. In 2020, he worked out at the Orioles' minor league complex in Sarasota because of the pandemic, then started this season at Bowie.

What's Up? Media talked to Rutschman about a pending promotion to Baltimore, his development, the positive influence his family has had on him, and where he likes to eat in Annapolis when he stayed in a hotel there while playing for Bowie.

The media has labeled you the future face of the franchise. How do you respond?

I think it's an extreme honor to have that label put on you. For me, it's always going to be one of those things I am going to be appreciative of. It doesn't mean a lot about how I go about my daily business. I am going to do everything the same way. My goals and expectations are going to be extremely high for myself. My mindset is to make the most of every single day and take nothing for granted.

This is your second season in the minors. What are the improvements that are helping you get closer to the big leagues?

It comes down to elevating things mentally. I'm refining parts of my swing and from a defensive standpoint, being able to call a good game and understanding what the pitchers want to do. It's a huge part of it.

Since there was no minor league baseball season last year. Did you make as much progress in your development?

It's a different body of work. The sheer number of at-bats and games you get while playing a full minor league season; I wasn't able to get that during the Covid year at the alternate site. But I was able to make the most out of the opportunities I was given.

You have any superstitions?

I do get into different habits. If I am batting left-handed, I have to put my lead glove or my right-handed glove on first. If I am batting right-handed, I got to put my left-handed glove on first. If I am wearing a certain belt or pair of socks and do good, I will wear them until I don't do good.

What is your go-to pregame meal?

I like to keep it light and it depends on what time I get to the field. I am a big breakfast person so I will get an omelet from somewhere. First Watch (in Bowie) is a good spot. Sometimes, I will get a sandwich from Chick-fil-A. In college, I would go to Jersey Mike's a lot. Chipotle is another one

Since you were staying in an Annapolis hotel for a bit, what food places did you frequent in town?

There's a couple good breakfast spots. Iron Rooster is one of them. Double-T Diner is another. I also like Mission Barbeque and Whole Foods. Whole Foods is so much fun. You can just walk around and explore it.

What do you do for fun when not playing baseball?

I love hiking and golfing and I love exploring trying to find new food places.

Your younger sister Josie made you a TikTok celebrity last year. Was it fun being a social media sensation?

My sister introduced me to the app and we had a good time with it. There wasn't a lot of stuff to do during the quarantine time. So, we just hung around and made it a fun thing to do. Social media is not really my world. I am a baseball player.

Can you talk about the role of your parents in helping get to this point?

My parents are the most influential people in my life. They have taught me to work extremely hard from a young age. I have just tried to walk in their footsteps. Having role models like them has really helped me out.

What was the first thing you bought when you got your signing bonus?

One thing I wanted to do is improve my training in the offseason. I didn't want to skip on training equipment during Covid. We built a weight room in our garage, and this offseason I got a cold tub and a sauna. I also wanted to spend it on memories and getting better quality time with people. I flew a couple of buddies out to Las Vegas for a comedy concert. We also went for a week in Cabo San Lucas, Mexico.

You were a kicker on the Oregon State football team as a freshman. What was that experience like?

It was a crazy experience. I was going to Oregon State for baseball, but in July (2016) I got a call from the special teams coach asking me if I wanted to try out for the team for kickoffs. When I was in high school, they came to see a guy on my team, David Morris, a stud. That's when they saw my leg. At Oregon State, I won the kickoff job and did it for a year. Once I started playing baseball, I gave it up.





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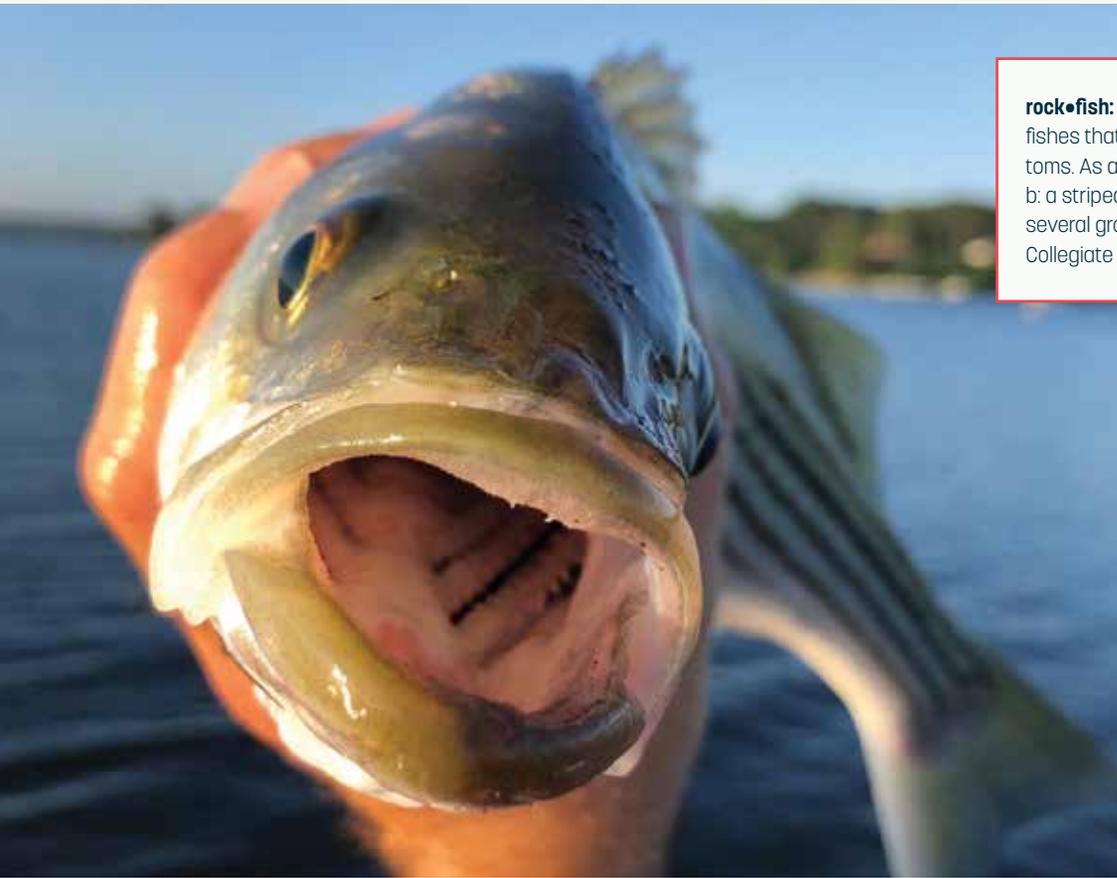
BETWEEN

ROCKFISH
& A HARD
PLACE

In 1965, it was named the State Fish of Maryland. This signature product of the Chesapeake Bay has a checkered history of over-fishing and what some saw consequently as over-regulation. Alarms are sounding once again about the recurrent decline of the rockfish population in the bay. Is anyone listening?

By Frederick Schultz





rock•fish: any of various important market fishes that live among rocks or on rocky bottoms. As a: any of several scorpaenid fishes, b: a striped bass (*Morone saxatilis*) c: any of several groupers d: GREENLING. (Webster's New Collegiate Dictionary, [G&C Merriam Co., 1974])*.

According to several sources, “the change” here refers to the catch, in pounds, between recreational and commercial fishing, which has been dramatic.

The trouble with such “action” taken by the commission—formed by the 15 Atlantic coastal states in 1942 “for the promotion and protection of coastal fishery resources”—is the glacial rate at which the organization actually works—or not. “While we are not at the point we were in 1984,” Keliher reports, “the downward trend of this [rock-fish] stock is evident.”

Anglers who’ve enjoyed the fight that ensues when they’ve hooked one, or those who simply enjoy a main-course filet or diving into the whole thing stuffed with crabmeat, have been loving one of our fish species to death for decades. And we may, again, be in for some choppy waters ahead.

According to the Chesapeake Bay Program, under the auspices of the U.S. Environmental Protection Agency, the bay’s commercial striped bass fishery saw a steep decline from 14.7 million pounds in 1973 to 1.7 million pounds in 1983. This led to passage in 1984 of the Atlantic Striped Bass Conservation Act and a moratorium declared from January 1985 to the Fall of 1990 in Maryland and Delaware, and a 1989 one-year harvest ban in Virginia. Whether the situation is currently on the brink of such extremis now depends on whom you ask.

In 2018, *Bay Weekly* reported that “commercial catches reached a low of 361,000 pounds in 1983 and rose to a high of 2,267,000 in 2009.” Between 2010 and 2018, the commercial harvest “dropped below two million pounds but has remained relatively stable from 2015 to 2018 at above 1.4 million pounds.” The recreational keep “soared from a low of 2,000 pounds in 1982 to almost 11 million pounds in 2016.” Each year thereafter, however, the numbers “dropped by about three million pounds per year for each following year.”

Atlantic States Marine Fisheries Commission (ASMFC) Chair Patrick Keliher (who serves simultaneously as commissioner of the Maine Department of Marine Resources) refers to the fish in a May 7th press release as the Atlantic States organization’s “flagship species” and notes that “the change is happening too fast, and action needs to be taken.”



THE COASTAL CONSERVATION ASSOCIATION: *Our Local Conduit to the ASMFC*

A strong connection to the work being done by Eastern Seaboard striped bass managers in the organization is the Maryland Chapter of the Coastal Conservation Association, which participated in May’s spring meeting of the ASMFC. During the proceedings, CCA Maryland Executive Director David Sikorsky reported that he was “pleased to see that the majority of Board members recognize the value in not lowering our expectations of the fishery.”

The CCA’s Atlantic Coast Fisheries Director, Richen Brame, announced that anglers and CCA leaders have sounded the on-water alarm for years that striped bass stocks have been de-

clining, having suffered through a decade or more years of mostly below-average recruitment. Now is the time,” Brame stresses, “for decisive action to properly constrain fishing mortality to meet the goals of a more abundant and healthier fishery.”

As reported by the conservation group, the ASMFC board focused on changes to four key management categories in the May spring meeting to be developed: recreational release mortality, conservation equivalency, management triggers, and actions “to protect the 2015-year class, a cohort that is estimated to be the last decade’s second-most abundant year.” For further information on the Coastal Conservation Association’s work in Maryland, visit ccamd.org/striped-bass.

IS IT 1984 ALL OVER AGAIN?

In the spirit of his accomplishments 37 years ago, former state Delegate and Senator Gerald Winegrad is back to stirring the environmental (and political) pot. One of the most outspoken critics of the handling of the current rockfish crisis in the bay, Winegrad had introduced sweeping legislation in 1984 that still stands as one of the boldest fisheries-management pieces of legislation in Maryland state history.

The term introduced back then was “moratorium,” which, Winegrad says today, may still be the only effective means of turning around the depleted rockfish population in the bay. The law, in the face of short-sighted commercial interests that strongly opposed any restrictions on the imperiled rockfish, forbid their harvest or even the possession of them until it could be proved that such a drastic policy actually had turned the dire situation around.

While Winegrad is perhaps best-known these days for his regular columns in the Annapolis



Capital Gazette, he brings an impressive resume to the table regarding an array of other environmental efforts. Under Governor Harry Hughes, he served as a member of the fledgling Chesapeake Bay Commission. An early champion of environmentally friendly waste disposal, he served on the Governor's Advisory Council on Recycling and also advocated for clean water and the possibilities of solar energy.

Senator Winegrad recently agreed to discuss the plight of rockfish for this report, and he didn't pull any punches in the wide-ranging discussion. Our talk centered around how to avoid a collapse of the rockfish population similar to, or worse than, the exigencies that brought on the 1984 moratorium. And he's angry with what he calls the "so-called experts" who appear not to be as concerned as he is, for a number of reasons.

According to Winegrad, everyone, from Governor Larry Hogan to the Chesapeake Bay Foundation (CBF), favor the commercial side of the bay fishery, including but not limited to rockfish. "All the burden is on recreational fishing," Winegrad told us, "because the governor, in particular, will do nothing to upset the rural side of his political base. And the CBF certainly won't turn its back on the millions of dollars it receives, essentially from refraining to support regulation that would in any way affect commercial catch limits."

Winegrad laments that all fishery decisions require legislation. "How many legislators have the fishery management experience required to intelligently pass a law on rockfish?" One specific issue is something called "circle hooks," which political appointee William Anderson, the state's Assistant Secretary of Aquatic Resources at the Department of Natural Resources (DNR), declared Maryland to have been the first state to adopt them in catching rockfish, and which Winegrad says is untrue. The hooks are meant to decrease the mortality rate of caught fish and thus keep more of them alive for release back into the water.

WINEGRAD VERSUS THE DNR

What seems to irk Winegrad the most is that his April retort of an earlier email written by Anderson went unanswered. The spirit of the concern expressed in Winegrad's message to Anderson gets to the heart of what the former senator sees as a shortfall in what the DNR should do. Following is the essence of the former state senator's concerns:

- The fisheries commission needs to reduce the commercial harvest quotas allocated to the states by at least 20 percent, especially in the Chesapeake, where at least 70 percent of rockfish breed.
- The DNR has refused to reduce the commercial catch despite cracking down on the recreational fishery. Commercial rockfish harvest will be down for 2020 but this is not due to DNR actions. It is caused by a decline in the market due to Covid-19.
- Maryland's commercial quota exceeds any other state's by more than 40 percent. The fisheries commission cut quotas in the past, and DNR acted, but we need to further cut commercial landings, and now.
- The commission has not applied its mandated 18 percent reduction to this commercial quota, the surest way to reduce rockfish mortality.
- A 20 percent reduction would assure a better chance of recovery...No new restrictions, perhaps until 2023, may be too late. The commercial harvest quotas in the Atlantic fishery (90,727 pounds) also should be cut by at least 20 percent. The fisheries commission wisely rejected attempts by Maryland and Virginia in 2017 to liberalize rockfish harvest because of "economic hardship."
- The recreational 19-inch minimum size limits also should apply to commercial landings, and the latter part of the rockfish harvest season for both commercial and recreational harvests should be shortened to further reduce mortality.
- DNR needs to name a director of fisheries with fishery-management experience and a conservation ethic. It has been more than two years since the last director left.
- DNR should work more closely with recreational fishery leaders like the Maryland Coastal Conservation Association to foster trust and cooperation in assuring conservation goals are accepted and met.
- While increased fishing restrictions to reduce killing rockfish are painful for both commercial and recreational fishers, the pain must be shared to prevent another collapse in our iconic state fish.

After contacting Secretary Anderson to provide a chance to respond, we received the following from Gregg Bortz, Media Relations Manager, Department of Natural Resources ➔



Photo by Maryland Dept. of Natural Resources

“Maryland’s striped bass management program is developed by our expert fishery managers to protect this iconic species based on best available science and significant observation and data, and is vetted and approved by the Atlantic States Marine Fisheries Commission. The department’s regulations for the 2021 season include an April non-targeting closure during spawning season, and a mid-summer closure of the recreational fishery—specifically designed to protect the spawning process and address discard mortality, the two major issues our scientists and fishery managers have identified in Maryland’s portion of the Bay.”

THE BALLAD OF SHIRLEY & DICK (or, How Rockfish Nearly Vanished from the Chesapeake)

There was a time when regulations on the number and size of caught rockfish were, at best, loosely enforced. It reached the point that, at its worst and least sustainable, rules and regulations were practically nonexistent. Therein lay the problem that persists today. And the story of Shirley and Dick is a case in point.

The husband-and-wife team were law-abiding sportspeople who liked nothing more than to ply the waters of the bay for all the bounty it promised. They always followed Maryland state regulations, such as they were at the time, and embarked on many a fishing trip to the bay’s immediate Western Shore, more than a two-hour drive in the 1960s and ’70s, years before Interstate 97 shaved off drive time significantly. In those days, they had little choice for accommodations, sparse as they were on that side of the bridge along Route 50. Among them were a few cinder-block “motor courts” that dotted the landscape between whatever eateries occupied the windmill that is today’s Red Hot & Blue restaurant and of course, Angler’s, the sportsperson’s hangout that currently touts itself as “serving the Annapolis area since 1961.”

Several particular outings are vivid memories for relatives taken along many times on rockfish excursions. Dick’s preferred fishing spots were the giant concrete piers in the middle of the bay that supported the bridge itself. The “rock,” as everyone called them, would seek out the sturdy bridge supports to feed and to deposit eggs for hatching. These spots were especially treacherous, because the bay currents converged there and made a sort of swirly effect in the water.

Shirley and Dick never came back empty-handed and shared the bounty with friends and family back home. As the fishing trips became more frequent and the anglers became more adept at their sport, the lures they used, and all the other makings of a successful trip, the fish were getting bigger, too. One time, the catch was so prodigious that all the coolers brought along that had been filled with food and beverage were being earmarked to bring home the catch.

And what a catch it was. In fact, one of the rock was so large that it didn’t fit into any of the large coolers on hand, so, the bathtub came into play, as the largest fish of the catch was folded and iced down inside. That one never made it to the table. Dick had the old boy stuffed and mounted and hung the trophy over his fireplace mantelpiece. Alas, those experiences became fewer as time went on, and the 1984 moratorium on rockfish spearheaded by Senator Winegrad sounded the alarm. Now, with the fish in crisis again, (along with shad, crabs, and oysters), maybe we’ll remember the moral of this story.

“IT’S PRETTY SIMPLE, REALLY”



“Pong” Tamrongyouth, a native of Thailand who’s been fishing in the Annapolis area for more than 20 years, agreed to talk to us for this report about the fishing in this area. To anyone in his neighborhood, it’s obvious that fishing is in his family’s blood. Several years ago, when the city was replacing worn sidewalks with fresh concrete, he etched “The Fishing Team” into the wet pavement, and he uses “Badfish” as one of his online usernames. This day, he stands next to his modest Key West 186 Sportsman center-console boat to answer a few questions.

Unlike commercial fishermen in this area, most people do it for fun. He points out that he does it for both fun and food. “Recently, the regulations have been stricter,” he acknowledges, “because the striper population has been dropping in the Chesapeake Bay. We’ve all been overfishing the big ones that swim up the bay to spawn.” And Pong knows full well that this is the reason fishing was closed in April for the preseason this year and last year. “The reason is, people want the big ones—30, 40, and 50 inches long—to come back and spawn all the way to the Susquehanna (River) and leave before we can catch them.”

He’s been doing this for over 20 years now in the Annapolis area and longer in other locales nearby. “For me, back in the 1980s, the fishing was still good. Ever since 2000, it’s gotten slower. Part of it is over-fishing. I think the small ones are still plentiful, but they’re undersized—14 to 16 inches. Nineteen to 25 inches are the good size to bring home,” Pong says. He’s heard that contractors at the Maryland-Virginia line are taking the baitfish and processing them for Omega III oils. “It’s the bait that attracts stripers, but they net them for fish oil,” Pong says nodding. (A note here on Omega III oil: While it has been touted as helping the human body to manage damaging stress, on May 16th of this year, the Cleveland Clinic issued a report that Omega III fatty acid “offered no benefit to patients at high risk for cardiovascular events.”)

We asked Pong how he rates the government efforts in regulating the rockfish. “I would say for the first part of the season they do a good job. But the second part, from May 16 until they close, I think they should allow two per person, not just one. Right now, you can keep just one fish per person per time out [19 inches minimum]. That’s not much for all the gas, money, and time.”

He does see a silver lining, however, in some of the regulatory efforts. “The first season, the trophy season, when they close in April and open later in May, that’s a good thing to do to allow the bigger fish to come up the bay and spawn. Sometime in July, they shut it down for two weeks, too, due to the higher temperature and the oxygen in the water being lower. Every time we catch fish, they will die, because they lack oxygen. It’s pretty simple, really.”

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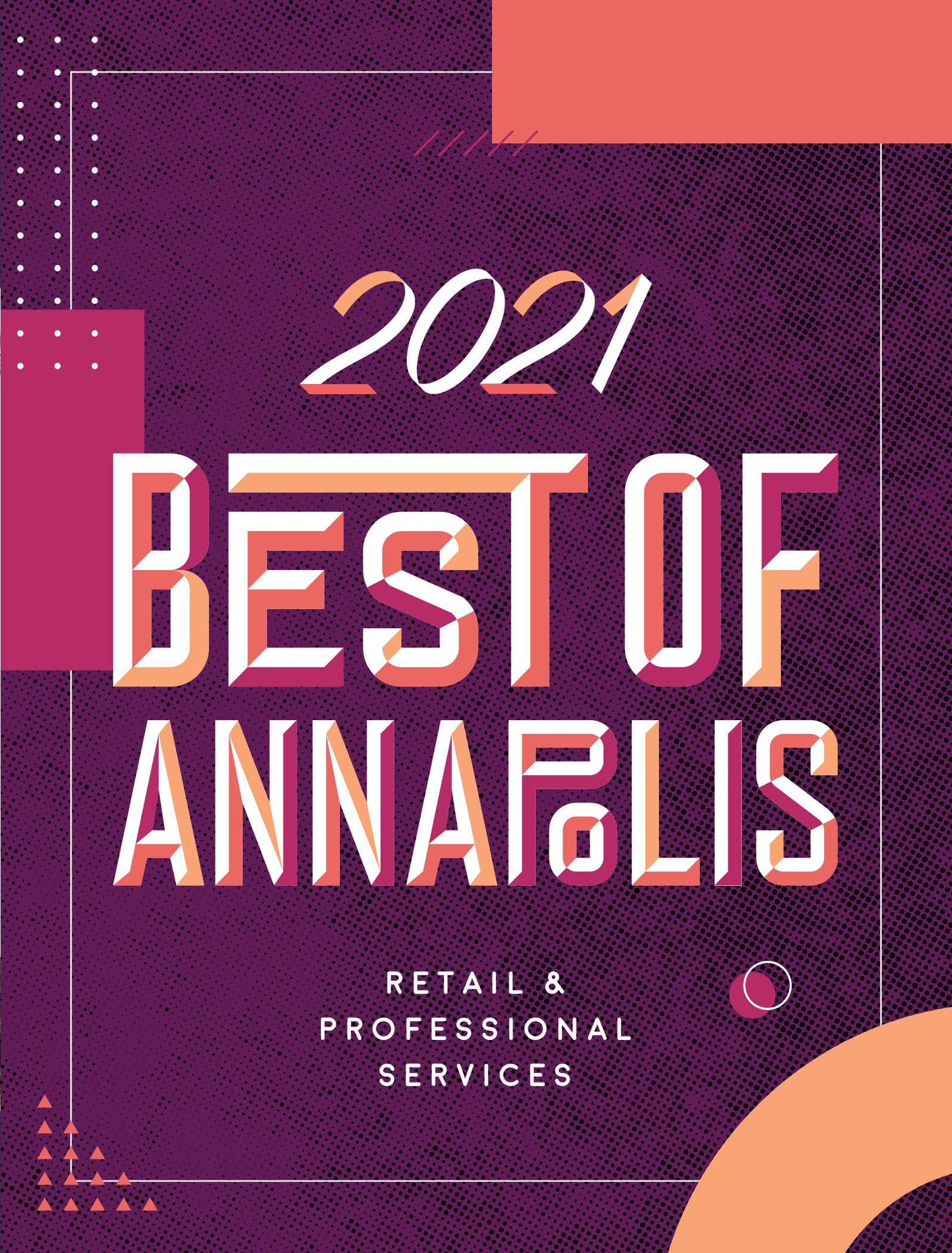


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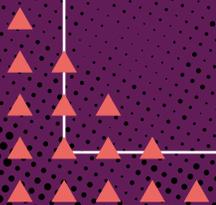
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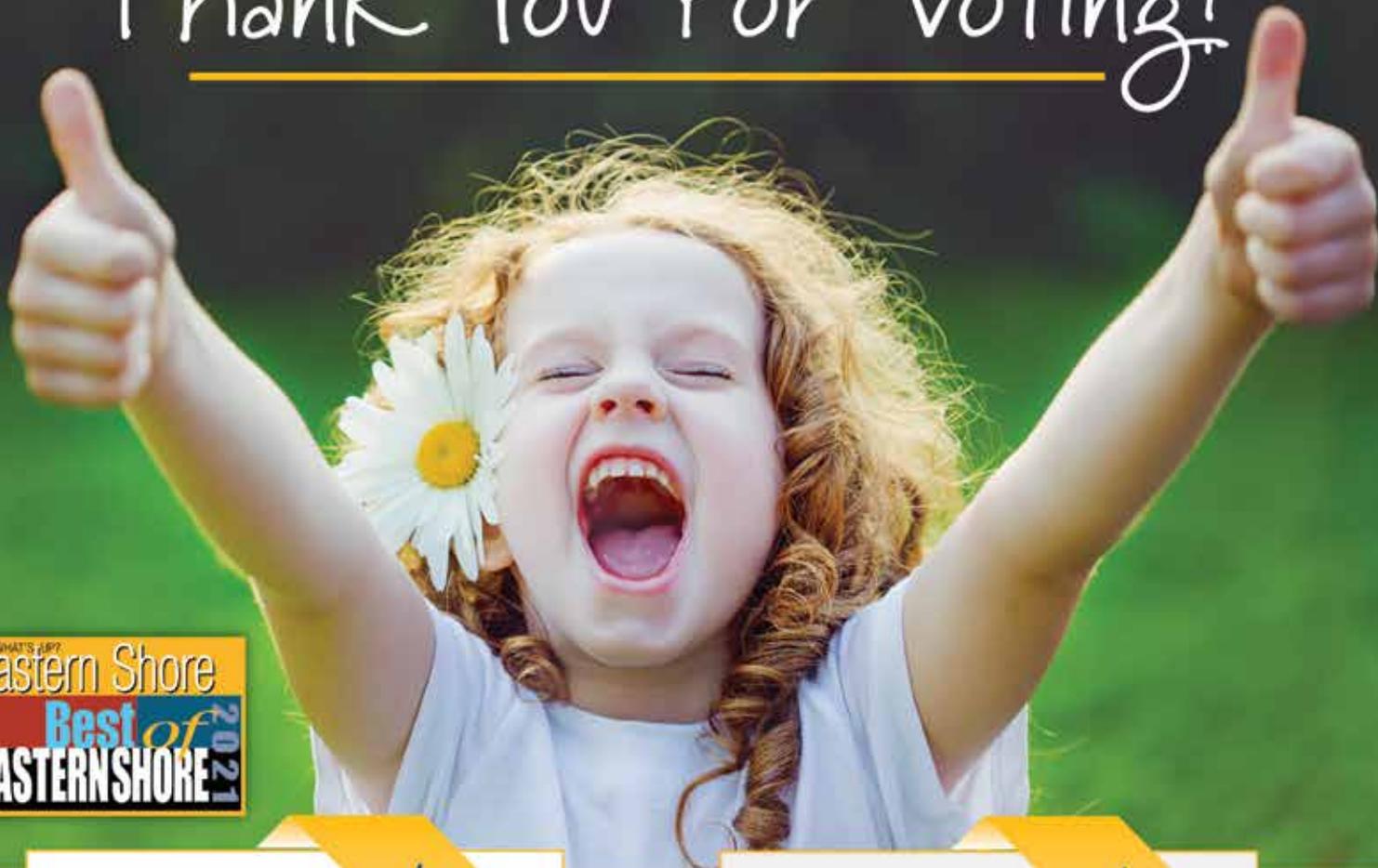
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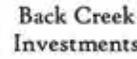
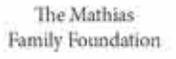
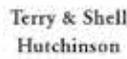
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The image features a crowd of people at a sports event, with their arms raised in celebration. The background is a blurred green field, likely a stadium. Overlaid on the image are three white rectangular boxes containing the text "WE WILL, WE WILL... ROCK YOU!" in a bold, black, sans-serif font. The text is arranged in three lines, with the first line being "WE WILL,", the second line being "WE WILL...", and the third line being "ROCK YOU!". The text is slightly tilted to the right.

**WE WILL,
WE WILL...
ROCK YOU!**

Exploring the appeal, allegiance, and fandom of local, collegiate, and professional sports teams and rivalries



By Gary Jobson

I was sitting in the front row of the hockey rink. The year is 1959 and I am eight years old watching Princeton play Cornell. A player broke his stick and handed me the blade as he skated past. The blade still hangs in my garage 61 years later. It was my first in-person sporting event. The excitement from that moment is still in my head. It is easy to understand why people like to attend sporting events. It's the thrill and passion of "being there." For me, I've been to many events ranging from Super Bowls, to baseball, basketball, and hockey championships, the America's Cup, the Olympic Games, and countless high school and college games to watch my daughters compete. The most fun of all is watching long standing rivalries. The players seem to step up their efforts a notch, and interest by the fans is always elevated. There are many rivalries here in Maryland and around the USA. Sometimes passionate fans are as much fun to watch as the games. It makes me wonder why someone cheers for the Washington Nationals or the Baltimore Orioles, the Washington Football Team (nee Redskins) or the Baltimore Ravens, Georgetown Hoyas or Maryland Terrapins, Army or Navy, or the St. Mary's Saints or the Severn Admirals?

Just how does a team earn fan loyalty? It's understandable that a graduate of a college will have a lifelong affection for their teams. If you served in the Navy one assumes you will be pulling for the Midshipmen any time they play Army. Sports rivalries go back decades, even centuries. The most important game is the one you are about to watch. No matter how favored one team might be the outcome is never certain and that's why sports are so fascinating. This fact reminds me of the 2018 NCAA Men's Basketball Tournament when Annapolis resident and University of Maryland Baltimore County basketball coach, Ryan Odom, guided his team to an inspiring upset over the Number 1 seed, University of Virginia. It was the first time in tournament history that a Number 16 seed defeated a Number 1 seed. As that game progressed, the 16,000 fans in the arena cheered on the underdogs. The noise and encouragement helped the UMBC Retrievers take down Virginia. That victory reminded me why we watch sports. You just never know the outcome.

Fan interest probably starts at a young age. For my 10th birthday in 1960, my father took me to see a new baseball team named the Mets at the Polo Grounds in New York City. I've held a special place in my heart for the Mets ever since. In fact, 19 years later during my college years, the "Amazing Mets" won the World Series. One year later, the NY Knicks won the NBA Championship in a Game 7 showdown over the Los Angeles Lakers. I was lucky to have a seat behind the Knicks' bench for that historic victory. I doubt Madison Square Garden has ever been louder than the moment the Knicks' star center, Willis Reed, walked out on to the court after missing two games with an injury. That moment still brings tears to my eyes. The Knicks won one more championship three years later, but sadly, it has been a sorry story ever since. Maybe ownership and management makes a difference in performance and fan interest. The Knicks were perpetually at the bottom of the standings since their glory days in the early 1970s. This past season, they compete in the playoffs.



But take the Washington Football Team as another example. When Jack Kent Cooke, and his son John, owned the team they seemed to make the playoffs every year. I was a passionate fan and can proudly report I attended each of their Super Bowl victories. The team's new stadium in Landover filled up with 92,000 people on Sunday afternoons and then a new owner came along...and the team's performance and fan interest declined. The Cleveland Browns arrived in Baltimore in a dubious way created by a sickening void when the Colts left town. The Browns departed Cleveland and renamed their team the Ravens. The whole sequence of events felt untidy. Then the Ravens started winning and people started to care. The Ravens eventually won the Super Bowl a couple times and are now hometown favorites. The Football Team and Ravens will have played each other in the preseason in Landover by the time you read this article. In recent years, I would have bet there would be more Ravens fans in attendance. But Washington's modest success last season could be a boon for attendance. It will be a telling moment as the loyalties in our area are revealed during that game.

Visiting teams seem to attract their hometown fans to attend games when they play in our region. There, many people from all corners of the USA who are based in the Washington, D.C. area and will support their home teams when they play here. This might take away a little of the home town advantage. When LeBron James plays the Wizards it seems he gets more cheers than the home team. Superstars have a way of attracting fans.

Geography often plays a role in fan interest. The famous rivalry between the New York Yankees and Boston Red Sox has been particularly intense. There is

a distinct border in Eastern Connecticut that separates Yankee fans from Red Sox fans. Here in our area, the gray area between stadiums is probably too great to define fan interest by geography. Therefore, I believe, it is the culture of the team, the team's identity, or perhaps the "cool factor" of attending at a particular stadium that earns a fan's loyalty. The steadfast support that the Maryland Terrapin's basketball team receives is surely one of the keys to their dominance at the Xfinity Center. A couple season's ago, the Terps frequently fell behind early in their games only to come charging back. The fans never quit cheering the team on and the Terps responded. It was an exciting season that could have resulted in a deep NCAA Tournament run. Unfortunately, we will never know how it would have turned out due to the canceled season caused by the Coronavirus. (In my dreams I think the Terps won it all). This past season was equally exciting, if only until the end, when a promising late-season run was lost in the second round of the tournament. There's always next season.

One of the most watched football games every year is Army vs. Navy. No matter successful one team has been all season you can count on the game being exciting. This is one of the greatest of American sporting events. Presidents will sit on one side for a half and the other side for the second half. Every player is headed for military service and the viewers appreciate their dedication to America. It feels like the final score doesn't really matter after such a thrilling spectacle.

Sports teams and their managers work hard to project a positive image with inspiring uniforms, unique team colors, slick logos, fun mascots, fan club rallies, half time shows, a

clean experience at stadiums, food and drinks, and most importantly, a good time. Team clothing sales are big business. Fans love showing their support by wearing the team's gear. Based on my very unofficial survey, the percentage of fans wearing Washington Capitals team jerseys tops every other team in the area. Getting tickets to games has become a lot easier thanks to internet services that help ticket holders sell to people without season tickets. The whole system in sports works well when fans are engaged. Sponsors recognize these trends and eagerly sign on when there is overwhelming fan support.

There are times when a team's fan base actually follows an individual player as much as a team. Names that come to mind in our area include: Cal Ripken, Jr., Alex Ovechkin, Darrell Green, Ray Lewis, Earl Monroe, Johnny Unitas, Roger Staubach, Patrick Ewing, and Juan Dixon. Recently, ESPN broadcast a 10-part series on Michael Jordan and the Chicago Bulls. The series sparked considerable debate about who is the greatest professional basketball player of all time. Was it Michael Jordan or LeBron James, or even Bill Russell? Since they never actually played against each other we will never know for sure, but it does generate a lot

of debate. It's one of the reasons so many sporting fans study statistics of the games. Some of the passionate and endless arguments in sports is usually regarding a player's or team's greatness. The routine is just part of the intrigue and surely the reason sports talk on the radio attracts so many listeners.

Often, I tune into a game, for which I have no allegiance with either team, just to watch the rivalry play out. Some games you just don't want to miss include the Yankees vs. Red Sox, or the Green Bay Packers vs. the Chicago Bears, or, many moons ago, the brutal battles between Mohammad Ali and Joe Frazier. Closer to home there is always excitement around town when the Dallas Cowboys face Washington or when the Ravens take on the Pittsburgh Steelers... even when the Orioles host the dreaded Yankees. During the pandemic, I missed our sports rivalries. It was so sad to not have the Masters, NBA playoffs, hockey, Olympics, college sports, high school sports, or even any sailboat racing. Thank goodness we've begun our return to normal. And while we await the next great rivalry play out, what's a sports fan to do? My suggestion is to get outdoors and do your own sport: hiking, golf, day-sailing, tennis, jogging, and fishing come to mind.

Top left: Midshipmen celebrate a Navy score during a recent game versus Army. (Photo by U.S. Navy 1st Class James G. Pinsky). Middle left: When the Washington Capitals won the franchise's first Stanley Cup championship in 2018, fans filled the National Mall in D.C. for the celebratory parade. (Screenshot via WUSA9). Bottom left: Army versus Navy football is one of the most storied and respected rivalries in American sports history, dating back to 1890. This year's game will be played on December 11th. (Photo by U.S. Army Spc. Philip Diab). Top right: The Baltimore Ravens and Pittsburgh Steelers maintain one of the most compelling rivalries in the NFL today, as each team annually competes for division supremacy. (Creative Commons License). Middle right: The Baltimore Orioles and New York Yankees draw full crowds of loyal fans for both teams to Camden Yards in Baltimore each summer. (Creative Commons License). Bottom right: Despite a name change from the Washington Redskins to Washington Football Team, the franchise retains loyal fans who recall the "glory days" of the late-1970s through early-'90s when the team reached five championships during the Super Bowl era, winning three. (Photo by Keith Allison)



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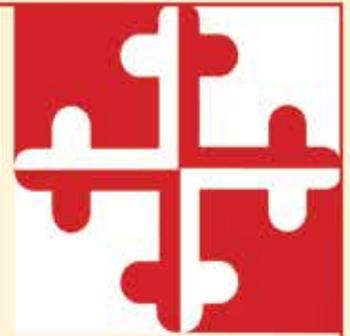
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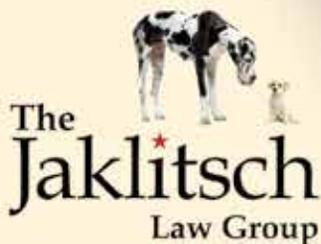
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SMOOTH

How Marylanders are striving to create a more bicycle-friendly culture

RIDING

BY DYLAN
ROCHE

Not all aspects of social distancing were completely bad.

Prior to the COVID pandemic, bicycling had already been gaining in interest among all age groups throughout the Chesapeake region for several years. But then 2020 rolled around, and it suddenly became very clear that with a little extra time in the day and a desire to get out of the house, people were inclined to get on their bikes much more often.

This was observed by Tanya Asman, bicycle and pedestrian planner for the Anne Arundel County Office of Transportation. “The commuter park-and-ride lots are empty due to teleworking, and trail use is up due to COVID,” she says.

It was also observed across the Chesapeake Bay Bridge on the Eastern Shore by Paul Lombardo, chairman of the Queen Anne’s County Parks and Recreation Advisory Board and managing member of Bike Doctor of Kent Island. “The county has two excellent bike trails, and at the height of the pandemic, they were just covered with people,” he recalls.

Now the big question—is that interest sustainable?

If you ask Jon Korin, president and founder of Bicycle Advocates for Annapolis and Anne Arundel County (better known as BikeAAA for short) and chair of the Anne Arundel County Bicycle Advisory Commission, who has spent the past few years striving to ensure the area is much more accessible to all cyclists, the answer is yes. But it will take work.

“We hope everyone who started biking, who dusted off their old, beat-up bikes during COVID, or bought out every bit of supply the bike shops had during COVID...we hope for a lot of those folks, they’ll transition from biking for recreation to doing some biking for transportation,” Korin says. “But we know they won’t do it unless we make it safe.”

Since 2013, Korin and his fellow volunteers with BikeAAA have advocated ways to make bicycling a more viable choice for transportation, recreation, and fitness. “For me, it’s not so much about bikes—it’s for all the benefits that are derived by getting more people biking and walking,” Korin says. “Health of people. Health of the environment. Reduced traffic.”

Those reasons aren’t lost on local governments, which are now making bicycling a priority. Asman explains her office was formed



in 2017 under the direction of Ramond Robinson—before that, transportation was a division of the Department of Planning and Zoning—and today, the Office of Transportation works with the Department of Public Works on infrastructure projects. “We are much more involved with DPW in identifying what projects we want, and where, and the prioritization,” Asman says. It requires, as she puts it, “designing the roadway for the safe use of all road users,” including cyclists and pedestrians.

Specifically, this means adopting legislation like Complete Streets, as well as the county’s Transportation Functional Master Plan, titled *Move Anne Arundel*. Complete Streets will advance the design and operation of entire right-of-ways to prioritize safer, slower speeds for all people who use the roads. “This means every transportation project will make the street network better and safer for people walking, biking, driving, riding transit, and moving actively with assistive devices—making our county a better place to live,” Asman says.

Similarly, she explains, *Move Anne Arundel* prioritizes the installation of comfortable infrastructure such as shared-use paths and bicycle lanes separated from vehicles by a vertical barrier as a means of building out the low-stress, safe network. The Office of Transportation is also leading the charge on adopting and developing a Vision Zero action plan, a safety initiative to eliminate death and serious injury due to crashes.

To be effective in reaching the goals laid out by these policies and plans, however, Asman notes that all county agencies and the private sector need “to be dedicated to working in concert with each other to create safe, comfortable, bicycling, walking and transit infrastructure, with a mindset that active transportation is equally important as vehicular.”

In many cases, this means providing bicycle routes to as many places of interest as possible. One of the major projects BikeAAA has undertaken is providing guidance on the Anne Arundel Trail Network (annearundeltrailnetwork.org), an in-development connection of trails throughout the Annapolis-Baltimore-D.C. region that gives access to residential communities, places of employment and education, recre-

ation, shopping, culture, natural areas, and much more. This includes major existing trails like the Baltimore & Annapolis Trail and the BWI Trail, as well as ongoing projects like the Broadneck Trail and the South Shore Trail. Future projects will even form connections to the City of Baltimore, Prince Georges County, and D.C.

The Queen Anne’s County Department of Parks and Recreation has a similar vision for its trails, although its two main trails—the Cross Island Trail and the Kent Island South Trail—don’t connect to destination points the way Anne Arundel County trails do.

“Ours are used more as recreational trails,” explains Steve Chandlee, director of Parks and Recreation. “That’s mainly because we don’t have the urban areas close by—big urban areas to connect a lot of the workforce like you would in a Prince George’s County or a Montgomery County or an Annapolis area. Especially as you move farther up north, it’s a more rural area, so you’re definitely not going to find bicycles used as transportation to work.”

However, even for recreational use, Queen Anne’s County aims to bring the trails together. “The long-term plan has always been to connect up to Tuckahoe State Park,” Chandlee adds. “That’s always been the long-term vision. It’s just now a matter of acquiring the easements, getting money to build the trails, and moving forward.”

In order to turn the vision for a bicycle-friendly community into a reality, however, there are financial costs. Asman notes that much of this burden has been alleviated thanks to grants.

“Since 2017, the Office of Transportation has been awarded every grant request for which we applied,” she says, listing three Kim Lamphier Bikeways grants and one Transportation Alternative Programs for a Safe Routes to Schools grant, as well as grants that other agencies—such as Recreation and Parks and the City of Annapolis—have received. “When combined together, the county and the city have been awarded over \$10 million from transportation state and federal grants in the last three years or so, for both design and construction,” she adds.



“SOME PEOPLE HAVE A CHOICE—DO I DRIVE OR DO I BIKE? FOR OTHERS, THEY HAVE NO CHOICE. A CAR IS NOT AFFORDABLE, OR A SECOND CAR IS NOT AFFORDABLE, OR PEOPLE CAN’T DRIVE BECAUSE THEY HAVE A DUI OR NO LICENSE. WE NEED TO MAKE TRANSPORTATION OPTIONS THAT ARE EQUITABLE.”

Queen Anne’s County has turned to funding through Program Open Space—which is administered through the Maryland Department of Natural Resources to assist in the planning, acquisition, and development of land—to supplement county funding and grant money for work on its trail system.

But there’s another challenge to consider, particularly for the Eastern Shore, in creating a bicycle-friendly community: Route 50. It’s one of the reasons Lombardo says biking for transportation isn’t practical. “We don’t have the infrastructure to make it work,” he states simply.

That’s not to suggest cyclists like Lombardo have given up hope; on the contrary, having more of Kent Island accessible by bike would be a great thing, he explains, mainly because it would get more cars off the road. “We all know how bad traffic gets in the summertime here,” he says. “When you can’t get around by car at all, firetrucks can barely get by, people leave their neighborhoods and they can’t get back. If we had infrastructure so you could ride north, south, east, or west on Kent Island, you could go to the store or restaurants by bicycle, or just walk for that matter.”

Making bicycling a feasible transportation option does much more than reduce traffic—though it does do that, and in a far more efficient and cost-effective way than expanding the roads, Korin says. It also provides a boost to the local economy. “Somebody whizzing by in a car doesn’t stop to spend money,” Korin explains. “Somebody walking by a shop is more likely to stop and spend some money. It’s good for the economy. It’s good for tourism.”

Bicycling is also an important part of transportation equity, making it possible for all people, regardless of income or other resources, to get where they need to go. “Some people have a choice—do I drive or do I bike?” Korin says. “For others, they have no choice. A car is not affordable, or a second car is not affordable, or people can’t drive because they have a DUI or no license. We need to make transportation options that are equitable.”

As part of this cause, BikeAAA partners with Anne Arundel Food Bank, Anne Arundel Medical Center/Luminis, Anne Arundel County Police Department Bike Patrol, and Bike Doctor of Crofton for the Wheels of Hope program (bikeaaa.org/wheels-of-hope-refurbished-bikes), which collects used bikes that are then refurbished by volunteers and given (along with new helmets) to those in need. “There has been significant demand for people in recovery and others in need of affordable transportation,” Korin says.

Then there are the environmental benefits of getting more people out of cars and onto bikes. Asman explains that studies on the air quality of Anne Arundel County and Maryland show markedly better air during

the pandemic, when fewer cars were on the road. “Notably, nitrogen oxide, which is a vehicle emission and a large contributor to ozone gases, was above the allowable limits only three days at three separate locations out of the entire testing timeframe, April to September, in all of Maryland,” she says. “This is the lowest in 40 years of monitoring!”

Bicycling also provides an opportunity for camaraderie and community, as BikeAAA can attest. Not only is the organization connected to multiple cycling clubs all over the region, but they also host events like the Anne Arundel County Lifeline 100 (lifeline100.com), the area’s premier bike riding event, held in collaboration with Anne Arundel County Recreation and Parks and Anne Arundel County Police.

The all-ages, all-abilities tradition—now in its seventh year and set for Sunday, October 3—typically sees about 800 participants and has raised more than \$200,000 for local nonprofit organizations, many of which send cyclists to do the ride themselves. A range of distances—including 100- and 65-mile scenic tours and 30- and 15-mile flat, paved trail rides, and a children’s bike rodeo—make it possible for anyone to be part of the event. “Bike events are usually for the serious” says Korin. “Lifeline 100 is an event for every age and every ability, including people with special needs.”

Lifeline 100 is the biggest event for BikeAAA, but it’s not the only one. The organization also partnered with Future History Now to create the county’s first Bike Safety Playground for young children at Lindale Middle School in Linthicum Heights.

There’s no indication that Maryland bicyclists are slowing down in their advocacy and their interest any time soon. Instead, they are setting their sights on even more growth in the months and years to come. Notably, Asman says her office is about to embark on an update to the Pedestrian and Bicycle Master Plan. “I am very excited to begin this work as the plan will be action oriented and identify a short-, mid-, and long-term plan for building out the transportation network for bicycling and walking to our destinations,” she says.

If nothing else, bicycling gives people a better appreciation of the area where they live. “I’d like to think people stick with it,” Chandlee says of bicycling. “It’s a good way to get around, it’s a good way to spend time, it’s a good way to see farm fields, marshy areas, and wildlife as you’re going through on different trails. You get a nice view with a little bit of everything the area has to offer.”

Need Ideas for Places to Ride?

BikeAAA offers plenty of ideas, whether you’re looking for park loops, paved trails, road routes, or even options for mountain biking. Find info at bikeaaa.org/resources/places-to-ride



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David Ryan Kostkowski + Jordan Coe Craig

Jordan and Dave met at an unexpected time in both of their lives. Their first date was a boat ride to The Point for a waterfront lunch in May 2018. They knew at that first date that they had met for a reason, eternal love. Dave fought through the pandemic to plan a surprise outdoor engagement party in June, 2020. Their wedding is taking shape for October 2, 2021 in Eastport, Annapolis, MD.

Photo by Catherine Ann Photography, Charleston, SC

Lauren Gray + Brian Wells



After hiking 8 miles, over 6 hours in 100° weather, with a 5,000+ ft elevation change in Yosemite, we were exhausted but we still had to hike back, and needed an endorphin rush to get us down the mountain. Brian had just the thing... or I guess I should say ring. This most certainly was a moment I will never forget. Although we have been together for nearly 8 years, and have already started our lives together, we cannot wait to make it official in October. #AllsWellThatEndsWells

Photo by Nick Woodall, Mike B Photography

Abigail Helen Weit + Andrew Michael Westlin

Mr. and Mrs. Walter Petrie are please to announce the engagement of their daughter, Abigail Weit, to Andrew Westlin, son of Mr. and Mrs. Kenneth Westlin of Lebanon, New Jersey. Abigail graduated from Severna Park High School, and is a 2015 graduate of the University of Maryland. Andrew graduated from North Hunterdon High School, and went on to graduate from Virginia Tech in 2015. The couple currently resides in Brooklyn, New York. A December 2021 wedding is planned at the Chesapeake Bay Beach Club in Stevensville, Maryland.

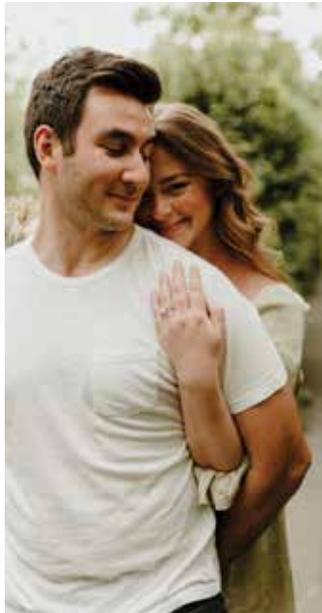


Photo by Bararah Pertula Photography



Sarah Barbara Morris + Garrison Michael Winter

Garrison and Sarah met at Hendrix College in 2018. Ever since then they have gone on many adventures together across the country and plan on many more in the future. They are set to get married in June of 2022 and could not be more excited to tie the knot.

Photo by Chloe Virginia Photography

The Right School is



W

are a community of learners, athletes and artists where all students are encouraged to become thoughtful, well-rounded individuals. Tenacious mathematicians can take college-level courses, such as Calculus 2/3, and explore their playwriting talents at the same time. Championship-winning athletes can call our 70-acre athletic park home while also learning about the beauty and artistry of cells in our interdisciplinary classrooms. Key School is constantly evolving programming to best prepare the next generation of leaders and innovators. Come see why Key is one of the most sought-after educations in Maryland.



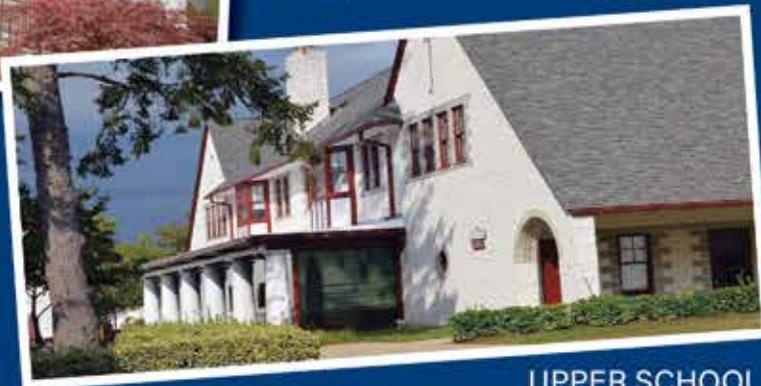
FIRST SCHOOL
Key-Wee (2.5 years) – Kindergarten



LOWER SCHOOL
Grade 1 - 4



MIDDLE SCHOOL
Grade 5 - 8



UPPER SCHOOL
Grade 9 - 12

OPEN HOUSE

SATURDAY, NOVEMBER 13

10:00 A.M.

First and Lower School

Please RSVP as space is limited
KEYSCHOOL.ORG/OPENHOUSE

OPEN HOUSE

SATURDAY, NOVEMBER 6

10:00 A.M.

Middle and Upper School

Please RSVP as space is limited
KEYSCHOOL.ORG/OPENHOUSE



655 students
Key-Wee to Seniors



115 faculty

79 with advanced degrees

6 with doctoral degrees



16 average class size,

6:1 student:
faculty ratio

35%
students of color



The Key School engages children from 2.5 years of age through grade 12 in a progressive, coeducational, college-preparatory program on its picturesque 15-acre campus located 4 miles from downtown Annapolis.

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Fall 2021
Guide to
navigating
school and
college visi-
tations, plus
extracurric-
ular learning
centers and
programs

SCHOOLS OF THOUGHT!

For parents and students, researching and visiting schools or colleges can be life-changing experiences. Gaining first-person perspective, on-site optics, and meeting the administrations of potential schools are instrumental to making one of life's most important decisions—choosing the right school. This guide provides tips for navigating your school search, as well as a comprehensive list of regional schools, colleges, and learning centers offering open house, campus tours, virtual seminars, and programs for all ages.

If you're considering school visitations this fall, or in the near future, here are several tips and considerations when planning. ►

- 1 MAKE A LIST AND MAP THE SCHOOLS OUT.** Before the application process begins, curate a list of all potential schools, research them, and narrow them down. Once you have reduced your list to the top contenders, it's time to start planning your campus visits. Ideally, you'll want to visit every school you are strongly considering, so map out each school and plan accordingly.
- 2 ORDER MATTERS.** Try to visit your top school(s) last. As you visit more campuses, you'll start to get a better idea of your likes and dislikes. Throughout the process, you will gain a better sense of questions to ask and places on campus you want to see and you will know what to look for by then.
- 3 TIMING IS CRUCIAL.** Plan your visit while school is, hopefully, in session. Observing student life will give you an authentic view of the school and will (hopefully) help you envision yourself as a student there.
- 4 EXPLORE ON YOUR OWN.** The official campus tour will highlight the school's best features, so make sure to spend extra time exploring parts of campus that weren't shown on your tour. This will be the best time to observe students, check out any departments you're interested in, or sit in on a class or lecture.
- 5 TALK TO CURRENT STUDENTS.** It's your tour guide's job to give the best impression possible of their school, making them a biased source. While the information your guide gives you is crucial, you may want to secure a more candid impression by talking to current students. Ask students anything that wasn't covered on the tour: What is student life like? Is it easy to meet and make friends? Is there a lot of diversity on campus? Is it difficult to adjust?
- 6 DOCUMENT EVERY VISIT.** If you plan to visit several schools, make sure to document each visit. Take pictures, jot down some notes, or record a voice memo to highlight your favorite—or least favorite—aspects of each school. Going on several tours within a short period of time can be chaotic, so this will help you separate and compare each visit.
- 7 KEEP AN OPEN MIND.** Your priorities during your initial school search may completely shift once you start touring, so remain openminded. Walk onto every campus with a positive attitude and save your judgments until the end of the tour.

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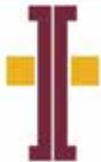
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**SCHOOL OF THE
INCARNATION**



PreK4
through
Grade 8

Helping students grow in knowledge and faith

FALL OPEN HOUSE

Wednesday, November 10, 2021
Scheduled Tours Available 9:30am - 12:30pm

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PreK 3s-8th Grade

school.standrewsum.org

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aacpl.net/homework





The following list of regional schools, colleges, and learning centers advertise within the What's Up? Media family of publications. Please consider calling them directly to confirm open house dates, visitation guidance, and program availability. Schools are listed alphabetically.

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PRIVATE SCHOOLS

ANNAPOLIS AREA CHRISTIAN SCHOOL—LOWER

Annapolis Campus—710 Ridgely Avenue, Annapolis; Severn Campus—61 Gambrills Road, Severn; 410-519-5300; aacsonline.org; AACs is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Open Houses scheduled for 11/10 (Severn Campus) and 11/18 (Annapolis Campus). Register online. Private tours available by appointment.

ANNAPOLIS AREA CHRISTIAN SCHOOL—MIDDLE

716 Bestgate Road, Annapolis; 410-846-3505; aacsonline.org; AACs is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Open House scheduled for 11/4. Register online. Private tours available by appointment.

ANNAPOLIS AREA CHRISTIAN SCHOOL—UPPER

109 Burns Crossing Road, Severn; 410-846-3507; aacsonline.org; AACs is an accredited K–12 private, co-ed, school with four campuses in AA County. We provide an excellent, distinctively Christian education. Upper School Showcase scheduled for 10/15. Register online. Private tours available by appointment.

ARCHBISHOP SPALDING HIGH SCHOOL

8080 New Cut Road, Severn; 410-969-9105; archbishopspalding.org; Spalding is a coed, college preparatory school that serves students in the greater Annapolis and Baltimore areas. It is a Diocesan school of the Archdiocese of Baltimore. Private tours and Shadow Days available by appointment and registering online.

CALVERT HALL COLLEGE HIGH SCHOOL

8102 La Salle Road, Baltimore; 410-825-4266; calverthall.com; Calvert Hall College High School is an independent, all-boys Lasallian Catholic college preparatory school attracting students from more than 100 zip codes. Cardinal Campus Experience Tours and Virtual “Cardinal for a Class” sessions available by registering online and appointment.

CHESTERTOWN CHRISTIAN ACADEMY

401 Morgnec Road, Chestertown; 410-778-5855; chester-townchristian.org; Chestertown Christian Academy serves

students from Kent, Queen Anne’s, and Cecil counties, as well as New Castle County in Delaware. Tours are provided daily. Please contact CCA’s Admissions Director, Amanda Tuttle-Smith, at ccapatriots.admissions@gmail.com or call the school.

DIVINE MERCY ACADEMY

8513 St. Jane Drive, Pasadena; 410-705-0778; divinemercury.md; Divine Mercy Academy is an independent private day school in the Catholic tradition for children in Kindergarten through 8th grade. Contact school directly for guidance on visitations, tours, etc.

GLENELG COUNTRY SCHOOL

12793 Folly Quarter Road, Ellicott City; 410-531-8600; glenelg.org; Glenelg Country School cultivates a community that stimulates students to realize their highest potential. Outstanding academic and enrichment opportunities nurture a passion for lifelong learning, personal integrity, and respect for others. Discovery Days scheduled for 10/15, 11/2, 12/1, 1/6, 2/23, and 4/5. Private family tours and virtual introductions are also available.

HOLY TRINITY: AN EPISCOPAL SCHOOL

13106 Annapolis Road, Bowie (Primary School); 11902 Daisy Lane, Glenn Dale (Daisy Lane School & High School Prep); 301-262-5355 or 301-464-3215; htrinity.org; Holy Trinity features the Primary School campus for grades 1-4, while The Daisy Lane School and High School Prep campus houses preschool

and kindergarten and grades 5–8. Virtual Open House events and weekly Virtual Drop-In Wednesdays available. Register online.

INDIAN CREEK SCHOOL—LOWER

680 Evergreen Road, Crownsville; 410-923-3660; indiancreek-school.org; Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (171 acres) and Upper (114 acres). Personalized information sessions, virtual tours, and campus tours are available by appointment.

INDIAN CREEK SCHOOL—UPPER

1130 Anne Chambers Way, Crownsville; 410-849-5151; indian-creekschool.org; Indian Creek School is a college-preparatory school with two Crownsville campuses: Lower (171 acres) and Upper (114 acres). Personalized information sessions, virtual tours, and campus tours are available by appointment.

MCDONOGH SCHOOL

8600 McDonogh Road, Owings Mills; 410-363-0600; mcdonogh.org; Embracing diversity of background, culture, and thought, the school builds upon its founder’s original mission to provide life-altering opportunities and to develop in students the will “to do the greatest possible amount of good.” Virtual open houses, tours, and recordings available. Contact school for details.

MONSIGNOR SLADE CATHOLIC SCHOOL

120 Dorsey Road, Glen Burnie; 410-766-7130; msladeschool.com; Monsignor Slade is

part of the Archdiocese of Baltimore and is located in northern Anne Arundel County on a 10.5-acre campus. Open Houses for Prospective Families scheduled for 11/11 and 1/30. Private tours and shadow days may also be scheduled by appointment.

MONTESSORI INTERNATIONAL CHILDREN’S HOUSE

1641 North Winchester Road, Annapolis; 410-757-7789; montessoriinternational.org; Recognized by the Association Montessori Internationale, Montessori International Children’s House caters to students ages 18 months to 12 years on their 4.5-acre campus. Wednesday Morning Tours available by reservation. Open houses might be scheduled this fall. Contact school directly for guidance.

NAVAL ACADEMY PRIMARY SCHOOL

74 Greenbury Point Road, Annapolis; 410-757-3090; napschool.org; Naval Academy Primary School is an independent, co-educational school with ties to the U.S. Naval Academy, serving civilian and military families alike. Contact school directly for guidance on visitations, tours, etc.

ODENTON CHRISTIAN SCHOOL

8410 Piney Orchard Parkway, Odenton; 410-305-2380; ocs.odentonbaptist.org; Odenton Christian School follows the A Beka curriculum. In addition, OCS offers many real-world electives. Open House scheduled for 11/16. Virtual tour available online.

OLDFIELDS SCHOOL

1500 Glencoe Road, Sparks Glencoe; 410-472-4800; oldfieldsschool.org; Oldfields is an all-girls boarding school located on 140 acres of Maryland’s horse country. Virtual Open Houses, Personalized Virtual Visits, and In-Person Visits available. Contact school directly for guidance.

RADCLIFFE CREEK SCHOOL

201 Talbot Boulevard, Chestertown; 410-778-8150; radcliffecreekschool.org; Radcliffe Creek School focuses its curriculum on multi-sensory learning. It serves students from Kent, Queen Anne’s, Talbot, Dorchester, Cecil, Caroline, and Anne Arundel counties. Virtual Tour available online. Private visitations by appointment.

ROCKBRIDGE ACADEMY

680 Evergreen Road, Crownsville; 410-923-1171; rockbridge.org; A K–12 classical Christian school, now in its 25th year. Fall open houses scheduled for 10/11 and 11/12. Contact school directly for guidance on private visitations, tours, etc.

ST. ANDREW’S UNITED METHODIST DAY SCHOOL

4B Wallace Manor Road, Edgewater; 410-266-0952; school.standrewsum.org; Saint Andrew’s is an independent school located on a 20-acre campus, and offers engaging After School Enrichment Programs. Open House tentatively scheduled in November. Contact school directly for guidance on visitations, tours, etc.

ROCKBRIDGE ACADEMY ~ Celebrating 25+ years!



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- Individual attention from devoted teachers.
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- A loving, supportive, and safe community.

Fall Open House dates:
October 11
November 12

*A K-12 classical Christian school.
Surround them in love. Root them in truth. Ready them for the world.*

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NEW K-12 CAMPUS COMING THIS FALL 2021!

CHART YOUR COURSE

Our "Chart Your Course" Admissions experience is designed to be as informative as possible - for your child, your family and for our team. We encourage you to *chart your course* and find out what it's like to be a Severn Admiral.

Join us this October and November for our
Lower, Middle and Upper School Open Houses

Learn more details at
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Severn School



FALL OPEN HOUSES

ALL Events Start at 9 a.m.

Upper School Showcase

Friday, October 15

Middle School Open House

Thursday, November 4

Severn Lower School

Wednesday, November 10

Annapolis Lower School

Thursday, November 18

Register Today!
aacsonline.org/OHreg

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ST. JOHN THE EVANGELIST CATHOLIC SCHOOL

669 Ritchie Highway, Severna Park; 410-647-2283; stjohnspschool.org; Located on over thirty acres, St. John the Evangelist School offers rigorous academics in a nurturing environment for students in Pre-K through 8th grade. Virtual and In-Person Tours available by appointment. Open Houses may be schedule. Contact school directly for guidance.

SS. PETER & PAUL ELEMENTARY SCHOOL

900 High Street, Easton; 410-822-2251; es.sspeaston.org; SS. Peter & Paul is the premier Catholic elementary school on the MidShore, nurturing children in mind, body, and spirit. Please contact the school to arrange for a Sabre For a Day for your child, schedule a personal tour of campus, or join us for Walk-In Wednesdays from 9:00-11:00am during the school year.

SS. PETER & PAUL HIGH SCHOOL

1212 S. Washington Street, Easton; 410-822-2275; hs.sspeaston.org; SS. Peter & Paul is the premier, coed, college preparatory high school serving Maryland's Eastern Shore. Rigorous academics, diverse student life, and faith formation empower young people to grow in mind, body, and spirit. For information, or to schedule a Sabre Day or personal tour of campus, please contact the school.

ST. MARTIN'S-IN-THE-FIELD EPISCOPAL SCHOOL

375-A Benfield Road, Severna Park; 410-647-7055; stmartinsmd.org; St. Martin's combines aspects of the humanities, mathematics, arts, technology, and the sciences from, encouraging students to discover their potential while learning with confidence, compassion, and character. Thirty-minute In-Person Tours available by appointment. Virtual Tours also available.

ST. ANNE'S SCHOOL OF ANNAPOLIS

3112 Arundel on the Bay Road, Annapolis; 410-263-8650; st.annesschool.org; St. Anne's invests in the intellectual and spiritual promise of each student in a community that celebrates diversity and upholds the dignity of every human being. Hosts several Open Houses annually. Private Tours available by appointment. Contact school directly for guidance.

ST. MARGARET'S DAY SCHOOL

1605 Pleasant Plains Road, Annapolis; 410-757-2333, stmargaretsdayschool.org; St. Margaret's Day School is located on the Broadneck peninsula on the historic campus of St. Margaret's Church. The school is accredited by the National Association of the Education of Young Children. Contact school directly for guidance on visitations, tours, etc.

ST. VINCENT PALLOTTI HIGH SCHOOL

113 St. Mary's Place, Laurel; 301-725-3228; pallottihs.org; St.

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EMBODYING DIVERSITY & INCLUSION

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Vincent Pallotti High School is a college preparatory school in the Archdiocese of Washington, and serves students from Anne Arundel, Howard, Montgomery, and Prince George's counties. Open House scheduled for 11/7. Panther for a Day Shadow Visits (8th graders only) available by appointment, as are in-person tours.

SCHOOL OF THE INCARNATION

2601 Symphony Lane, Gambrills; 410-519-2285; schooloftheincarnation.org; Located on a 26-acre campus in central Anne Arundel County, School of the Incarnation is a coeducational school and operates under the Archdiocese of Baltimore. Open Houses scheduled throughout the year. Private tours available by appointment. Contact school directly for guidance.

SEVERN SCHOOL—CHESAPEAKE CAMPUS (LOWER)

1185 Baltimore Annapolis Boulevard, Arnold; 410-647-7700; severnschool.com; Severn School is a college preparatory school. The 4-acre lower campus offers an outdoor science learning center and learning pavilion. In Person Tours available Mon.–Fri. after 4 p.m. by appointment. Virtual tours and information sessions available online.

SEVERN SCHOOL—TEEL CAMPUS (MIDDLE/UPPER)

201 Water Street, Severna Park; 410-647-7700; severnschool.com; Severn School's upper campus is situated on 19 acres,

and offers the Stine Environmental Center, which is located along the Severn River. In Person Tours (3-person max) available Mon., Tues., and Thurs. at 3:30 p.m. by appointment. Virtual tours and information sessions available online.

THE BOYS' LATIN SCHOOL OF MARYLAND

822 West Lake Avenue, Baltimore; 410-377-5192; boyslatinmd.com; Founded in 1844, Boys' Latin School of Maryland is an all-boys independent school serving boys in grades K-12. Open House scheduled for 10/24; register online. Private tours available by appointment.

THE COUNTRY SCHOOL

716 Goldsborough Street, Easton; 410-822-1935; countryschool.org; The Country School is an independent, 501(c)(3) nonprofit school located near downtown Easton. Virtual meetings and campus tours available by appointment. Contact school directly for guidance.

THE GUNSTON SCHOOL

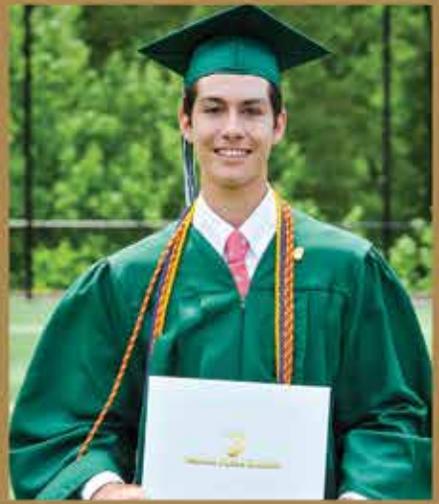
911 Gunston Road, Centreville; 410-758-0620; gunston.org; The Gunston School offers an intellectually rigorous, highly personalized, and nurturing college preparatory educational experience. In-person Open Houses scheduled for 10/17, 11/14, 1/23, and 4/24; register online. Personal Tours and Shadow Day Visits also available by appointment.

CONTINUES ON PAGE 104 ➔

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INDIAN CREEK SCHOOL

Pre-Kindergarten 3 through Grade 12

FALL OPEN HOUSE EVENTS

<p>Early Childhood <i>(Pre-K & Kindergarten)</i> Wed., November 17 9:30 - 11:30 a.m.</p>	<p>Lower School <i>(Grades 1-5)</i> Wed., November 3 9:30 - 11:30 a.m.</p>	<p>Middle School <i>(Grades 6-8)</i> Wed., November 10 9:30 - 11:30 a.m.</p>	<p>Upper School <i>(Grades 9-12)</i> Tue., October 19 Tue., November 9 7:00 - 8:15 p.m.</p>
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 In-Person Open House Sessions: 11 am-1 pm or 1-3 pm




Scan here to register, schedule a shadow day visit or chat with a current parent via PeerPal.
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**THE BOYS' LATIN
SCHOOL OF MARYLAND**

OPEN HOUSE

**Sunday, October 24, 2021
10:00 AM**

LEARN MORE ABOUT OUR BOARDING PROGRAM TODAY!

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ST. MARTIN'S *-in-the-field*
EPISCOPAL SCHOOL

Open House

Thursday, November 11, 2021
9:00 am - 11:00 am & 1:00 pm - 3:00 pm

Visit us and experience our engaging learning environment and our inclusive Episcopal community.



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THE KEY SCHOOL

534 Hillsmere Drive, Annapolis; 410-263-9231; keyschool.org; Key School is a coeducational, progressive, college-preparatory day school with a picturesque 15-acre campus located in Hillsmere Shores and a 70-acre athletic park located in Annapolis Roads. Open Houses scheduled for 11/6 (Middle/Upper Schools) and 11/13 (First/Lower School). Private Tours available by appointment.

WYE RIVER UPPER SCHOOL

316 South Commerce Street, Centreville; 410-758-2922; wyeriverupperschool.org; Wye River is a 501(c)(3) nonprofit school that serves students with dyslexia, ADHD, ADD, and other learning differences at their Centreville campus. Private campus tours available by appointment. Contact school directly for guidance.

COLLEGE/ ADVANCED DEGREE

ANNE ARUNDEL COMMUNITY COLLEGE

101 College Parkway, Arnold; 410-777-2222; aacc.edu; Nationally recognized, public, two-year institution accredited by Middle States Commission on Higher Education and the largest single-campus community college in Maryland. Enrollment, Admissions, and Program-Specific Information Sessions available. Contact school directly for guidance on visitations, tours, etc.

CHESAPEAKE COLLEGE

1000 College Circle, Wye Mills; 410-822-5400; chesapeake.edu; Chesapeake College is a comprehensive public two-year regional community college serving the educational needs of the residents of Caroline, Dorchester, Kent, Queen Anne's, and Talbot counties on Maryland's Eastern Shore. Guided Tours available year-round to groups and individuals. Contact school directly for guidance.

EASTERN SHORE HIGHER EDUCATION CENTER

1000 College Circle, Wye Mills; 410-827-5761; info.chesapeake.edu/eshec; Located on the Chesapeake College Wye Mills campus, ESHEC provides access to area residents to baccalaureate and graduate degrees from partnering four-year institutions. Contact school directly for guidance on visitations, tours, etc.

WASHINGTON COLLEGE

300 Washington Avenue, Chestertown; 410-778-2800; washcoll.edu; Washington College is a liberal arts college founded in 1782 and was the first college chartered in the sovereign United States. Campus Visits available morning and afternoons by appointment. Virtual Counselor Interviews, Campus Tours, Information Sessions, and Resource Meetings available.

LEARNING CENTERS

ANNE ARUNDEL COUNTY PUBLIC LIBRARY

16 locations throughout Anne Arundel County;

410-222-7371; aacpl.net; Public library system with a multitude of media collections, technology, community programs, and educational resources. Locations open daily to the public. Please visit website for specific location hours, contacts, and program/resources availability.

CODE NINJAS

145 Mitchell's Chance Road, Edgewater; 443-203-8415; codeninjas.com; At Code Ninjas centers, kids learn to code while building their own video games. They gain problem solving, critical thinking, and STEM skills in a fun, safe, and inspiring environment. Contact center directly for visitation and program availability.

CRITCHLOW ADKINS CHILDREN'S CENTERS

Locations in Easton, St. Michaels, White Marsh/Trappe, and Cordova; 410-822-8061; cacckids.org; Critchlow Adkins Children's Centers teachers engage and nurture children ages two, three, and four in year-round Preschool and Pre-Kindergarten programs as well as children in Kindergarten through sixth grade in before-and after-School programs. Contact center directly for visitation and program availability.

GIGI'S PLAYHOUSE

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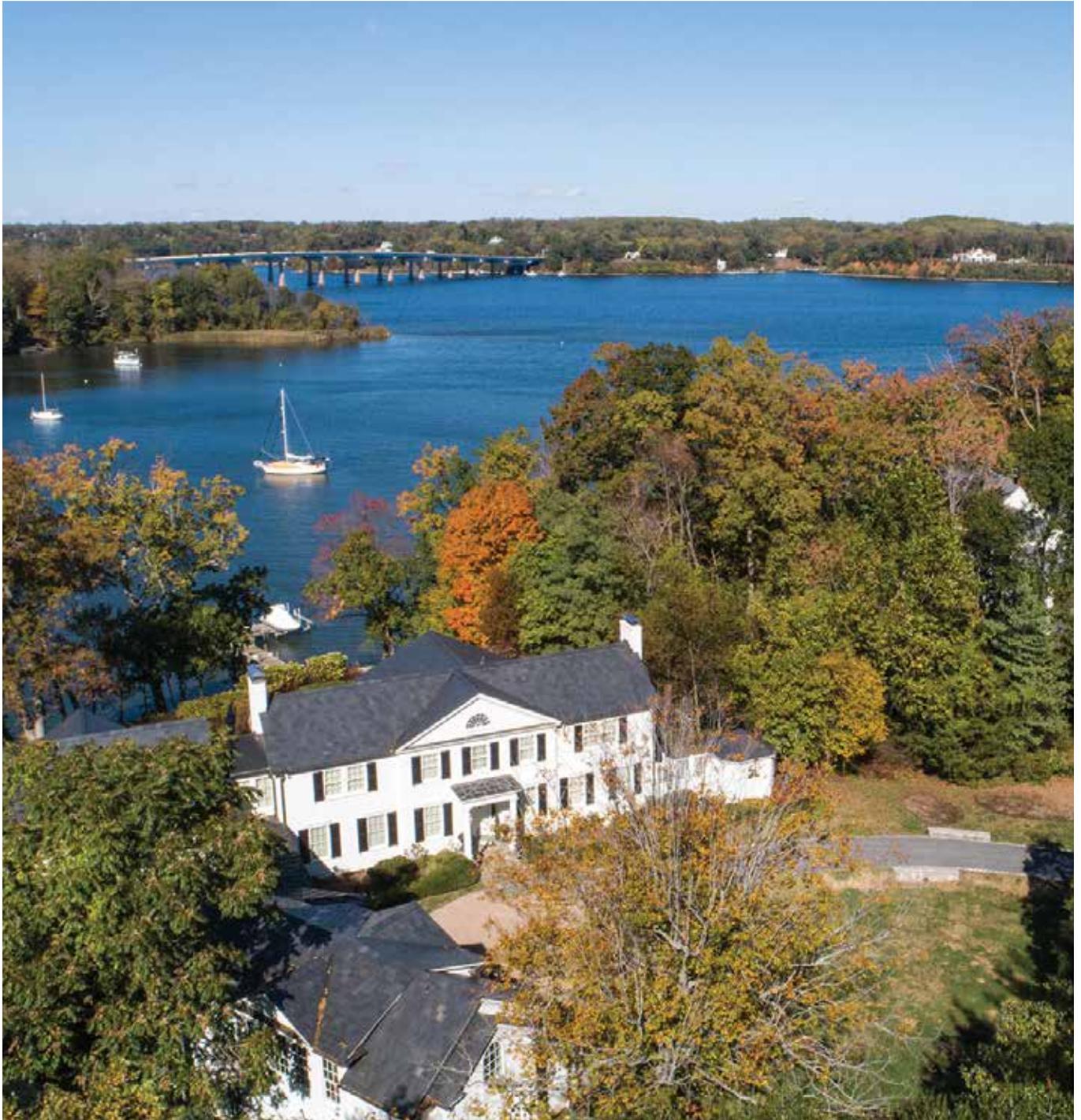
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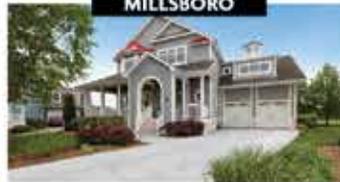
27642 STERLING BLVD



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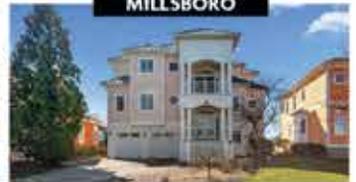
33457 ISLANDER DRIVE



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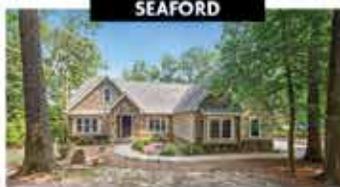


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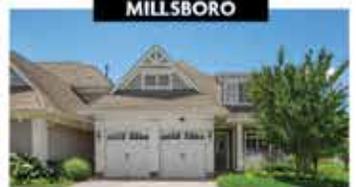
10105 CONCORD ROAD



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36219 LITTLE CREEK LANE



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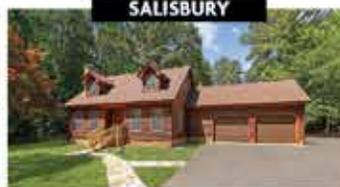
7749 MONAGHAN ROAD



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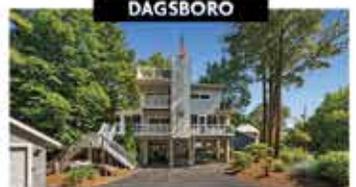
36910 FERRIS COURT



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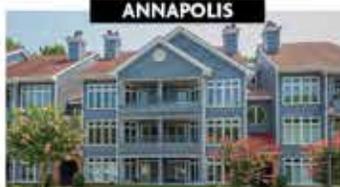
124 PEBBLE DRIVE



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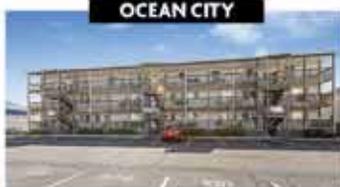
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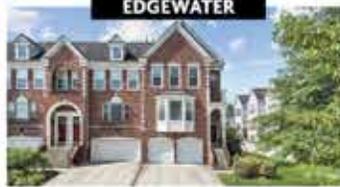
31524 GOOSEBERRY WAY



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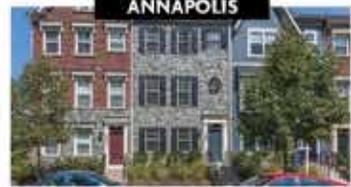
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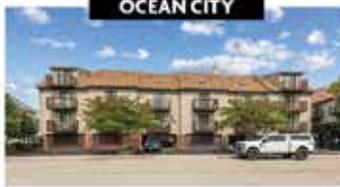
1602 BELLE DRIVE



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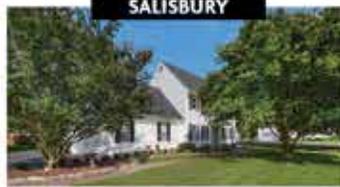
2 BROOKGREEN DRIVE



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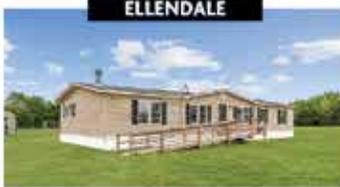
20998 EMORY WALLS ROAD



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34687 REFUGE COVE #1002F



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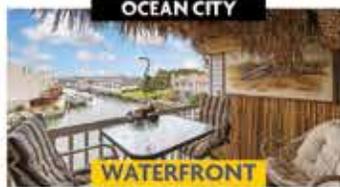
16444 VICTORY LANE



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Photo courtesy of IMPERIAL STONE

When Size Matters

Oversized ceramic tiles are, for lack of a better word, “huge” right now in dramatic interior design. Considered a “simplifying” choice because they are low maintenance, this once again feeds a wellness narrative by keeping things simple; less stressful. Larger format tile sizes range from 18 by 35 inches, up to 5-foot slabs and larger, with thicknesses ranging from .14 inches to nearly three-quarters of an inch. Trending applications of large tiles include cutting them into hexagonal shapes to lend greater visual interest, and tilting the placement so alignment is on the horizontal creating an almost literal cutting-edge look. **Large format tiles** aren’t just being applied underfoot, either. They also have a role to play in creating statement-making accent walls, wet bars, and islands.



Photo by Artemest.com

Bye-Bye Boring...

3 TILE STYLE STORIES

By Lisa J. Gotto

From floors to walls, to backsplashes, and more, tile can complement our homes in so many ways. It is a durable material that delivers not only practical function, it provides a means of self-expression and personality in our homes that is both tactile and tangible.

As a result, the design industry around this resource is continually evolving. Here is look at what consumers are finding in showrooms now, and then practically applying in their homes.

Real World & Retro

We would be remiss in telling this tile tale without mentioning an anecdote from a recent local homeowner, who was gracious enough to let us tour her new home. Upon entering her laundry room, which had an eye-catching, cool pattern of tiles in various shades of blue balanced by gray and white, she then said, “And this is my fun room,” remarking that she thought outside her standard box of neutral tone thinking for this room. Such was the effect this one design choice had that it turned a conventionally mundane room into a “fun” room. This is typical of what is going on in the design realm of tile. It becomes a safe way for those who are more traditionally inclined décor-wise to safely explore something a bit more creative. The “fun” tile that the homeowner had chosen is among a current trend in tile, **retro concrete**. Known for being a low maintenance option, retro concrete uses playful, random patterns to make a style statement. “Personalizing” a room in this way is also part of an overarching wellness trend that has endured post-pandemic. Expect to see more of these types of tile applications well into 2022.

Photo courtesy of Tile of Spain



Biophilia & Beyond

The aspects of the aforementioned wellness trend are also evident in the **biophilic approach** to design we are seeing across this spectrum. “Biophilia,” which is the practice of incorporating nature and natural elements into constructed environments, is tangibly seen in the home in ceramic tile styles that mimic natural and even untreated wood looks. Contemporary, versatile, and easy to maintain, this biophilic approach effortlessly applies more earthy feeling to modern looks warming harsh edges and further enhancing the looks of those with more rustic or farmhouse design sensibilities. A trend within in this application is carrying the look seamlessly from indoors to outdoors creating a design narrative that is holistic with stunning open sightlines.

Updates on Classics

The latest iterations on tile classics range from changes in tone to placement gone rogue. Could one of these new approaches spark an update in your home?

1. The spa bath concept has always been popular for the way it calms and soothes the senses, taking inspiration primarily from the element of water. An updated version of the spa classic, however, looks to the earth in its texture and tone to provide a sense of peace and tranquility to the beholder.

2. Subway tiles earned their classic status through their simplicity and basic uniformity. Today’s subways are going places with new looks that go from spotted and accessorized, to a high-gloss sheen that takes the look from basic to bling-worthy.

3. Pattern play takes these already colorful tiles and allows them to mingle in less than obvious ways creating a more rare, random, and interesting take on the traditional.



Photo courtesy of Tile of Spain



Photo courtesy of Tile Club



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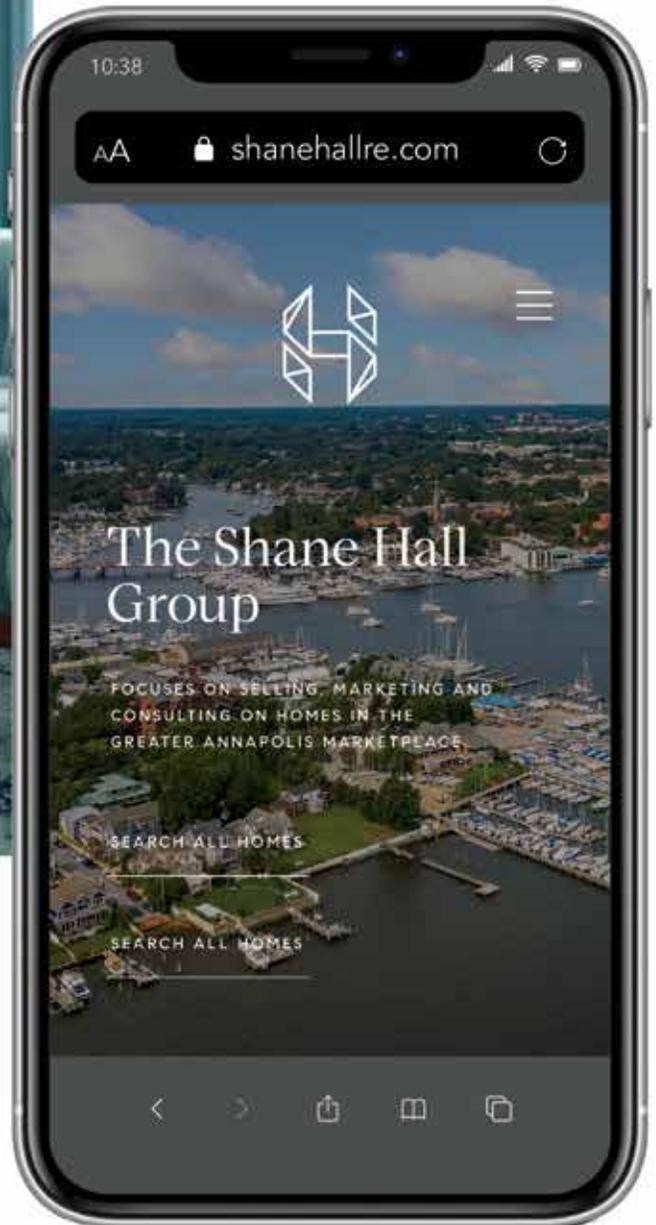
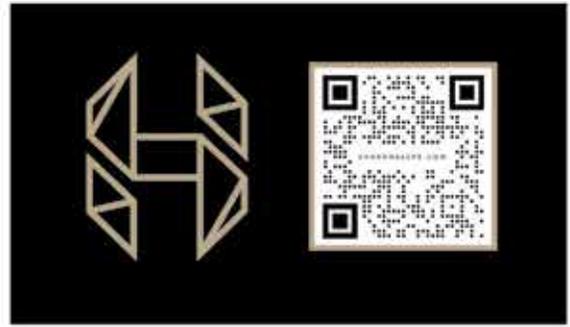


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Four Reasons It's Fun to Keep a Garden Journal

By Janice F. Booth

Have you, like me, wandered through your garden and paused over a lovely plant, blooming courageously in the summer sun, and wondered what it could possibly be? It has a name; it's vaguely familiar, but what is it called? Have you, like me, visited a friend's garden, admired his glorious flora, jotted down names on the back of your grocery receipt, gotten home, and found you'd lost that wrinkled paper? Have you leafed through a magazine or nursery catalog and come upon the absolutely perfect flower or shrub for that problem corner of the garden—then misplaced the magazine or lost the catalogue page you'd torn out? I have!

Well, dear Reader, I have a solution to these perennial problems—keep a *Garden Journal*. They can be as simple or as elaborate as you wish. There's no need to feel stressed about writing in it with any specific consistency. You can use it when and where you choose, and it will last as long as the pages hold out—then you can begin Volume Two. Perhaps you've seen copies of the Victorian Ladies' Garden Journals. They are charming collections of poems about gardens and

weather (some copied and some original to the lady) and sweet watercolors of the flowers, birds, and fountains. They sometimes hold dried specimens—pressed flowers and leaves. Friends' comments and quotes. They're quite original and fun.

You may find it useful and satisfying to begin your own journal about gardening in general and your own garden specifically. You have very little to do to get started. Select a type of blank book that has sturdy covers and fairly roomy pages. You'll want paper that is not too flimsy—you can expect the odd glob of mud and rain drop on the pages. You could design some type of cover that pleases you—a collage of pictures from your garden or a simple label with your journal's title and date.

There are lots of uses to which you can put this sturdy book. You needn't limit your journal to one focus only. Think of the journal as your companion in gardening. Whether you do most of the work yourself or supervise the gardener or gardeners, there are lots of details and even broad concepts to keep track of. Let me talk about just some of them.

1. PRACTICAL PAGES

Some portions of your Garden Journal may be committed to such useful information as:

- The season's budget, with cost of labor, weed treatments and fertilizers, prices for plants and seeds, new and replacement equipment.
- Glue an envelope onto one page and slip your bills and receipts inside. No need to calculate them. You'll know where to find them, should the need arise to look back over past charges or disputed invoices.
- A "Wish List" of items you want for your garden: art work, a fountain, fencing are some examples. If you know the prices, you can jot them down for future reference.
- Glue an envelope on another page to hold business cards and business addresses you've cut out of the paper or a magazine ad.
- Keep a list of pest infestations and remedies that work! Very handy. Even if you haven't been visited by those pesky aphids, write down the remedy. You may need it at some time in the future.



2. HISTORY

See your Garden Journal as a record of what has transpired in your garden:

- Take photos of your garden in all its glory during each of the seasons. Glue them onto pages and add a brief caption with date and any important information you might think useful, for example "This picture was taken before we lost the big Sycamore near the back of the garden."
- Draw or take pictures of some of your favorite blooms and plants. I've found it helpful to do a series of pictures of those special plants—when the plant first emerges from the earth, when it's beginning to grow among its neighboring plants, when it's in its full glory, and as it fades back into the greenery surrounding it. This "time lapse" helps me keep track of those special plants so my gardener or my own over-zealous gardening doesn't pull out these special favorites as weeds or nuisances!
- Keep a few pages each year as a weather journal. No need to get too carried away, but keep a few notes on significant storms, when the first frost comes, and when the last frost is past. Note particular dry spells and rainy seasons. This may sound rather dull, but over time you may be interested in looking back on the terrible wind storm" or (I hate to write it) the hurricane.

3. CREATIVE PAGES

Your Garden Journal can be a repository for ideas, those flashes of creativity when you think of all the things you'd like to try in your own garden.

- When you've toured a garden—your friend's or a public garden, you have probably taken a few photos, maybe you've sketched a particularly lovely area. Why not print out those photos and glue them into your Garden Journal? Add a caption with date and whatever you can remember about the garden; its name (if it has one), location, time of year. You might simply cut out pictures from the garden's brochure or buy a few postcards in their gift shop and tape them into your journal. We're so fortunate to have the superb U.S. Botanical Gardens and the Hillwood Gardens in the District of Columbia as well as the London Town and Paca and other public gardens right here in Annapolis.
- Flipping through those garden catalogues, tear out the pages with those glorious images of waterfalls and fountains, ponds and patios. Glue them into your Garden Journal for inspiration.
- If you're a collector, you might want to add blooms from your own flowers and press them for your Garden Journal. Pressed flowers and leaves are beautiful and sweet reminders of the joys your garden has given you.
- There might be a place in your Garden Journal for poems and quotes—yours, those of friends, and those you come upon in your reading.



4. CHARTING PAGES

There is real value in devising charts or maps of your garden.

- Start with photos of each of your flowerbeds or areas of your lawn and garden. If there might be confusion, note the season, time of day, and location for each photo.
- From those photos you have a couple options. One, you can glue a photo per page and then write a caption in identifying the trees, shrubs, and plants that are visible. Preferably, include the age of the flora if you know. These will be intriguing records for future planning. It will be fun too to see over time how the trees, shrubs, and flowers grow and mature.
- Another use for these photos is to develop a chart or map, perhaps using graph paper, for a bird's eye view of the area in each photo. Put the photo and the map adjacent in your Garden Journal. We've all seen those simple, tidily mapped flower beds

in catalogues and public gardens' brochures. Try creating your own. (I must confess, my attempts look more like wild bird nests than maps of flower beds, but I'm sure you can do a better job.)

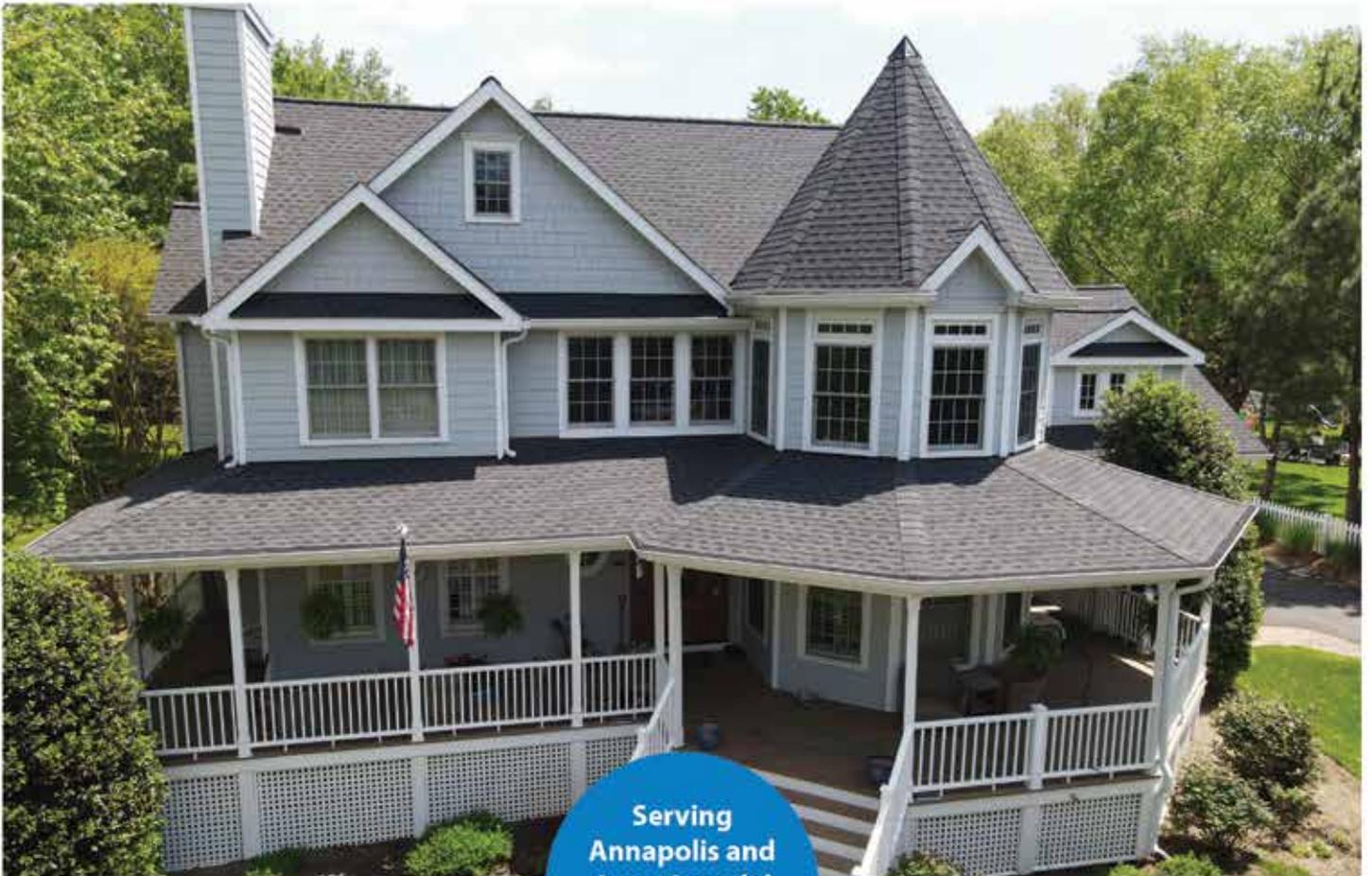
- Another useful purpose for this section may be the recording of applications of fertilizers and natural herbicides. Keep track of applications on your maps. Over time you'll see what is helping and what is doing nothing or hindering your garden.

It's likely you'll think of other sections to add to your Garden Journal. That's great—maybe a section for photos of parties and picnics in your garden. There is no way you can get this “wrong;” it's your Garden Journal and your pleasure and interest. One day, you may happen upon one of your early volumes and smile as you see the changes your garden has undergone. You might even pass along your Garden Journal as a record of your house when you move, helping to protect the lovely plants you've nurtured and loved. Such a gift to new owners might be a real boon. Have fun.



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Ultimate Two-in-One!

By Lisa J. Gotto

This superb, three-level home bursting with upgrades offers an outstanding main residence and the convenience of a private guest suite above a detached two-car garage. Just one block from Spa Creek, this 3,300 square-foot home is located in the highly-desirable community of Acton's Landing and mere minutes from downtown Annapolis.

A sweet, brick-paved front porch and lovely landscaping welcomes you to the gleaming open-plan living space with its gorgeous, honey-colored hardwood floors, and attractive crown molding and architectural columns. The formal living space features an accent entertainment wall, coffered ceiling treatment, and eye-catching plantation shutters.

The kitchen with its luscious central island serves as a primary gathering spot. The counters and island, that seats three, are topped with idyllic white quartz to pair with the alabaster custom cabinets and accentuate the room's clean, modern lines. True foodies will love the Wolf six-burner gas cook-top, the Sub-Zero refrigerator, and wine fridge.



This light and bright space flows nicely into the home's breakfast seating area, as well as its accommodating family room with its attractive wall of windows with plantation shutters.

Upstairs, this home offers an attractive master bed and bath suite with dual vanity, a huge, walk-in glass shower, deep-set, built-in soaking tub, and a walk-in closet. Another large bedroom with full bath is located on this level, and one floor above there's a great space for a dedicated office and an in-home gym. This floor also features a charming terrace that overlooks the home's gracious back patio. This beautifully landscaped entertainment zone offers an optimal amount of green space and paved outdoor dining and lounging space with a charming garden trellis and a relaxing hot tub.

Whether you're hanging here, or jumping in a water taxi for dinner in Eastport, this home provides all the finer points of the quintessential Annapolitan lifestyle.





Primary Structure Built: 2006
Sold For: \$1,550,000
Original List Price: \$1,595,000
Bedrooms: 4
Baths: 5 Full, 1 Half
Living Space: 3,365 Sq. Ft.
Lot Size: .09 acres

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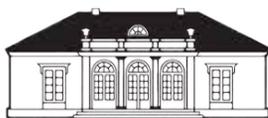
What's Up? Media has made the decision to further delay our Annapolis Best of Party previously set for September 29, 2021. As did everyone, our team was very hopeful that Covid would have been over by now. We had plans to celebrate our winners from 2020 and 2021 together at this event. It is very unfortunate that our Covid cases are on the rise again and this new variant is increasing transmission in our community. Our Best of Parties are indoor events of over 600 guests. Therefore, wearing masks and tasting foods together we know that social distancing would not be possible. We made this difficult decision to protect our community, our readership and restaurant employees. This year we hoped our event would bring the community together and lift up the Best of Winners after the rough year and a half they have had. We ask that you please take time to visit our winners and help to keep their doors open.

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Period Charm & Stately Privacy

By Lisa J. Gotto

This property of distinction was originally built in 1940, but walking through it today, the new homeowners will have the benefit of every modern convenience and the beauty of expertly crafted architectural updates throughout.

Located in the development of Wardour in West Annapolis, this estate-style residence is well-situated with incredible water views to Weems Creek and beyond to the Severn River. A traditional colonial exterior greets guests as does an opulent foyer with a black and white check marbled floor and architecturally appealing staircase. It is here guests will begin to notice that attention to detail is keen and abundant in this residence with elements of elegant finishes, crown molding, and tasteful trim work throughout.



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kw.com



Primary Structure Built:1940
Sold For: \$5,300,000
Original List Price:
\$5,300,000
Bedrooms: 5
Baths: 5 Full, 3 Half
Living Space: 7,189 Sq. Ft.
Lot Size: 1.29 acres



Once past the foyer, there are rich, dark hardwood floors underfoot and the view ahead is that of Weems Creek through the formal dining room's series of floor-to-ceiling windows and a set of French doors. This room is refined with a lovely neutral paper treatment, crystal chandelier, and is large enough to cater to any formal family gathering. The space opens to a large and lovely screened-in porch that overlooks the pool and bluestone patio area.

The kitchen is a gourmand's dream with its extra wide, six-burner Wolf gas range and double ovens, luxe granite countertops, a wealth of prep space including a separate area with its own charming farmhouse sink. A cozy breakfast area and a larger, informal seating area with outstanding water views help make meal-time a special time to gather even on an ordinary day.





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This level also features a huge living room with the same dark hardwoods, many large windows—all with plantation shutters, and a gorgeous, wood-burning fireplace with marble surround. The family room is also large, but cozy and bright and is highlighted by a handsome carved staircase that leads to the home's master bedroom suite.

Once upstairs, there's a spacious landing outfitted with gorgeous built-ins creating a library/reading nook area. The master suite offers breathtaking water views from its wall of windows and private waterside balcony. Cathedral ceilings, well-crafted built-ins, and two, large walk-in closets add form and function. The master bath is a sumptuous retreat from daily stresses with its welcoming soaking tub, steam shower, and marble-tiled floors. There are three additional bedrooms with water views on this floor—two with en suite baths and fireplaces, and a large, bonus utility room that could be used for a home office or crafting room.

This amazing property also offers a large recreation room with walk-out feature on the home's lower level, and a separate studio-style carriage house above its three-car garage equipped with a Tesla charging station. And this home's water access via private pier means that the Annapolis harbor and all that downtown has to offer is just minutes away.

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As an Annapolis native, Jennifer has witnessed many changes in our bustling city that continues to retain a small-town feel. Her intimate knowledge of the region, and experiences of having lived there all of her life, has cemented her as one of Annapolis' most trusted agents, including numerous business and community leaders.

As a Team Leader of Stahley Thompson Homes Team, Jennifer works with individuals, investors and developers interested in the city's most coveted properties-with a particular focus on the Eastport, Annapolis, and Severna Park communities.

Jennifer is deeply connected to Annapolis. A Saint Mary's Graduate with a

passion for detail, she is known for her extensive market knowledge and unmatched devotion to clients, with a commitment to work hard, discretion and follow through.

Stahley Thompson Homes is ranked among the best in Annapolis and with more than \$100 Million sold and the recipient of numerous awards. Jennifer is a graduate of Leadership Anne Arundel and is CLHMS designated.

Her team works with both buyers and sellers, and cater to those looking for unique waterfront properties in Annapolis. She demonstrates the highest level of integrity, commitment, and a little fun into every real estate transaction.

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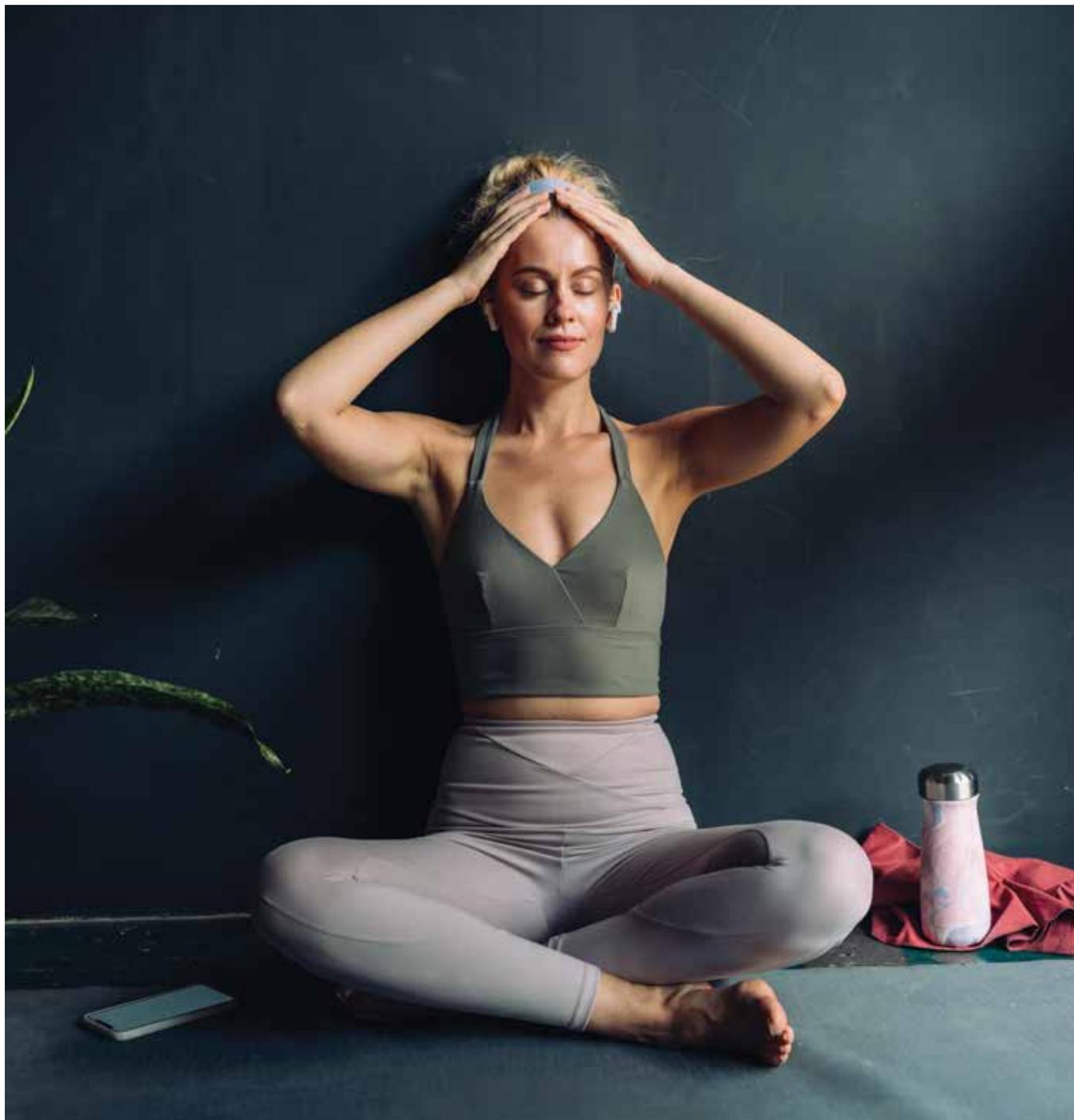
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Supplemental Melatonin

IS IT THE SOLUTION TO YOUR SLEEP WOES?

By Dylan Roche

Maybe you've always had some problems with achieving sufficient sleep, or maybe your sleep schedule has just been thrown off by a summer of vacations and unkept routines. You don't want to go reaching for sleeping pills, but there comes a point where you just can't let yourself lie in bed and stare at the ceiling for another restless night.

Then a friend recommends a melatonin supplement. It's not a sleeping pill exactly...even though it comes in the form of a pill, and it's supposed to help you sleep. So, what is it?

Melatonin is actually a naturally occurring hormone in your body. It's referred to as the "sleep hormone" because, well, it's what helps you achieve shuteye every night. Your pineal gland starts producing melatonin shortly after it gets dark, releasing it into your bloodstream to make you tired. When morning rolls around, and it gets light outside, your body stops producing melatonin to keep you alert throughout the day. This production cycle, with increased amounts of the sleep hormone at night and decreased amounts of it during the day, helps with the regulation of your circadian rhythm.

But when your body's natural production of melatonin seems to be insufficient, supplementing it is a viable option. The type of melatonin you buy in pills and teas is referred to as exogenous melatonin, meaning it was created externally in a lab.

As a dietary supplement, it has become increasingly popular over the past 10 years—the National Institutes of Health reports it's one of

the most commonly used supplements among both adults and children. It can be especially useful among people who are suffering jet lag or who do shift work. Melatonin supplements can also be good for people who have Delayed Sleep-Wake Phase Disorder, such as teenagers, who are biologically inclined to stay up late at night and sleep in during the morning, a schedule that's not conducive to their school demands. In fact, the American Academy of Pediatrics cites that melatonin works well as a short-term tool to help children get on a good sleep schedule while they are trying to establish new routines or break bad nighttime habits.

But don't be so fast to depend on melatonin supplements. Some users report side effects such as headaches or dizziness, and although studies show that it's safe to take melatonin for up to three months, there's little research that demonstrates its safety or efficacy for long-term use after that. The Mayo Clinic recommends stopping the use of it if you find you have a diminished response after repeated use.

Bear in mind that melatonin is not regulated by the Food & Drug Administration, so there's no set officially recommended dosage. Stick with taking 1 to 3 milligrams two hours before bed, and strive to increase your body's melatonin levels in natural ways if you have the opportunity: dim the lights in your environment and avoid looking at screens within several hours of bedtime, and expose yourself to plenty of light during the day. It's also helpful to maintain a regular sleep schedule once you've established one—yes, even on weekends!

MedStar Washington Hospital Center recognized as one of the nation's top heart hospitals.



Princesita Cezar, a MedStar nurse, became a patient when she needed MedStar's team-based care for a rare heart disorder. Her cardiac surgeon: Ezequiel Molina, MD (left), one of the scores of specialists who contribute to the cardiovascular program's success.

MedStar Washington Hospital Center has again been recognized as a **"Top 50 Cardiology and Heart Surgery Hospital"** by *U.S. News & World Report*, thanks to the extraordinary collaboration of our physicians, nurses and dedicated associates who provide the highest quality care each and every day.

The criteria required to be ranked nationally include experience in complex cases, patient outcomes, and quality. MedStar Washington Hospital Center also received the highest rating possible for the treatment of two conditions—heart attack and heart failure—and for the performance of three procedures—aortic valve surgery, heart bypass surgery, and transcatheter aortic valve replacement (TAVR).

To learn more about the experience and expertise that earns MedStar Washington Hospital Center national recognition year after year, visit [MedStarHeartInstitute.org](https://www.MedStarHeartInstitute.org).

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Fresh Take

APPLES

By Dylan Roche

The saying goes “An apple a day keeps the doctor away.” But why? What is it about the apple that’s supposed to be so key to wellness?

While most nutrition experts will tell you there’s no one single food that’s going to improve your health by itself, you’d be hard-pressed to find a food that deserves this kind of reputation better than an apple. They’re filling, sweet, full of complex carbohydrates, packed with vitamins and minerals, and a great source of antioxidants. What’s not to love?

Apples might even be considered a Maryland food in some respects, as the Old Line State plays a special role in the spread of this popular fruit across the United States. Although apples are native to Asia, they eventually made their way to Europe before being brought to North America by English settlers. In the 17th century, Lord Baltimore specifically requested kernels of pears and apples “for making thereafter of cider,” according to a decree he put forth, and within a decade, nearly every Maryland farm had an apple orchard.

Today, you’ll find variety upon variety of apples on the market. According to the Cleveland Clinic, there’s not much difference between the many types when it comes to nutrition, so you should feel comfortable picking apples based on taste. (Need help deciding? The Cleveland Clinic recommends cutting up different types into bite-sized pieces and having an apple sampling with your family or friends.)

What is it about apples that make them such a healthy choice? Apples are a convenient snack, being approximately 100 calories and easy to carry around without any need for special storage, peeling, or preparation. They’re a great source of a type of fiber called pectin, which



Cinnamon Apple Muffins

INGREDIENTS:

4 large apples
1 cup canola oil
2 large eggs
1 tablespoon milled flax seed
2/3 cup milk
3 cups whole-wheat flour
1 cup white sugar
1 cup brown sugar
3 teaspoon ground cinnamon
1 teaspoon salt
2 teaspoons baking powder
2 teaspoons baking soda
2 tablespoons butter, melted

Preheat oven to 400F and line a standard 12-muffin tray with liners. Chop apples into half-inch cubes. Set aside 1/4 cup brown sugar, 1/4 cup white sugar, and 1 teaspoon cinnamon. Combine in a small bowl. Mix in melted butter. Set aside but keep warm. In a large mixing bowl, combine the remaining white sugar and brown sugar, flour, baking soda, baking powder, salt and remaining cinnamon. In a small mixing bowl, combine canola oil, eggs, milk, and flax seed. Slowly stir into the dry mixture. Fold in apple chunks, then spoon the batter into the muffin tray. Take the cinnamon-sugar-butter mixture and add a small spoonful on top of each muffin. Bake for 20–25 minutes until golden brown.



helps lower cholesterol, and keeps you feeling satiated for a long period of time—something that can be beneficial for people who are trying to lose weight. They are also a low-glycemic food, so they’ll provide sustained energy for a long time after eating them.

For people who are trying to stay hydrated, apples make a great choice because they’re full of water, plus they’re a good source of potassium, an electrolyte mineral necessary for proper fluid balance in our cells.

Now for that science behind that whole line about keeping the doctor away—apples are a great source of phytochemicals like polyphenols, antioxidants, and flavonoids that reduce your risk of chronic disease. Students have even shown that these compounds in apples are linked to better lung health, stronger bones, and reduced risk of cancer, diabetes, and heart disease.

Apples are in peak season in the fall, and those who have access to locally grown apples should try to buy them this way whenever possible. This ensures the apples are freshly picked, so they’ll be at their tastiest and their most nutritionally dense.

Waldorf Salad

INGREDIENTS:

2 large apples
3/4 cup walnuts
1/2 cup chopped celery
1/2 cup raisins or dried cranberries
3/4 cup plain Greek yogurt
1 teaspoon lemon juice
1/4 teaspoon black pepper
1/4 teaspoon salt

DIRECTIONS:

Chop the apples into small half-inch chunks. Combine with walnuts, celery, and raisins in a large bowl. In a small bowl, combine yogurt, lemon juice, salt, and pepper, then use to dress the salad.



When you’re shopping for apples, look for those that have a strong aroma and bright coloring, plus a firm feel with no bruises or blemishes on their skin. While any apple can be eaten raw, most people find they like apples with a juicy, sweet taste to them are best for snacking—apples like Galas, Fujis, and McIntoshes. Apples that are on the tarter side (and tend to have firmer, crisper flesh that holds up well in high temperatures) are a good choice for baking—Braeburns, Honeycrisps, Cortlands, and Jonagolds.

Store your apples at room temperature, and enjoy them with their skins when you’re snacking on them, as the skin is the fruit’s greatest source of fiber and nutrients.

But if you’re looking to do more than simply snack on a plain apple, there are plenty of ways you can turn this popular fruit into an impressive dish. Here are two delicious sides and a healthy dessert that will make you love apples in a whole new way.

Apple Hash

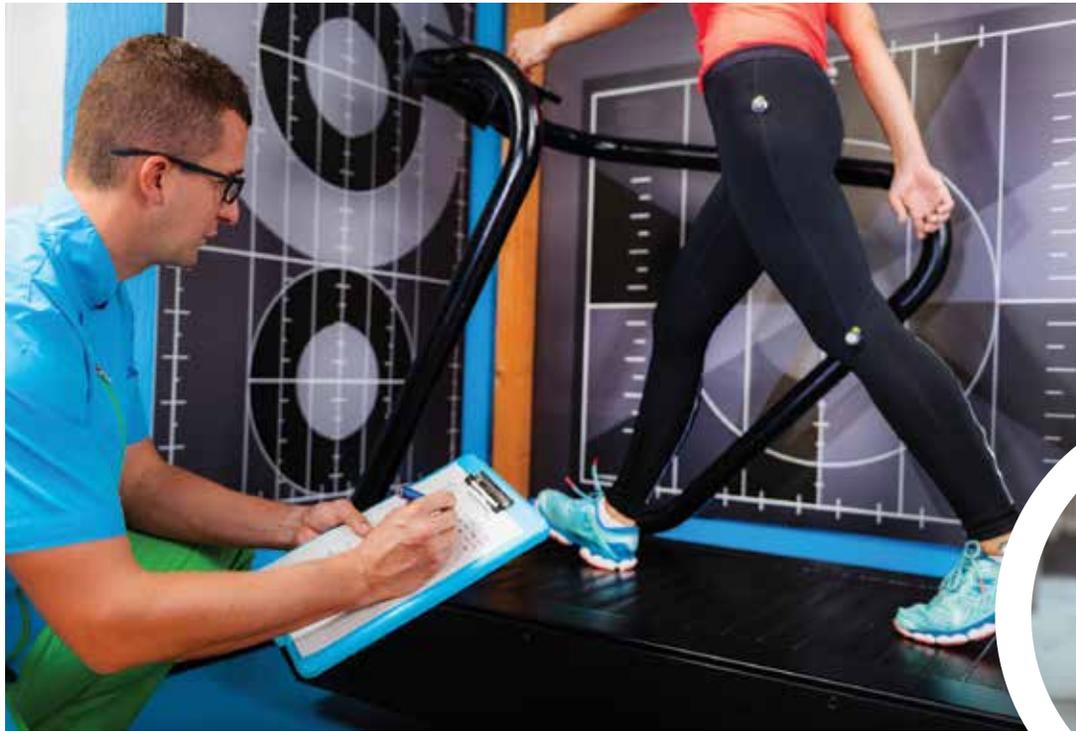
with Brussels Sprouts and Pumpkin

INGREDIENTS:

2 large apples
2 cups chopped pumpkin
2 cups Brussels sprouts, quartered
1/2 cup dried cranberries
1/2 cup roasted sunflower seeds
1/4 cup olive oil
2 tablespoons balsamic vinegar
1 tablespoon sage
1 tablespoon nutmeg

DIRECTIONS:

Heat a large skillet with the olive oil over medium heat. Add Brussels sprouts and pumpkin, stirring to ensure they’re well coated. Allow to cook for 15 minutes or until softened and slightly browned. Add the sage and nutmeg, then allow to continue cooking for another 2 minutes. Add the apples, cranberries, and sunflower seeds. Stir well and allow to cook together for 5 minutes. Remove from the heat and transfer to a serving dish. Toss with balsamic vinegar.



**THE ANALYSIS
OF YOUR STEP
WILL FALL
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HEALTH & BEAUTY FITNESS

Fitness Tips

A GAIT ANALYSIS

By Dylan Roche

Maybe September's cooler temperatures will be just the motivation you've been waiting for to get outside and start a walking or running routine. But if this is your first time sliding on a pair of athletic shoes to get some serious steps in, you might want to start with a gait analysis.

Available at most local running shops (sometimes for a reasonable fee, though some shops offer them as a complimentary service), a gait analysis helps you understand exactly how your foot hits the ground when you walk—and what kind of shoes you should be wearing.

Everyone has a unique gait. It's affected by the shape of your feet—specifically, the arch of your foot—as well as a few other factors, some of which are within your control.

Understanding your gait, and correcting it where possible, will help you avoid injury, gain speed,

and prevent long-term muscular or skeletal problems. While an imbalanced or imperfect gait isn't a huge problem for the regular walking you do for your day-to-day activities, doing it at the intensity of a run or a powerwalk sets you up for trouble.

A gait analysis is usually done on a treadmill. You'll run for a minute or two while your feet are videorecorded. Then the person doing the analysis—ideally, a certified expert like a physical therapist or exercise physiologist—takes a close look at a slow-motion replay of the video. They will then observe exactly how your foot is hitting the ground and how you're distributing your weight with each step.

If you want a less reliable home method to understanding your gait, take a look at your wet footprint on a level surface. The shape of your footprint will reveal how high your arches are—if the middle part of your foot between your ball and heel is thin, you have high arches; if the middle part is wide, you have low arches.

Another option—for dedicated runners or walkers who have never had a gait analysis done—is to look at an old pair of shoes and examine where they are being worn down. Do you see most of the wear appearing on the outer edge? That's from supination. Is it along the inner edge? That's from overpronation.

By understanding your gait and listening to the advice of an expert, you can find shoes that are best suited for your needs, keeping you free from injury and poised to go faster and farther.

Overpronation: The most common type of step, in which your foot rolls inward excessively when you land on it. This puts your weight on the inner edge of your foot instead of keeping it fixed on the ball of your foot. People who overpronate typically do so because they have low foot arches (they're sometimes referred to as flat footed).

Neutral: This is the ideal gait, in which you land your step on the outer edge of your foot and roll your step inward in a controlled manner. This allows all of your weight to be distributed evenly across your foot and the shock of the impact to be minimized. People with a neutral gait tend to have medium foot arches.

Supination: This type of gait is sometimes called underpronation. When your foot strikes the ground, you're striking with the outer edge of your feet and there's very little rolling of your foot inward. Runners who supinate tend to have high arches in their feet.



HEALTH & BEAUTY HEALTH

Do You Really Need a Cleanse?

DEBUNKING THE IDEA BEHIND THIS SOMETIMES DANGEROUS HEALTH TREND

By Dylan Roche

Starting anew. Getting back to routine. Feeling as if things are “normal” again.

However they want to describe it—and whether it’s following on the heels of hectic summers, indulgent vacations, or just a year and a half of quarantine life—many people are eager to leave unhealthy practices in the past and start feeling better in the latter half of 2021.

For some of them, that might mean a cleanse or a detox. The claim? That these short-term practices can help your body purge itself of toxins and leave you feeling refreshed, de-bloated, and energized.

But there’s a problem: Your body already has a natural way of detoxifying itself, and some of these extreme measures can actually cause more harm than good.

WHAT IS A DETOX OR CLEANSE?

There’s really no formal definition of a detox or cleanse. As Harvard Medical School points out, the idea of detoxing within the medical community usually refers to the process of letting dangerous substances such as alcohol or drugs work their way out of a patient’s system. It was part of a patient’s recovery and rehabilitation from addiction. Then the idea of “detoxification” was co-opted as a health fad, and people jumped on the idea.

In these cases, a detox or cleanse involves restrictive diets (often liquid diets), fasting, and even products that have a laxative effect. Take for example one crash diet known as the Master Cleanse, which dates back to the 1940s but rose in popularity again in the mid-2000s. Those doing the Master Cleanse drink a combination of water, lemon juice, maple syrup, and cayenne pepper with the intention of flushing toxins from the body and losing a large amount of weight in a short period of time.

No medical research exists to support the efficacy of the Master Cleanse. But numerous studies have shown this kind of diet isn’t safe or sustainable—extremely low-calorie diets can lower your body’s metabolic rate as it tries to conserve energy. Furthermore, extremely restrictive diets lack essential nutrients necessary for good health—fats, proteins, carbohydrates, vitamins, and minerals. As for eliminating toxins, experts such as those at Harvard Medical School, the Cleveland Clinic, and the Mayo Clinic encourage us to count on our liver and kidneys to flush out impurities via urine and sweat.

ARE THERE ANY BENEFITS?

Some people will report they feel better after doing a detox or cleanse. They might even lose weight. But losing significant pounds over the course of a few days is usually the result of losing water—that is, dehydration—rather than burning fat.

But there might be a reason some people feel better after a cleanse. The Mayo Clinic explains that if a person has eliminated high-processed foods for several days, especially if they are replacing them with juices made from fruits and vegetables, they will see positive effects.

However, it’s important to get sufficient calories from a balance of carbohydrates, protein, and fat for long-term health. Solid foods are actually good—not bad!—for your digestive system, and getting fiber from whole foods will aid in nutrient absorption.

Fasting on fruits and vegetables can even help identify food sensitivities because you have cut out likely culprits for several days before re-introducing them into your diet. Usually referred to as an elimination diet, this plan should be done only with the approval and guidance of your doctor.

WHAT’S THE FINAL WORD?

Save yourself the trouble of doing any extreme diet—the best way to get back to feeling your best is to stick with a nutrient-dense diet based around whole, unprocessed foods like vegetables, fruit, whole grains, and lean protein. Don’t forget to include plenty of exercise and rest, and in general, avoid any over-the-counter products that advertise fast fixes for weight loss, energy boosts, or body cleansing.



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Best Practices for Safe Blackhead Removal

By Dylan Roche

When you get a close look at your face, you might observe several big and dark looking pores. But as tempting as it might be to pick at these blackheads...don't! These specific types of pimples—which form when debris like dirt and oil collect inside your pores and oxidize with the air to turn a brownish or blackish color—will only worsen with your fingers all over them. Instead, it's best to rely on expert-recommended skincare practices for mild cases and turn to professional help for especially bad cases.

“WAIT,” YOU MIGHT BE THINKING, “WHY CAN'T I POP MY BLACKHEADS MYSELF?”

Unfortunately, even when your hands are clean, they're still covered with bacteria and oil that you can transfer to your skin when you pick at blackheads. The American Academy of Dermatology explains that this can worsen your skin problems by increasing inflammation or even causing infections and scarring.

If your blackheads are mild, daily cleansing will suffice. Dermatologists recommend washing your face twice a day with warm water and gentle facial cleansers containing alpha or beta hydroxy acid, compounds known for benefitting the skin. Any other products you use, such as lotions or moisturizers, should be described as

noncomedogenic on the label—this is sometimes advertised as “oil free” or “won't clog pores.”

There are a few at-home products you can skip. Specifically, don't fall for the marketing play of over-the-counter masks and blackhead strips. Although these might lift the congestion out of the pore, and can therefore make your skin look and feel better temporarily, they don't treat the underlying problem of what's causing your blackheads.

Additionally, steer clear of pore vacuums, handheld tools that are touted as being able to suck the oil and debris out of your face. Because these vacuums will only remove oil and debris that's already loosened, they're not any more effective than washing your face. Used improperly, they can even do harm by causing bruising and irritation.

For severe cases, a manual extraction by a dermatologist is your best solution. A manual extraction should not be a first option because they can be time intensive and expensive. However, if at-home skincare with cleansers proves to be unsuccessful, a dermatologist can use sterile instruments to clean out the pores and get rid of blackheads. Sometimes, this procedure must follow a professional exfoliation, such as microdermabrasion. After the extraction, you'll have to continue following a diligent skincare routine to prevent the blackheads from returning.

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AT ANNAPOLIS



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

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Lessons from Legos Is No Longer Child's Play

By Dylan Roche

Cheryl Talley of Lanham loves creating and tinkering with Legos®. Talley, a 56-year-old IT professional for a large health insurance company, enjoys the art of imagining, designing, and creating objects out of these colorful pieces of plastic. She finds it especially rewarding to flex her creativity while utilizing one of her most important character traits: patience.

"I am a patient person by nature. I like to take my time to make sure I know what I am doing, whether it is in my work or when I am building my latest creation," Talley says. Her patience and perseverance have resulted in miniature structures of model homes and sports cars—each containing several hundred Lego blocks and days of careful construction.

Be Your Own Best Advocate

While Talley demonstrates patience in most aspects of her life, her personal health is a different story. Tenacity, perseverance, attention to detail, and a clear understanding of what is needed to get the best results are all critical qualities Talley has learned from her pursuit to become a Lego master artist. These qualities became vital as she faced a difficult and challenging medical condition.

"I recently went through menopause, but still had irregular bleeding," she says. "At first, I thought it was just part of the aging process, but the unusual cycles didn't stop and I knew I needed to do something."

Talley's first call was to her Board Certified Gynecologist, Dr. Susan Peeler.

Armed with a list of questions, Talley headed to her GYN appointment at THE NEIL B. ROSENSHEIN, M.D., Institute for Gynecologic Care at Annapolis. "Dr. Peeler answered every question, walked me through the testing she needed to schedule and explained the best possible treatment plans for my condition," Talley offers. "Dr. Peeler made me feel like I was her only patient."

Trust Your Intuition

After undergoing several tests for postmenopausal bleeding, Dr. Peeler diagnosed Talley with uterine fibroids and endometrial hyperplasia.

Talley's bleeding turned out to be a warning sign for uterine fibroids and endometrial hyperplasia, an abnormal thickening of the uterine lining. Fibroids are commonly found in women of all ethnicities, but occur more frequently in African American women. Most fibroids are non-cancerous but they are often quite painful and bothersome. Endometrial hyperplasia, for some women, can lead to a cancer diagnosis and an involved surgical treatment plan.

Talley's condition was caught early and she did not have cancer, though her condition required an outpatient minimally invasive procedure. Talley has no long-term complications and Dr. Peeler doesn't see that changing thanks to Talley's proactive approach to her healthcare.



"I credit Cheryl for trusting her intuition and seeking treatment," Dr. Peeler says. "Together, we agreed the best course of treatment was to perform a minimally invasive, laparoscopic partial hysterectomy. What that means is that I was able to spare Cheryl's ovaries and that gives her a decided advantage. By keeping her ovaries, Cheryl's body will naturally protect against heart disease and osteoporosis."

Dr. Peeler performed Talley's outpatient procedure at Mercy Medical Center and Talley returned home to begin her recovery the same day.

"I was happy I was able to go home the same day as my surgery," Talley says. "It was nice to be able to recover in my own bed."

A Positive Outlook Leads to Inspired Imagination

"I am very thankful I had an amazing recovery," Talley says. "I wished I didn't have to have surgery, but it was the right decision for me. Dr. Peeler and her staff assured me every step of the way and that made the whole experience so much easier on me. Having peace of mind and the confidence that I was getting the best possible care were among the reasons I think my recovery went so well."

With a clean bill of health and a positive outlook on the future, Talley is excited to resume her life and build new Lego creations.

"I'm excited to construct something grand! Perhaps a mansion, an airplane, or some other large, distinctive object—wherever my imagination takes me, I can't wait!" says Talley with a smile.

"Now I'm onto the next build!"

"Lessons from Legos Is No Longer Child's Play" provided by Mercy Medical Center.

Tents are up!
Enjoy Fall dining



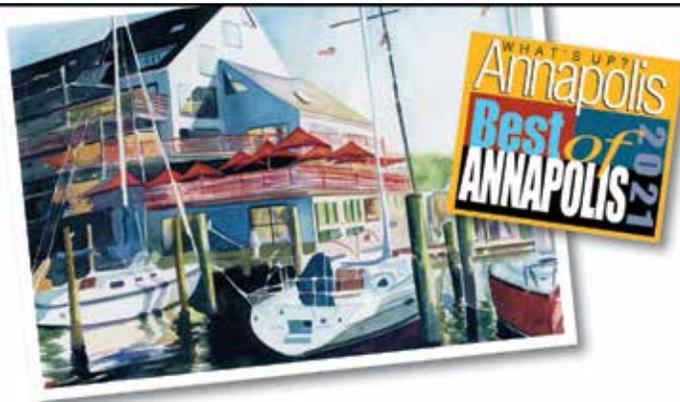
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Dining

148 DINING REVIEW | 150 SAVOR THE CHESAPEAKE | 152 GUIDE



Solomillo de Cerdo al Jerez at Jalapeños

WHAT'S UP? READERS' RESTAURANT REVIEW

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DINING REVIEW

All Systems Go for a Prized Friend

By Rita Calvert
Photography by Stephen Buchanan

For the past year and a half, many of us felt adrift without our favorite Spanish tapas to share and savor with good company. Now, with COVID-social distancing lifted, we are absolutely delighted for the communal activity of partaking tapas, for which Jalapeños is famous. Spirited with lively conversation and laughter, this favorite spot is where everyone can come together and grab a good bite that is exotically foreign. The atmosphere is comfortably grand yet unstuffy and dress code is casual, yet nice. On this weekday early evening Jalapeños was filled with a congenial mix: family with young baby, millennials, elderly couples, and friends celebrating or just dining together. Both dining rooms (plus the bar) were filled, so you know what to do about reservations!

Because true Spanish food is unusual, I wax eloquent about it, but there is abundant Mexican food and a smattering of Cuban. Start with chips and salsa then move on to tacos, tostados, burritos, enchiladas as the menu makes the segue nicely to each culture. Instead, we ordered a plethora of incredible Spanish Tapas as our meal.

Service was courteous although the restaurant was very busy and from our chat we learned our server, Obed, is part of a family tree with the original chef, Obed Serrano. Owner Uncle Alberto welcomes at the front of the house and circulates to check in on how your meal is going. That graciousness goes a long way. If the going gets dicy, Alberto may even take your order as he did for us.

My dinner guest enjoyed a crisp white wine, the house Alberino, from the north Atlantic coast of Spain, which turned out to be a light companion with the abundant flavors of our tapas. Wines by the glass are limited,

but a wine list offers full bottles. Sangria, the fitting fruit and wine combo, can be ordered with red wine, white, or even champagne.

To ensure room for our dinner of tapas, we ordered a small cup of Gazpacho. It was a beautiful thick creamy, pink/orange color, with a tangy flavor and hints of cucumber and mild vegetables. Though we were anticipating a fiery kick, the flavor was mild and ever so fresh. A server brought a tray of bite-size toppings that she spooned as we desired on the soup: croutons, diced cucumbers, minced onion, and chopped tomato. Our only regret was not ordering the bowl size, it was that delicious.



The Solomillo de Cerdo al Jerez tasted like a special occasion dish with ultra-tender pork tenderloin smothered in a sweet sherry cream sauce. A scoop of tiny cut roasted potatoes rested in the sauce and were crazy good.

A favorite of the evening was the Chuletitas de Cordero con Mezcal. What's not to love about a lamb chop cooked to order, medium rare, marinated with herbs, and soaked in mezcal? Chef Obed's accompanying pesto sauce was a thick and delicious jalapeno-based sauce with a slight bit of heat.

Wanting to experience more saffron dishes *and* eat succulent scallops, we ordered Vieras con Azafran. Two large golden-edged sea scallops with freshly sautéed



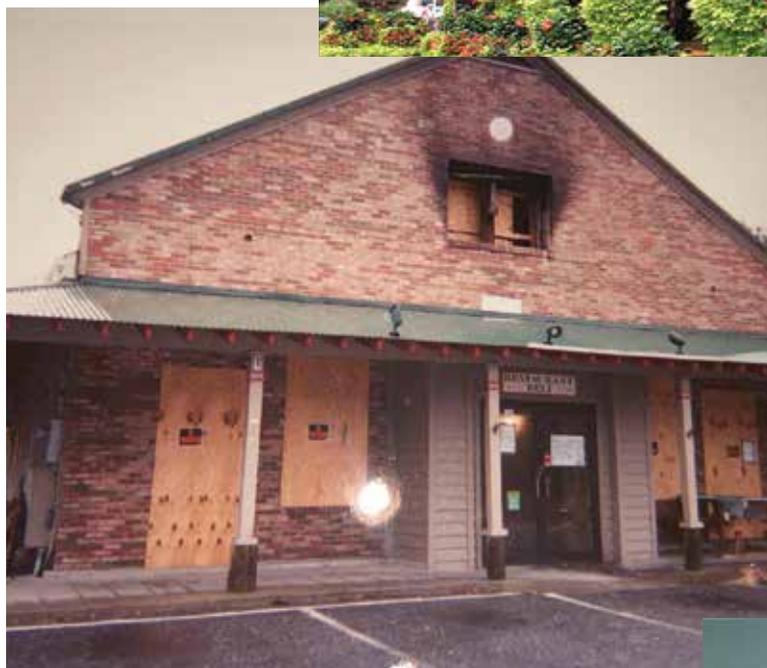
spinach were perched in a pool of delicate saffron sauce redolent with that prized spice. All of our tapas had uniquely rich sauces, so we ordered warm rolls to soak up the bountiful flavors that in themselves make a meal!

Carne de Buey en Jugo (Grilled Hanger Steak) arrived with a roasted piquillo chili and olive oil sauce. The grilled exterior essence of the four-inch-long steak was a standout in this simple preparation. And the steak from the upper stomach of the animal (one of the most tender cuts) arrived as ordered—medium rare. The small amount of piquillo added contrast to the meat and au jus.

Montadito de Gambas y Mermelada de Higo was built on toasted bread; actually, a sophisticated bruschetta. The half-inch toast was spread partially with a not-too sweet fig concoction and anchored with a cooked shrimp atop. Finely shredded Manchego cheese dotted the morsels.

The dessert menu offered elegant, sweet treats, coffee drinks, port, sherry, and brandy. Though we were sated from numerous tapas, a bout of concentrated chocolate to share seemed fitting, along with dark rich coffee after many little bites. Pure dense fudge is the apt description of Chocolate Cake with Vanilla Sauce. The three layers of cake had about equal portions of dense fudge frosting, and whipped cream was piped around the edges.

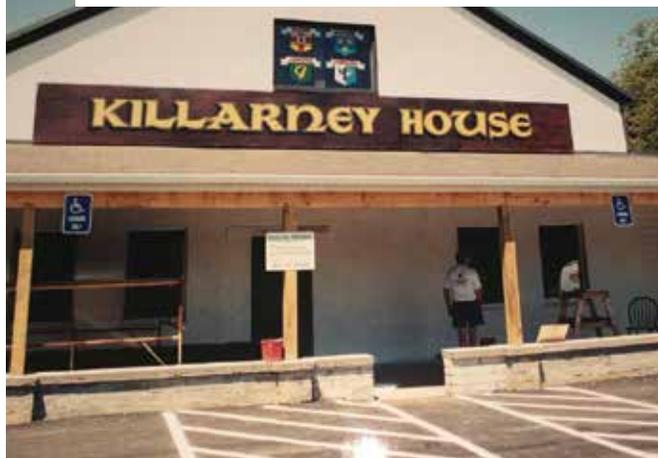
In restaurant years, Jalapeños is a granddaddy, but the interior still invites with Spanish ranch-style dark wood furniture, an elegant fireplace, wrought iron chandeliers, small, tiled tables scattered here and there, and a high standard of cleanliness. Jalapeños originally opened in May of 1999 and co-owner, Gonzalo Fernandez, was always seen at the front of the house. Gonzalo retired before COVID even existed, while his congenial partner, Alberto Serrano now works very hard to keep the Latin cuisine alive.



Kudos!

Any kind of anniversary is special, but making it 20 years in the restaurant biz is no small feat. This month, **Killarney House** is celebrating two decades of Irish craic (that means “fun” in Gaelic) in Davidsonville. Co-owners Michael Galway and Anthony Clarke took the old, burned-out building of Spring House Restaurant & Deli on Central Avenue and turned it into a community favorite. “We appreciate the unending support our customers and neighbors have shown us, not just through our twenty years here in South County, but especially throughout the strain of the pandemic,” said Galway in a press release. Killarney House will celebrate all month long with live music, special menus, giveaways, charity fundraisers, and more. Slainte! **584 W Central Ave, Davidsonville | killarneyhousepub.com**

More accolades are in order, this time to a trio of Easton restaurants: **Bas Rouge, The Stewart, and The Wardroom**, all under the umbrella of Bluepoint Hospitality, were awarded a 2021 Wine Spectator Award of Excellence. According to Wine Spectator, the Award of Excellence is given to restaurants with thoughtfully chosen selections appropriate for the cuisine and representative of a range of regions and styles. **basrougeeaston.com; thestewart.com; thewardroom.com**



Savor the Chesapeake

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

By Kelsey Casselbury

Send Out the Welcome Wagon

Who doesn't love a good sandwich? **Full On Craft Eats & Drinks** plans to open later this fall in Annapolis Harbour Center (in the former location of Baja Fresh), offering a full menu of not only sandwiches, but also snacks, soups, and salads. This is the second location for Full On, which also operates in Rockville. The owners plan to offer a full bar and, hopefully in the future, an outdoor beer garden. According to the Full On's website, the restaurant's wings have been rated best in Maryland by Delish.com and BuzzFeed. Sounds like a taste-test is in order! **2478A Solomons Island Road, Annapolis | fulloncraft.com**

We're always on the lookout for a good margarita, so it's welcome news that **Agave Mexican Restaurant and Tequila Bar** plans to open in West Annapolis. The restaurant, which has long been a favorite for those vacationing at the Delaware beaches, will anchor MRE Properties' redevelopment project, opening on the bottom floor of the 15,000-square-foot mixed-use building. Sadly, however, Annapolis has to wait a few minutes before giving Agave a shot (of tequila), as it's not slated to open until fall 2022. **106 Annapolis Street, Annapolis | agavelewes.com**

Speaking of West Annapolis, here's one new place you don't have to wait for—**Always Ice Cream Co.** recently opened in the neighborhood. It's the second scoop shop for the owners, who also founded Main Street's Annapolis Ice Cream Co., serving up both dairy-based and vegan ice cream in all the flavors you might expect—and some you might not. More locations are in the works, with planned shops in Edgewater and Severna Park. **116 Annapolis Street, Annapolis | alwaysicecreamcompany.com**

If you mourned the loss of Anne Arundel's **Greene Turtle** locations

last year, here's some good news: The sports bar will return to the Waugh Chapel Towne Center this fall, reopening in the former location of Houlihan's Restaurant and Bar, which closed in December 2020. Greene Turtle's prior locations, now Smashing Grapes Kitchen + Wine Bar, were franchises, but the Waugh Chapel location was reportedly one of the chain's highest-volume restaurants. This iteration will be owned by Greene Turtle itself; it will also accommodate the ghost kitchens for two delivery-only businesses, MrBeast Burger and George Lopez Tacos. **1407 S. Main Chapel Way, Gambrills | thegreenturtle.com**

WHAT'S UP? MEDIA

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196 Main Street, Annapolis; 443-482-3895; annapoliscecream.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; Buddyonline.com; Seafood; lunch, dinner \$\$ 🍷 🍷 🍷 🍷

Café Normandie

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

Castlebay Irish Pub 1

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

Chick & Ruth's Delly

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

City Dock Café

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

Dock Street Bar & Grill

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

Dry 85

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

Federal House Bar & Grille

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

Flamant

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

Fox's Den

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

Galway Bay Irish Restaurant & Pub

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

Harry Browne's

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

Iron Rooster

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

Joss Café & Sushi

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

Latitude 38

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

Mason's Famous Lobster Rolls

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

McGarvey's Saloon & Oyster Bar

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

Middleton Tavern

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

Mission BBQ

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

O'Brien's Oyster Bar & Restaurant

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

Osteria 177

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

Preserve

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

Pusser's Caribbean Grille

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

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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; Annapolisakuracafe.com; Japanese; lunch, dinner \$\$ 📞 🍷 🍷 🍷 🍷 🍷 🍷

Sofi's Crepes

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

Vida Taco Bar

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

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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

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

Light House Bistro

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

Luna Blu

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

Metropolitan Kitchen & Lounge

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

Miss Shirley's Café

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

Rams Head Tavern

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

Sailor Oyster Bar

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

Stan & Joe's Saloon

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

Tsunami

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

Greater Annapolis

Basmati

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

Bean Rush Café

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

Blue Rooster Café

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

The Brass Tap

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

Broadneck Grill & Cantina

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

Bruster's Real Ice Cream

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

Buffalo Wild Wings

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

Cantler's Riverside Inn

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

The Canton Restaurant

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

Cooper's Hawk

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

Chevys Fresh Mex

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

Chris' Charcoal Pit

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

Double T Diner

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

Eggcellence

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

Evelyn's

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

Giolitti Delicatessen

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

Gordon Biersch

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

Grapes Wine Bar

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

Herald Harbor Hideaway

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

Heroes Pub

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

InGrano Bakery

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

Italian Market & Restaurant

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

Jalapeños

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

Julep Southern Kitchen & Bar

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

La Sierra

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

LebTav

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

Lemongrass Too

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

Lures

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

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 \$\$ 🍷 🍴 🍷 🐾

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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; Stoneriver.com; Steakhouse; lunch, dinner \$\$ ☎ 🍷

True Food Kitchen

1906 Towne Centre Blvd. Suite 110, Annapolis; 443-775-5179; truefoodkitchen.com; American; Lunch and dinner

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; Adamsgrilleannapolis.com; Barbecue; lunch, dinner \$\$ 🍷 🍷

Annapolis Smokehouse & Tavern

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

Bakers & Co.

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

Blackwall Hitch

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

Boatyard Bar & Grill

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

Bread and Butter Kitchen

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

Caliente Grill

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

Carrol's Creek

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

Chart House

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

Davis' Pub

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

Eastport Kitchen

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

Grump's Café

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

Jack's Fortune

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

Lewnes' Steakhouse

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

Main & Market

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

O'Leary's Seafood Restaurant

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

Rocco's Pizzeria

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

Ruth's Chris

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

Sammy's Pizza Kitchen

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

Vin 909 WineCafe

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

Edgewater / South County

Adam's Taphouse and Grille

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

All American Steakhouse

139 Mitchells Chance Road, Edgewater; 410-956-4494; 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.docksiderestaurantmd.com; American, Seafood; breakfast, lunch, dinner \$\$ *

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DINING GUIDE

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

Fuji Steakhouse
169 Mitchells Chance Road, Edgewater; 410-956-8898; Fujisteakhousemd.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, senorchile.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 \$\$ 🍷 🍴

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Ashling Kitchen & Bar

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

Founders Tavern & Grille

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

Gina's Cafe

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

La Posta Pizzeria

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

Ledo Pizza

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

Lemongrass Arnold

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

Mamma Angela's

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

Mi Pueblo II

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

Mother's Peninsula Grill

969 Ritchie Highway, Arnold; 410-975-5950; Mothersgrille.com; American, seafood; lunch, dinner \$\$ 🍷 🍷 🍷

O'Loughlin's Restaurant

1258 Bay Dale Drive, Arnold; 410-349-0200 O'loughlinspub.com; American; lunch, dinner, late-night \$\$ 🍷 🍷 🍷

Park Tavern

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

Pherm Brewing Company

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

The Point Crab

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

Rico's Tacos and Tequila Bar

1266 Bay Dale Drive, Arnold; 410-571-3466; Ricostacos.co; Mexican; lunch, dinner, weekend brunch \$ ☎ 🍷

Rips Country Inn

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

Romilo's Restaurant

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

Severna Park Taphouse

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

Sin Fronteras

7700 Ritchie Highway, Glen Burnie, 410-424-2022, Sinfronterascafe.com, Mexican; lunch, dinner, Saturday and Sunday breakfast \$\$ 🍷 *

Twains Tavern

8359 Baltimore Annapolis; Boulevard, Pasadena; 410-647-5200; Twainstavern.com; American, sports bar; dinner \$ 🍷 🍷

Vida Taco Bar

541 Baltimore Annapolis Blvd, Severna Park; 410-544-2300; Vidatacobar.com; Tex-Mex; lunch, dinner \$\$ 🍷 🍷

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Where's Wilma?

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Our faithful, flying mascot Wilma is super stoked this month. Her favorite sports teams from Washington to Baltimore and Annapolis to Salisbury are in action, and give her the chance to root for the home teams. Wilma is flying all over the region and dropping into towns to catch a game, dine, shop, and stay at her fave spots. Where will she land next?

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

Congratulations to Theresa Ann Eisenhart of Severna Park, who won a \$50 gift certificate to a local business.

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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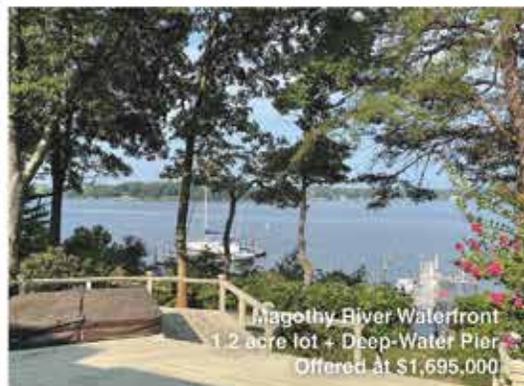
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